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Overcome OCD disorder

My grades are fine, but I'm not

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Increasing awareness of the importance of mental health is recent years has led to more people seeking help from the immediate group of adolescents.

For some members of Gen Z, having the "courage to seek help" to talk about their socio-emotional challenges stands there as a major hurdle, with the stigmatisation of mental illness, the stress of keeping up with social media and peer pressure.

Gen Z is the generation born after 1996, the oldest among whom turn 26 this year.

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However, the increasing exposure to mental health issues and mental health conditions may be hard for the parents to relate to, since they did not have the same "luxury" of being able to seek doctors, says Ms Bertina Ong, principal counsellor at Insight, the mental health and counselling centre of the Raffles Corner Singapore.

Ms Ong, based in Singapore and emphasising with their teen's feelings and experiences, says that parents should "avoid the child's transition to adulthood", she says.

Providing a listening ear to their teen children, Ms Ong says, although professional help should be sought when necessary.

Ms Chu Ming Xin, founder and executive director of Campus POI Singapore, a mental health and wellness organisation for students and young adult singapore people, says: "Children and youth can be overwhelmed by the pressures to be adults on. They don't always respect the boundaries of their parents, and they don't always respect their parents."

The Sunday Times interviewed two young people who have overcome mental illness and what they related adults have about the mental health issues.

Here are the things to note:

1. Extend grades does not mean I am okay

When Sofia was 16, she was strong enough to hide her mental illness from her family.

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