

Thursday, 9 September 2021

Press Release - SchoolTV

Children, adolescents and parents are paying a heavy emotional and developmental price as COVID perseveres and lockdowns remain. Emergency interventions to protect young people have skyrocketed over the last 12 months.

Being a young person today is hard, but so too is being the parent of one. Parents are struggling to keep their child's mental health afloat. Young people are feeling loss of control over their lives, their trajectory has been interrupted.

The healthcare community is highly concerned that we are at the start of a mental health and wellbeing crisis, with the worst of the impact to be felt in 18 months time.

Doctors and mental health professionals fear that the mental health system in Australia will not be able to meet increased demand in the coming years.

SchoolTV can immediately present helpful content and information from leading experts and researchers to help families find positive wellbeing outcomes today, preventing more serious issues developing over the next 18 months.

In a special report on COVID fatigue and youth mental health, SchoolTV confirms worse than expected spikes in a range of youth psychological concerns including; depression, anxiety disorder, substance abuse, self harm and loss of motivation as schools have closed, social contact has been disrupted and rites of passage, like formals are lost forever.

Kids Helpline has revealed some of the heartbreaking calls they are fielding from kids and families who need help in lockdown, calls to the service totalled over 10,000 during the week ending 22 August 2021.

Furthermore, Kids Helpline reports that support work has become increasingly complex, that calls are longer, and more instances are requiring police, ambulance and working with child protection intervention.

Social and economic stress is high, kids and parents are in crisis. Work from home combined with schooling from home and, still being a parent young people rely on is simply too hard for many parents.

It is more critical than ever that families can access the support services they need, when they need them. SchoolTV provides access to a suite of relevant information, offering helpful mental health and wellbeing tools and advice anywhere, any time.

SchoolTV was commissioned by one of the 31 Federal government Primary Health Networks (PHN) as part of the Sydney North Health Network (SNHN). This SchoolTV community activation delivered better wellbeing through a suite of content and tools constantly updated and clinically approved.

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There are around 10,000 school communities nationally. Since its launch in 2016 SchoolTV has been rolled out to nearly 700 school communities, delivering a wellbeing platform for schools and more than 1 million parents.

SchoolTV and wellbeing support services will be required well into the future across Australia. Beyond Sydney North, no PHN has taken on SchoolTV, even today!

SchoolTV recommendations to parents:

- Focus on health and safety, on student wellbeing over academic results
- Encourage kids to focus on the things they can control: eating, sleeping, exercise, socialising with friends
- Encourage kids to reflect each day on what went well and why
- Remind young people that while we can't control what happens we can control how we respond
- Parents, put our own oxygen mask on first, look after your own wellbeing to help that of your children
- Reach out for help when you need it.

Quotes attributable to Dr Michael Carr-Gregg:

"Unlike COVID-19 itself the emotional blowback of the pandemic cannot be vaccinated away, there will be many young people needing psychological care well into the future"

"Kids and parents are in trouble, a wide community rollout of the SchoolTV platform will provide access to a range of information and advice to help wellbeing immediately"

Quotes attributable to Hans van Pelt (SchoolTV spokesperson)

"Access to SchoolTV today can prevent more serious mental health issues in the next 18 months and SchoolTV can reduce crisis demand impact on the mental health system"

"SchoolTV is a highly effective, cost-beneficial wellbeing support service that should be part of any boost to increase immediate availability of wellbeing and mental health support services at a time where demand unfortunately exceeds supply"

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