ISOLATED AND ANXIOUS YOUNG NEED CONFIDENTIAL ‘SAFE SPACE’

Tuesday 10 February, 2015

***Get Connected* research released today for Safer Internet Day shows the scale of need for ‘safe space’ for distressed and vulnerable young people**

The charity’s young people survey, *The Connected Generation Report,* published today brings starkly into focus the issues and worries many young people are facing and their need for safe support both on- and off-line.

· **45% have experienced bullying**

· **One in five have experienced suicidal thoughts**

· **Two in three young people feel isolated and lonely**

· **40 percent suffer feelings of depression and anxiety**

· **48% were more worried about their issues after looking online for help**

· **45% didn’t know where to go for help tackling personal problems**

Actor Daniel Radcliffe, is supporting efforts by Get Connected to expand awareness of the safe support available for young people going through very difficult experiences. The charity *Get Connected* provides confidential advice channels for young people.

Daniel Radcliffe: *“Young people should know its ok to reach out for support without fear. It’s so much better to talk through your issue than keep it trapped inside.”*

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The issues facing young people highlighted today are wide reaching and prevalent; of the 30 issues young people were asked about in the survey, almost all had been experienced by the majority in the sample group. This included issues such as serious as bullying, sexual violence and racism as well as relationship issues and depression.

Radcliffe has supported Get Connected for over four years. He says: "*I'm very fortunate to have my parents and good people around me for support, but the sad fact is that many young people don't have anyone they can turn to for help when they need it, or they don't feel comfortable reaching out for help for fear of social stigma."*

Get Connected CEO Jessica Taplin says: "*Our research found that when young people do need help, they mostly turn to the internet for answers. Regrettably, advice and support online is not always reliable, and can be potentially harmful or just increases their worries – almost half the young people surveyed said they were more worried after looking for information online. Clearly, we need to build awareness of the safe, confidential channels they can plug into."*

Radcliffe adds: *"There are many barriers for young people seeking reliable help, including a fear of being judged and not knowing where to turn. I think it's incredibly important for young people to know that they can reach out for support without fear or judgement, as the first step to solving a problem is often talking about what's affecting you. Get Connected is a safe space to explore whatever you're going through, with the chance to find further, specialist help as well."*

Get Connected works with almost 9,000 trusted organisations across the UK and their service is available over the phone, via text, email and web chat, plus they provide a searchable online directory of support services and free help app on Android and iOS.

More than half the young people surveyed [57%]would feel more comfortable asking for help from a free, confidential and non-judgemental helpline:

For more information about the Connected Generation report visit www.getconnected.org.uk/impact/connected_generation

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