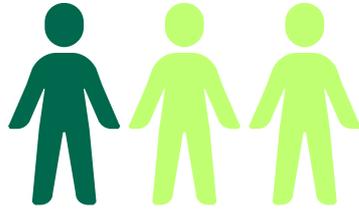


International Youth Day

Green Skills For Youth: Towards A Sustainable World



Almost 1 in 3 young people aged 16-24 are scared when hearing about climate change.



[Source](#)



of children and young people are worried about the world they will inherit.

[Source](#)

4

times is that rate that Green jobs are growing at of the overall UK job market.

[Source](#)

1.6 million

school-aged protestors in 125 countries demanded action be taken to combat climate change.

[Source](#)



7 out of 10 young people want to be actively involved in the green transition.

[Source](#)

Environmental issues are just one of the many subject matters that are having an impact on the mental health of young people. Below shares a few statistics about some of the other issues affecting youth mental health at the moment too.



hours is the average time spent online across computers, tablets and smartphones, per UK young person aged 15-17 per day.

[Source](#)

The proportion of young people reporting sleep difficulties more than once a week has continued to increase from 30% in 2018 to 37% in 2022.



[Source](#)



of young people reported feeling lonely all or most of the time in the past year and feelings of loneliness were highest among 15-year-old girls (31%).

[Source](#)



More than 6 in 10 (62%) internet users aged 13+ have encountered at least one potential harm online in the last four weeks.

[Source](#)

Green Spaces of Greater Glasgow and Clyde

Signposts to local green spaces across Greater Glasgow and Clyde and provides tips and resources on boosting wellbeing by being out in nature.



The Teen Sleep Hub, provides advice on how to sleep better, offers tips on tweaking your routine or help to understand the science behind your sleep patterns.



Created to support everyone who loves social media and screen time. Shares positive tips, stories and information for children and young people, to help you use your screen time positively!



Provides a wealth of information and resources to help build knowledge, skills and awareness of the Green Skills needed for sustainable futures.



Thriving with Nature is a downloadable guide to help us most of the UK's natural spaces for our mental health and well-being.

NSPCC

An online hub hosting advice on all aspects about staying safe online.

Useful Helplines and APPS

Click on APP images to download information

NHS24 Mental Health Hub
Telephone advice and support on healthcare can be obtained from NHS24 by phoning **111**; open 24/7.



Sleepio: A sleep improvement program proven to help you clear your mind, get better sleep, and have better days.



For children and young people, for whenever they need support or advice. It is open 24/7, and there are many ways to get support. You can call **0800 1111**. Other ways are set out on their website: www.childline.org.uk



SAM: A self-help app for the mind to help you manage down anxiety, depression and loneliness.



A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Text SHOUT to **85258**.



MY APP: includes a library of information & materials to help people manage their mental health, including a section for children and young people.

