



News release: 25 August 2020

**TEEN TIPS WARNS THAT MONTHS IN LOCKDOWN
HAS LEFT MANY ANXIOUS ABOUT RE-INTEGRATING
AS MILLIONS HEAD BACK TO SCHOOL**

As millions of young people head back to school, parenting expert and founder of Teen Tips Alicia Drummond is seeing a surge in interest from anxious parents as the impact of months in lockdown on their children's mental health is revealed.

Parents, like the rest of society are facing monumental changes with many finding parenting overwhelmingly challenging in the current climate. A recent Teen Tips survey revealed that top of the list of worries for children is reintegrating with peers, followed closely by anxiety about changing friendship groups. Third in line is worry about falling behind on school work and catching Covid 19 was number four on the list.

Alicia Drummond, Founder of Teen Tips says;

"I hear first-hand the challenges that parents and teenagers are facing today and right now it is the return to school post lockdown which is causing most distress. Our services are in huge demand from parents and schools looking for guidance on how to meet the social and emotional needs of young people in this new landscape."

- Ends -

**For interviews or further information please contact Emma Pelling on: 07958 558172,
emma@pellingpr.co.uk <https://www.teentips.co.uk>
Social media: @TeenTipsLtd**

Alicia Drummond is a BACP accredited counsellor, parent coach, speaker, author, mother and founder of Teen Tips. For the past decade, Alicia has been working with UK and international schools, businesses and the NHS. She is the in-house mental health expert for School Notices and parenting specialist for the CQC healthcare clinic, Esher Groves. Alicia regularly appears on BBC Radio, has written a book, "Why Every Teenager Needs A Parrot" and is a popular speaker at conferences.