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Report says young people increasingly blame mental health for being out of work... but critics question if it's all just 'snowflakery'

GENERATION SICKNOTE

By **Kate Pickles** Health Editor

YOUNG people are increasingly blaming mental health problems for being jobless, a stark report warns today.

The number of 18 to 24-year-olds who are 'economically inactive' due to health issues has more than doubled in the past decade, rising from 93,000 to 190,000.

Two thirds report suffering poor mental health and four in ten list it as the main reason for not working. The study by the Resolution Foundation revealed that a third of young people experienced symptoms of mental illness – such as depression, anxiety or bipolar disorder – in 2021/22, up from a quarter at the turn of the millennium.

Experts say the 'worrying trend' is damaging the economy – with 5 per cent of young adults out of work due to sickness, heaping strain on the benefits system and the NHS.

The shift means people in their early 20s are now more likely to be unemployed due to ill health than those in their early 40s.

However, critics last night blamed a 'cultural drive to medicalise everyday life' and create a generation of 'snowflakes'.

A mental health diagnosis has now become the norm, stopping people taking responsibility for their own lives, according to Frank Furedi of the University of Kent.

The sociology professor said: 'What used to be known as existential problems of being young – relationship breakdowns, failing, not being part of something – the normal difficulties



Look who the devil (in Prada) are back together!

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