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Generation Z. Novel needs for prevention and rehabilitation

Individuals born after 1995 are sometimes called to belong to Generation Z. Abundant research demonstrates that in some psychological characteristics Gen Z is different to any other generation! They are fast, instant-minded and short-term focused and social media is probably the most significant communication channel for them. Many of them lack traditional ambitions but show significant sensitivity for others and for environment. Nevertheless this generation are also characterised (at least in the high income countries) with higher frequency of certain mental disorders. For example there was a five-fold increase of mental disorders amongst UK university students between 2007-2018. Therefore exploring of the underlying psychological risk factor and tailoring mental health intervention to the special needs of this generation are both unanswered needs in recent mental health care.