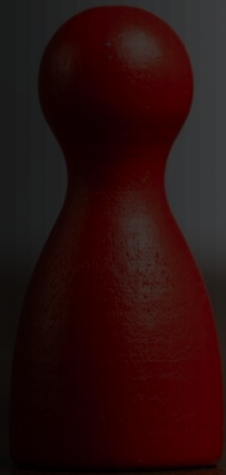
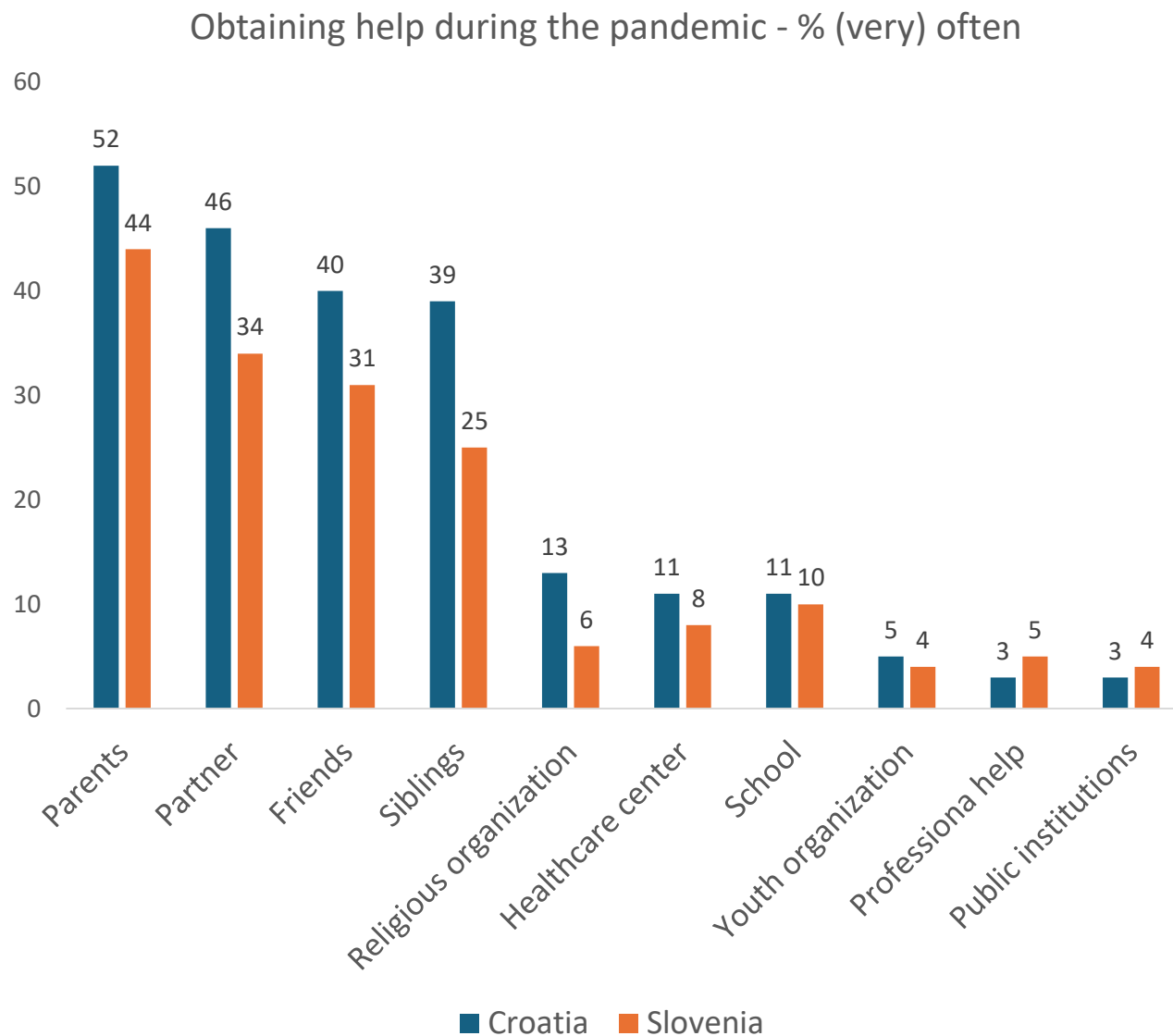


Social support and services before, during and after the Covid-19 pandemic

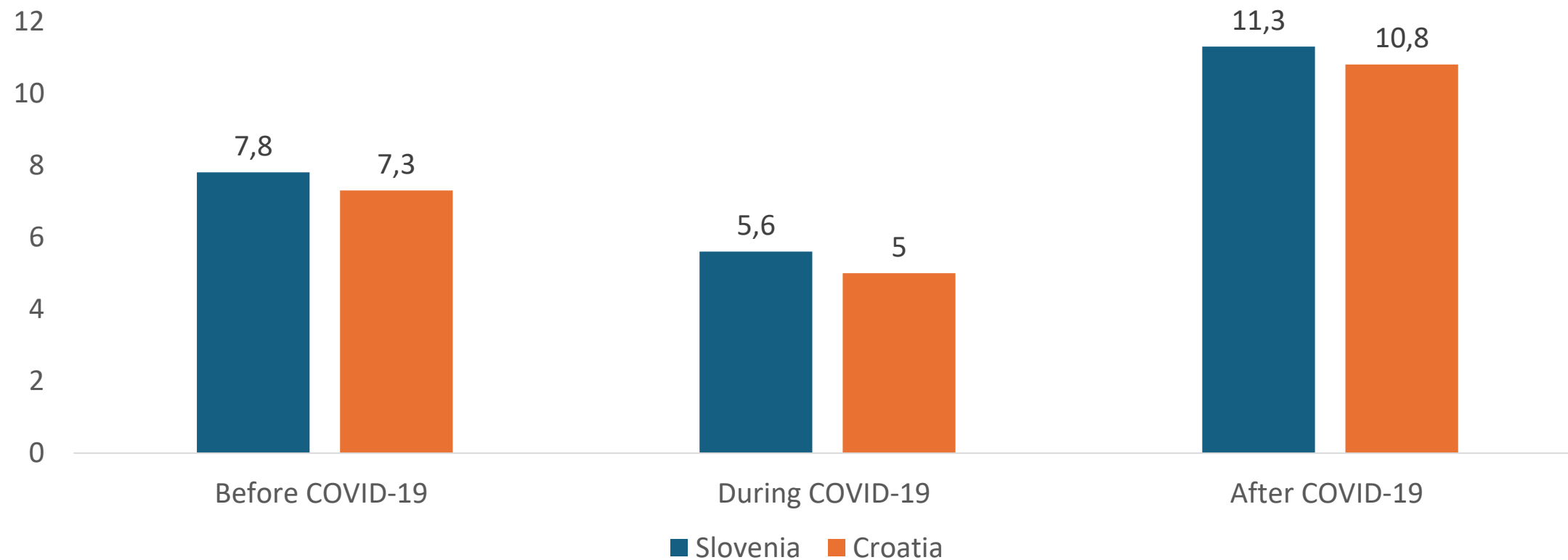
Sources of social support



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- Main source of social support: **parents**
 - Followed by **partner, friends, siblings**
 - Young people expressed more often obtaining help from these sources in **Croatia** compared to Slovenia.
 - More help-seeking from one's partner and friends in the past month compared to the pandemic.



Seeking professional help for psychological distress – “often or very often” (%)



How are support structures and well-being related?

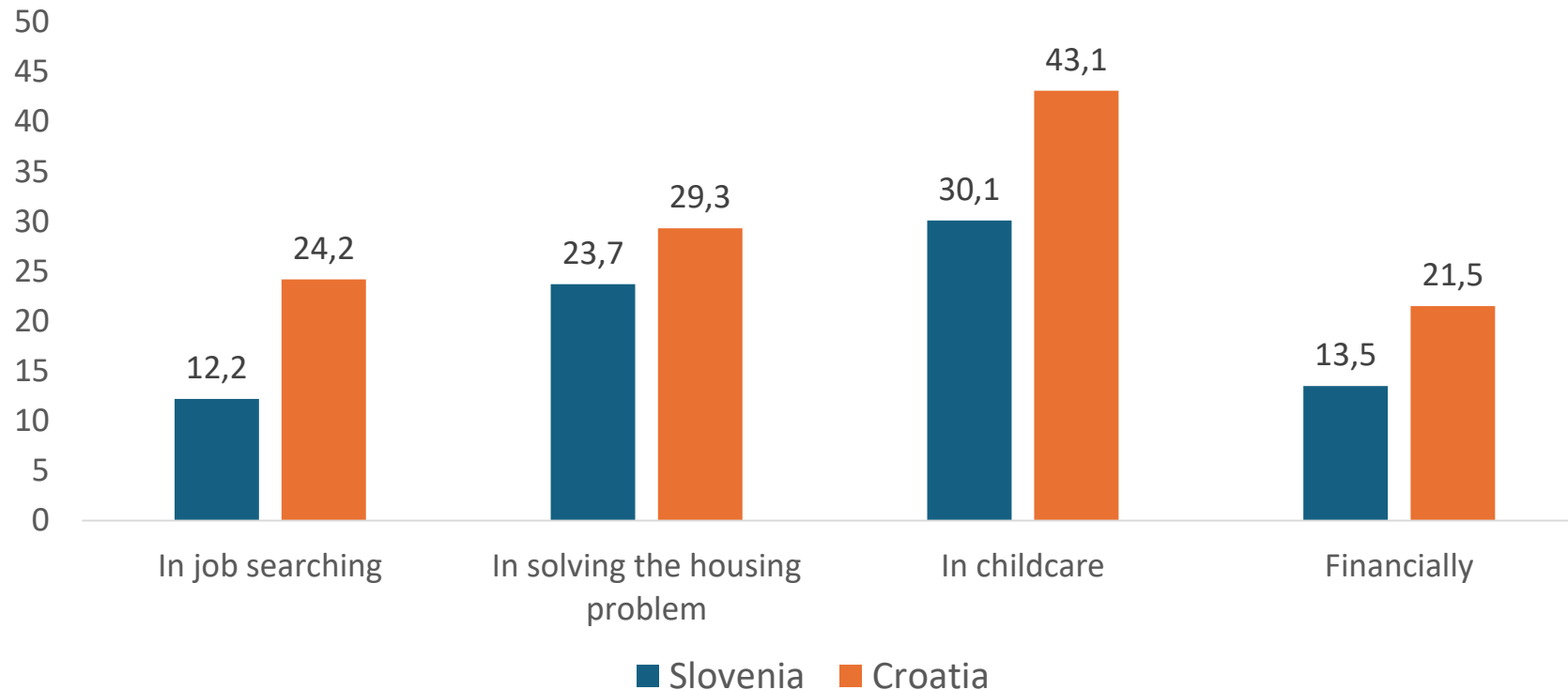
- Protective effect of **parent support** on BAT and DAS during the pandemic, but in the past month only in Croatia.
- Protective effect of **friend support** and DASS and BAT during the pandemic and in the past month in Croatia.
- **Partner support** only significantly negatively predicts BAT during the pandemic in Croatia.
- Protective effect of **sibling support** and DASS and BAT during the pandemic and in the past month in both countries.
- Greater protective effect of **school support** on BAT compared to DAS.
- **Getting professional help** during the pandemic positively predicts DASS and BAT as well as during the past month in both countries.



Intergenerational support

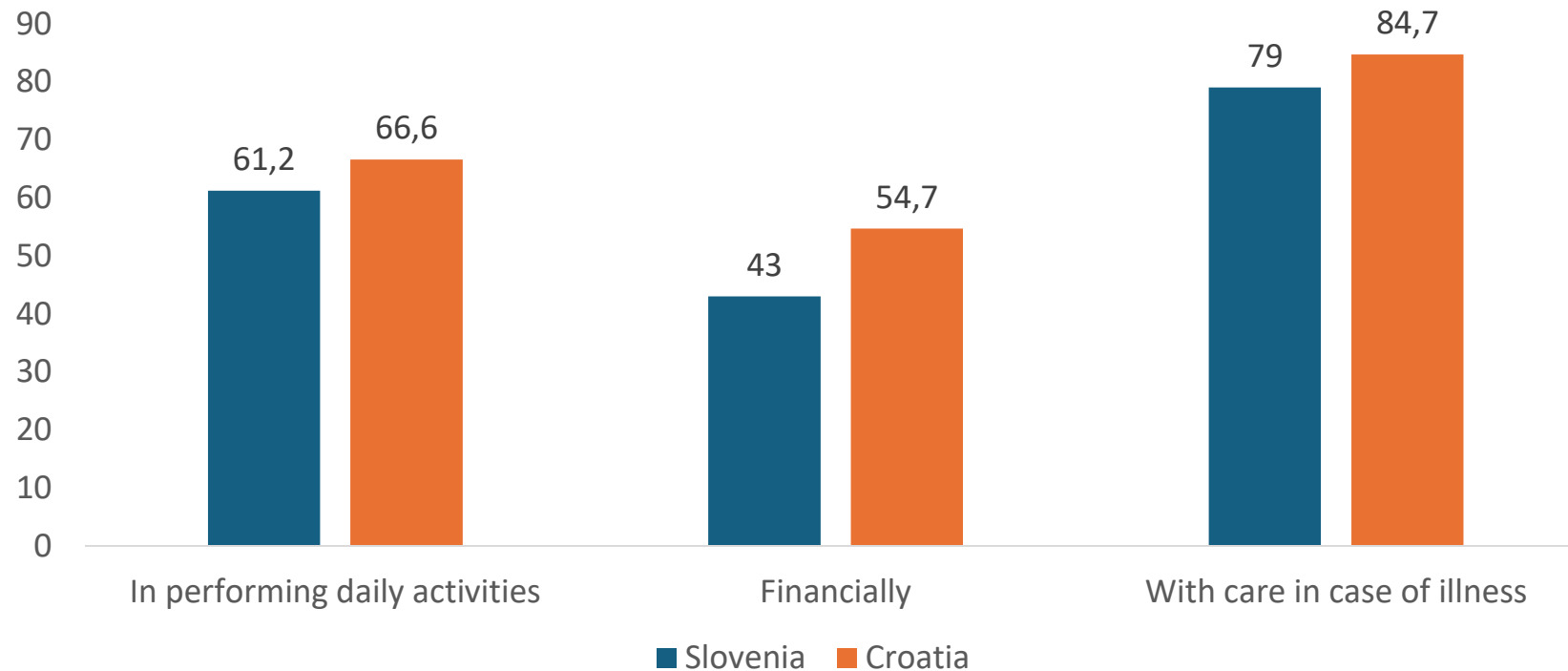
Expectations about parental help among youth in Slovenia and Croatia – “very much” or “to a large extent” (%)


Croatian youth expects much more parental help in all domains.




Expectations about helping parents in Slovenia and Croatia – “very much” (%)

Croatian youth expects to help parents more than Slovenian youth.



A background image of a business meeting. Several people in professional attire are gathered around a table. One person is holding a tablet displaying a document with charts and text. Another person is holding a smartphone. A white coffee cup is visible on the table. The image is dimly lit, with a dark overlay on the left side where the text is located.

Results from focus groups and interviews

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-
- Sharing when something good happens in one's life: **friends**, both parents, partner, mother.
 - Living conditions conducive to well-being: medical services for **mental health**, youth associations, local self-government
 - Key needs:
 - **social and political participation**
 - **mental health**
 - stable financial situation
 - employment
 - education

Frequency: Low

Demography (delayed childbirth and demographic changes)

Frequency: Moderate

Mental health and well-being (isolation, social media, missing out, uncertainty → stress, loneliness, anxiety, depression)

Family (intergenerational tensions, loss of independence, domestic violence)

Employment and the economic impact of COVID-19 (job loss, precarious employment, largest drop in employment in Slovenia in the EU)

Physical health (specific medical cases involving young people)

Government and institutional responses (governmental measures, public health communication, institutional decisions regarding education, delayed/insufficient measures to support remote work and mental health services)

Frequency: High

Disruption of education (shift to remote learning, school closures, postponed exams, screen time, learning efficiency)

Social behaviour and responsibility (non-compliance with restrictions, partying, transmission by not following public health guidelines)

Frequency: Very high

COVID-19 (infection rates, symptoms, and the perception that young people are often asymptomatic carriers or less severely affected, but can still spread the virus)

Thank you for your attention!