

How Covid-19 Continues to Affect the Mental Health of Young People in the United Kingdom

Weeks 40-43 vs entire pandemic period

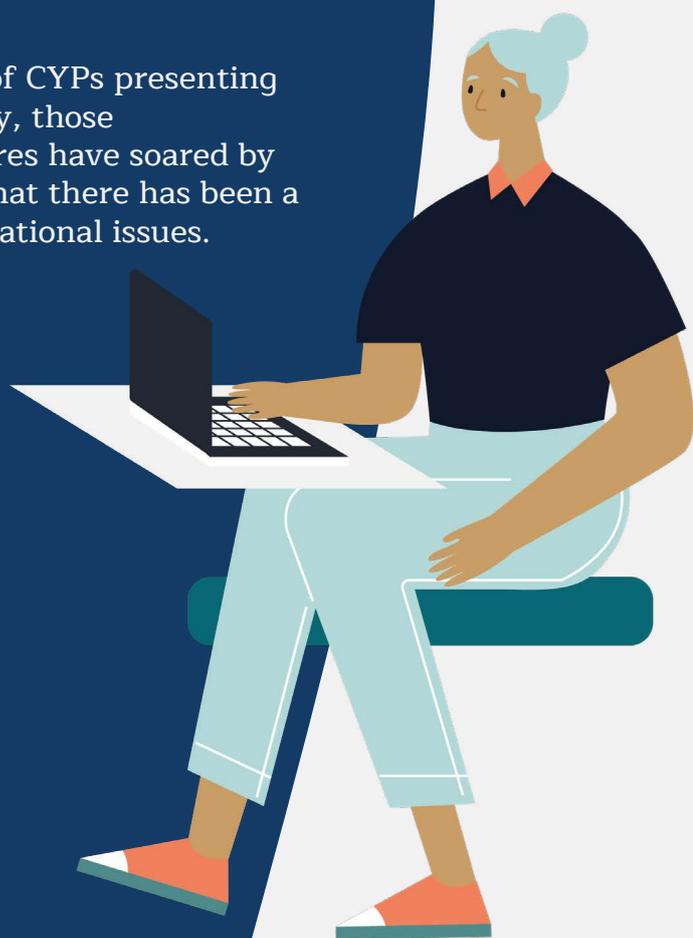
2020 has been an exceptionally difficult year for everyone. Here at Kooth, we have seen how the Covid-19 restrictions have had devastating implications especially on the mental health and wellbeing of young people. As the coronavirus pandemic continues to rage on, Kooth's latest data reveals that young people are continuing to show increased symptoms of specific presenting issues.

There has been a dramatic increase in the number of CYPs presenting with school/college issues - up 42%. Correspondingly, those experiencing issues around exams and exam pressures have soared by 38%. It is, perhaps unsurprising, therefore, to see that there has been a 28% increase in young people presenting with aspirational issues.

Kooth saw a dramatic 42% rise in school and college issues during weeks 40-43 compared to the start of the pandemic

It has never been more important to offer safe, accessible and early help to those who are suffering with their mental health and emotional wellbeing. Technology offers us the chance to overcome the significant barriers we all face in delivering this critical support.

For those feeling suicidal or experiencing relationship problems - or any of the raft of mental and emotional problems we see on Kooth every single day - knowing that timely support is available online is a real lifeline.



+28%

Young people struggling with aspiration issues

With lives being turned upside down by Covid-19, young people have been forced to abandon their goals and aspirations.



+38%

Exam stress is on the rise

The anxiety that tends to predate exams around spring time is already evident, with many students having missed crucial learning time.



+42%

42% rise in school & college issues

Students are facing enormous mental health challenges. Anxiety about school closures, social isolating and concerns over school work are taking a toll.



+26%

Substance misuse on the rise

As parents have coped with additional stressors during Covid-19, alcohol consumption rates have increased.



+14%

Spike in self-harming behaviours

Young people have lost so many connections, habits, activities and enjoyment this year. This can lead to feelings of isolation and self-harming.



+18%

Sadness levels peaked week 42

Feeling of sadness, anxiety and low mood are being widely felt by CYPs. These are 'normal' responses to a very 'abnormal' situation.