

Support structures such as family, peers, educational institutions, healthcare services, religious organisations, youth civil society organisations (CSOs), and public institutions are integral to well-being. Young people rely on a variety of support systems to navigate the complexities of development, with parents typically serving as the primary source of both emotional and financial assistance during early life. Parental support helps foster self-esteem and offers stability, although its quality can be affected by socioeconomic status, mental health, and family dynamics (Luthar & Cushing, 1999; Amato, 2001). Within the family, sibling relationships, while often emotionally supportive and egalitarian, vary in effectiveness depending on the nature of the relationship and family context (Dunn, 2000; Stocker, 1994). Furthermore, peer and friends' support becomes increasingly important in adolescence, offering emotional validation and social integration, though it may fluctuate due to the often-transient nature of friendships (Furman & Buhrmester, 1992; Reis & Shaver, 1988). Romantic partners can also provide significant emotional and practical support, though the quality of this support depends heavily on the health of the relationship (Fehr, 1996; Suchman, 2006). Furthermore, educational institutions contribute to intellectual and social development, though disparities in resources can limit support effectiveness.

During the pandemic, the general public became increasingly aware that mental health professionals can offer critical interventions for psychological challenges, even to the youth who do not seem to deviate from typical patterns of good well-being. Public institutions are essential to filling gaps in support at the community level, particularly for vulnerable groups, though their impact is often constrained by funding and policy (UNICEF, 2015). Also, CSOs and non-formal platforms provide significant support to young people, as we will see in the next sections. However, during the pandemic physical distancing measures and closures of institutions deprived young people of the opportunity to receive professional support. The detrimental effect of the pandemic on availability and accessibility of support also reflected on a personal relationships level, within families, friends, romantic partnerships and at the community level.