

# YOU GOT THIS

An initiative of **DrinkWise.**

Embargoed 12.01am, 24 October 2021

## ALARMING IMPACT OF PANDEMIC ON YEAR 12s' MENTAL HEALTH

Nearly 60 per cent of all Year 12 students are worried about their own mental health as they prepare for their final exams, according to new national survey of school leavers.

The results show a significant decline in the mental health of the Class of 2021 when compared to the Class of 2020:

- 58% of Year 12s are feeling anxious about their own mental health (up from 41% in 2020).
- Only 41% of students feel good about what's happening in their life (down from 52% in 2020).
- 41% of school leavers are worried about a friend's mental health (up from 23% in 2020).
- Some students are turning to unhealthy and problematic options in an attempt to deal with stress, including drinking, not eating and smoking

Female Year 12s are doing it even tougher:

- 71% of all female Year 12s worried about their mental health, compared to 53% in 2020.
- Only 34% feel good about what's happening in their life, compared with 49% in 2020.

The research is the basis for *You Got This* - a campaign launched by DrinkWise for the second year running - in which well-known Australians offer video messages of support and advice for Year 12 students heading into their exams.

*You Got This – Class of 2021* is led by Prime Minister Scott Morrison and includes more than 30 messages of support from prominent Australians including Cody Simpson, TV Host Georgie Gardner, Anthony Albanese, Musician Clare Bowditch, Wallaby Samu Kerevi, 730's Leigh Sales, AFL and NRL players and artists.

**Prime Minister Scott Morrison [tells students:](#)**

*Class of 2021. It hasn't been easy, but you've got through a really tough final year. And as you approach your exams, I want to encourage you to keep going. Here's a few quick tips that might help you get through.*

1. *Firstly, get enough sleep, it really helps you stay focus.*
2. *Secondly, exercise every day if you can. It's a great way to relieve stress.*
3. *And if it gets too much, please ask for help.*

**Athlete and musician Cody Simpson [says](#):**

*I know it hasn't been an easy year, it hasn't been your typical year 12, but I just wanted to say all the best, and if you're going to go out and celebrate and have fun, make sure you do it in moderation, stay safe, keep it classy, look out for your mates.*

*And if you're having any difficulty or trouble, make sure you talk to your family, talk to your friends, we all need it at this time, or you can reach out to one of the support services on the You Got This page.*

Messages from other prominent Australians are available at [yougotthis.org.au](http://yougotthis.org.au)

"We initially thought this would be a one-off DrinkWise campaign last year, then 2021 turned out to be even tougher for so many students studying for their final exams," said DrinkWise CEO Simon Strahan.

"These results are concerning and highlight the difficulties being faced by school leavers.

"So many students spent their Year 11 and 12 dealing with monumental challenges of social isolation and home learning, while also trying to keep positive and remain healthy.

"Once again this year, we want to show Year 12s that they are supported by all Australians as they go into their exams.

"Our message for students is: You Got This – stay positive, stay resilient, remember one year doesn't define the rest of your life – and please reach out for help if you need it.

"It's critical that both students and their families who are feeling stressed or anxious know that professional help and support is available.

"Trying to relieve stress or anxiety with drugs or alcohol is not the answer."

The campaign has the support of Headspace, Beyond Blue, ReachOut, Kids Helpline and My Mirror support services and will include direct links to these services.

DrinkWise is an independent not-for-profit with a focus on creating a healthier and safer drinking culture in Australia. For more information and to see the messages of support being launched today, visit [yougotthis.org.au](http://yougotthis.org.au)

**A Video News Release (including interviews with DrinkWise CEO Simon Strahan, ReachOut CEO Ashley de Silva and Year 12 student Ashleigh Fitzsimon) is available [here](#).**

**A compilation video of messages is available [here](#).**

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