

Beat: Health

## Young Australians are “living it tough”

### Tackling the youth mental health problem

Perth, Western Australia, 14.11.2016, 03:01 Time

**USPA NEWS** - Stats show that

One in 16 young Australians is currently experiencing depression

One in six young Australians is currently experiencing an anxiety condition

One in four young Australians currently has a mental health condition

That's the equivalent of 1.3 million young Australians with serious issues

Body image is a main contributor to mental health conditions in young Australians.

How much of this can we attribute to today's media and the way it portrays body image to the public.

That perfect shape, that flawless skin. It's common practice and taken for granted that photos are edited 99 percent of the time, but most still aspire to achieve the impossible.

Two people in Perth, Western Australia are trying to make a difference by launching a teen magazine with a goal of changing minds and attitude. Focusing on real life issues and combining it with positive fashion images that promote a healthy body image.

Aimed at educating young Australians to be happy with themselves the way they are, and if they have issues or concerns the magazine provides detailed help on many organisations that are there to assist them.

Having the knowledge on where and how to get help is vital to tackling the problem in its early stages. Also educating parents to identify the signs that their child may be struggling is invaluable.

For media or general enquiries contact [social@fearlessyouth.com.au](mailto:social@fearlessyouth.com.au)

#### Article online:

<https://www.uspa24.com/bericht-9978/young-australians-are-living-it-tough.html>

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#### Editorial program service of General News Agency:

United Press Association, Inc.  
3651 Lindell Road, Suite D168  
Las Vegas, NV 89103, USA  
(702) 943.0321 Local  
(702) 943.0233 Facsimile  
[info@unitedpressassociation.org](mailto:info@unitedpressassociation.org)  
[info@gna24.com](mailto:info@gna24.com)  
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