



## NEWS UPDATE

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### **Psychosis & Schizophrenia Rising Among Youth**



A new study has revealed a concerning rise in psychosis and schizophrenia diagnoses among Millennials and Gen Z, with cases appearing at younger ages than seen in previous generations. Researchers observed a sharp increase in diagnoses among teens and young adults over the past two decades. Experts suggest multiple contributing factors, including substance use, childhood trauma, chronic stress, and lifestyle changes, along with improved awareness and better diagnostic tools. While better detection explains part of the rise, scientists warn that mental health systems are not fully prepared to handle early-onset cases. The study strongly emphasizes the need for early screening, timely intervention, mental health education, and stronger support systems to prevent long-term disability and improve outcomes for young people.

Source: <https://www.timesnownews.com/health/millennials-and-gen-z-face-rising-rates-of-psychosis-and-schizophrenia-article-153550970>