



Young adults hardest hit by oneliness during panden

COVID-19 has produce 'alarming' increase in loneline

7文1 下的精神健康伤

Penang recorded 53 suicide deaths, 19 atte. from January to May this year

In the survey of 1,008 people aged 18-35, 80% of participants reported "significant depressive symptoms" during the pandemic.

(University of Miami Research)

影响心理辅导需求增

1,099 bunuh diri sejak 2020 hingga

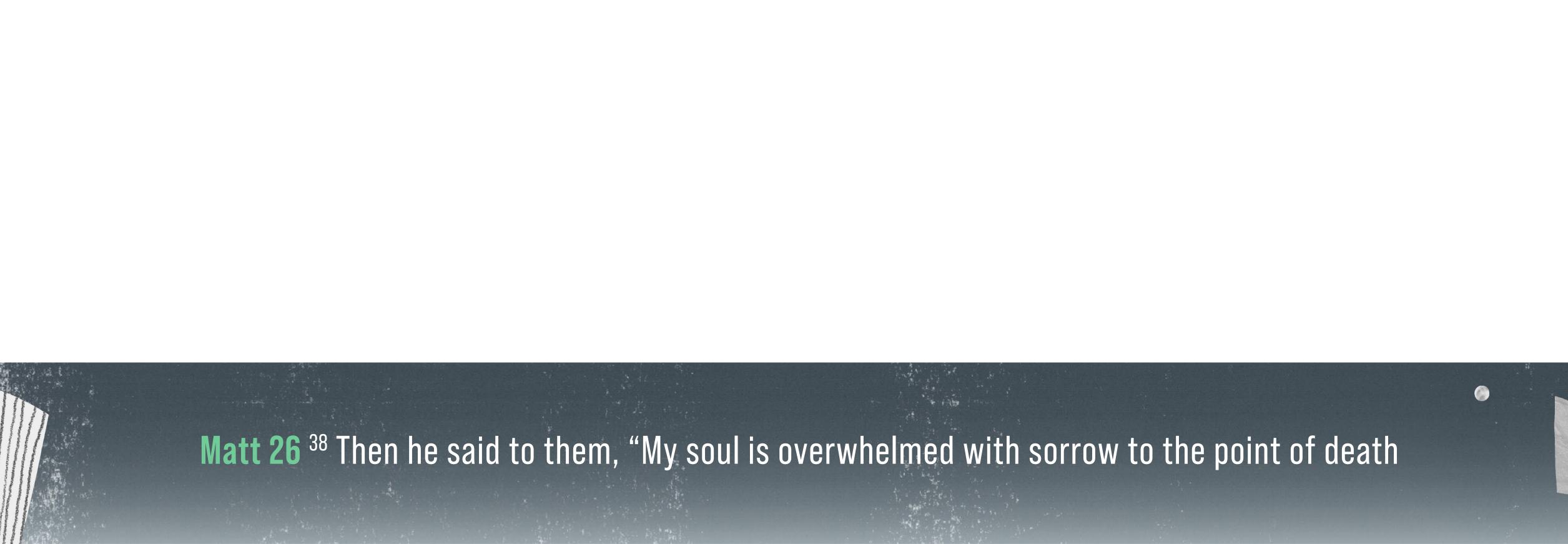
kes bunuh diri sepanjang tahun 2020 m

问题 去年1080宗自杀不

A shocking statistic – four suicide cases a day in first three months

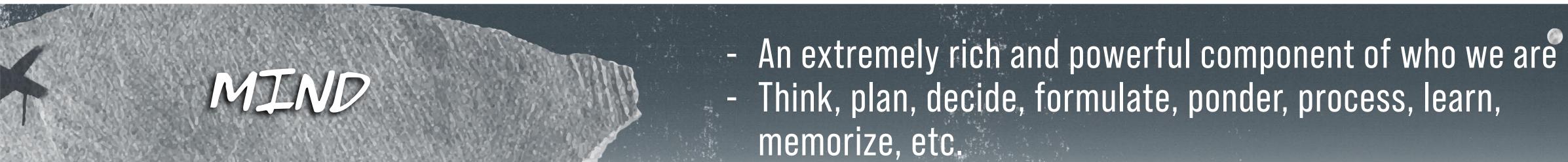
- 1. Isolation / Loneliness
- 2. Anxiety / Worry

- 3. Stress / Anger
- 4. Hopelessness / Loss of identity



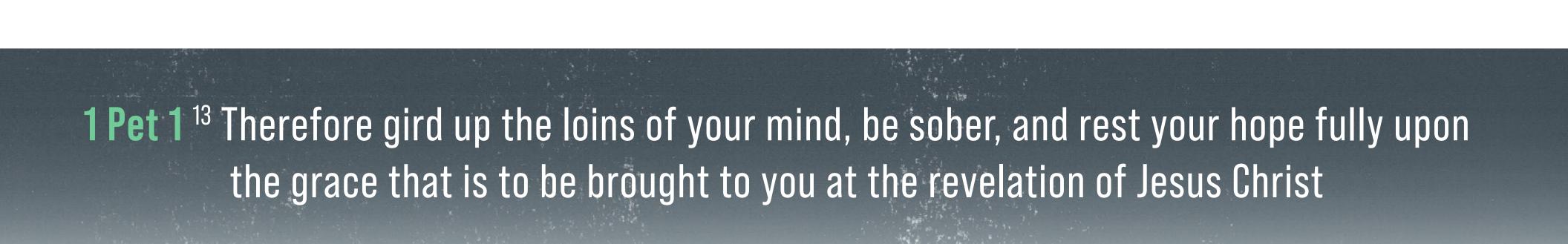
PS 107 b, 13, 19, 28

Then they cried out to the Lord in their trouble, and he delivered them from their distress.



Sow a thought and you reap an action; sow an act and you reap a habit; sow a habit and you reap a character; sow a character and you reap a destiny.

Emerson









Eccl 4 ¹⁰ For if they fall, one will lift up his companion. But woe to him *who is* **alone** when he falls, For *he has* no one to help him up.