



Blue times ahead for young workers

Matt Sun

Young people living large on their first real wage could find themselves suffering depression if they lose their jobs because of the global financial crisis.

Mental health organisation beyondblue today launched an information booklet to help people who lose their job or are

experiencing money problems because of the downturn.

Beyondblue psychologist Clare Shann said the impact of job loss for young people could be quite significant.

"We have had a long period of economic prosperity and for young people it is all that they've known," Shann said.

"They may be facing a period of great uncertainty."

Common reactions to job loss include distress, anger, guilt, disbelief, sadness, confusion, problems sleeping, appetite loss and mood swings.

The booklet contains practical advice, including reviewing budgets, contacting the bank and asking about unemployment entitlements.

It also gives advice about dealing with the emotional im-

part of job loss, such as writing down worries, regular exercise and avoiding alcohol.

The booklet and further information are available at www.beyondblue.org.au or by phoning 1300 22 46 36.

It comes as Converge International today released research showing a 54 per cent increase in stress-related counselling in the past year.