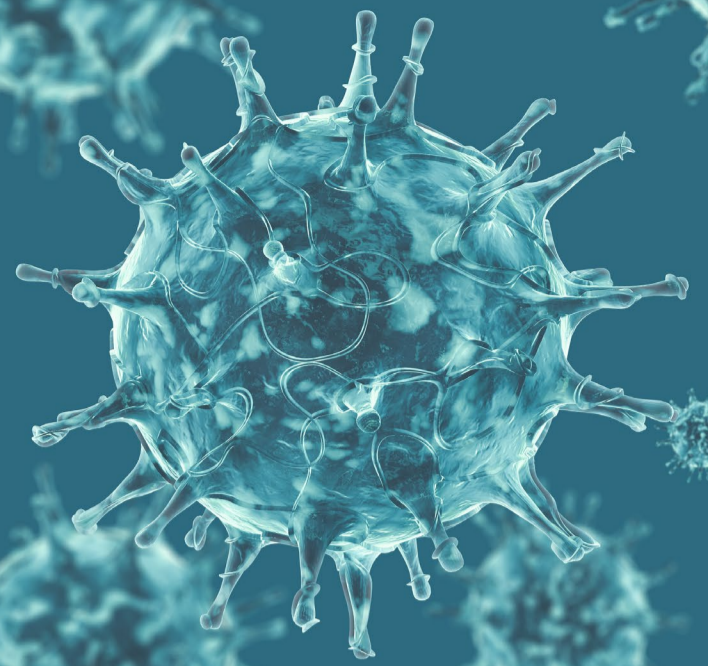


Week 14: How Covid-19 is Affecting The Mental Health of Children and Young People

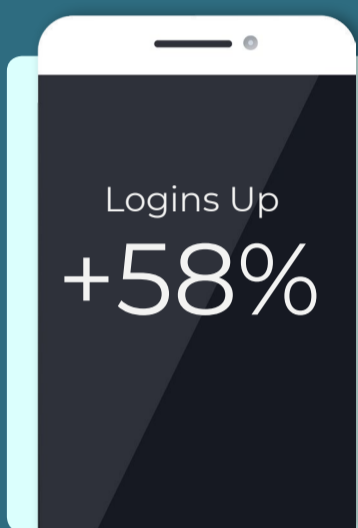
As the lockdown continues, we are seeing in greater detail how it is impacting the mental health of children and young people (CYP) coming to our services for support across the country. Sharing this data is critical in deepening our understanding of need. It also allows us to better prepare for different post-lockdown environments when we know many people will need ongoing support.

Never has digital been more important in delivering that help. For those feeling lonely, experiencing suicidal thoughts or suffering with health anxiety - and the raft of other mental health and emotional wellbeing issues we see - knowing that timely, professional help is available online is a lifeline.



This week, we've also released an in-depth analysis of how mental health is differing for BAME users at the moment. View it at [xenzone.com/week14bame](https://www.xenzone.com/week14bame)

The Headline Statistics



Demand Continues to Rise for Kooth

We are seeing more young people than ever looking to Kooth for support. Now that traditional means of support are closed to many, it's clear that digital has a vital role to play in supporting mental health and wellbeing.

Offering anonymity and freedom to access help when it's needed is key; we're there for young people when they need us.



Data Shows a Growth of Identity Struggles Under lockdown

Gender Identity: Issues up 74%

For CYP, issues around sexuality are the most prevalent of identity-based presenting issues.

Data from the period, however, show that CYP are increasingly looking for support around gender identity.



Sexual Abuse

Abuse among children is up, in particular sexual abuse.
Up 46% from last year



Sadness

Lockdown is showing a large rise in sadness.
Up 128% from last year



Self Harm

Self Harm Issues are a growing concern in Young People
Up 27% from last year



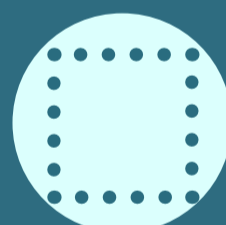
Sleep Issues

Many Young People are experience sleeping issues.
Up 161% from last year



Family Relationships

Visible strains on families and relationships within them.
Up 30% from last year



Loneliness

Children are struggling in isolation.
Up 63% from last year



Health Anxiety

Young People with anxiety over their health has increased.
Up 133% from last year



School / College Worries

Such as returning to school or handling education virtually.
Up 144% from last year



Suicidal Thoughts

Those who are presenting thoughts about suicide
Up 16% from last year

What headlines can we pull from this data?

1. Struggles with **Identity** Issues Under Lockdown: Data Shows 74% Increase in 'Gender Issues' while Greatest Volume of Issues Concern Sexuality
2. **Suicidal Thoughts** as a Presenting Issue Increases for CYP by 16% and decreases for Adults by 15%
3. **Self-Harm** sees Rise of 27% Among CYP, while Adults see 8% Decline in Prevalence
4. **Child Abuse** Continues to Rise Under Lockdown; Sexual Abuse as Presenting Issue up 46% on Previous Year
5. **Family Relationships** are Concern for Increasing Numbers of CYP, with 30% Increase in this Presenting Issue
6. **Health Anxiety** Spikes for CYP, with 133% Rise on Last Year
7. Young People Experiencing Increasing **Sadness**, as Presenting Issue Shows 128% Rise on 2019
8. **School and College Issues** Continue to Worry CYP with Data Showing 144% Increase
9. CYP and Adults Experience Continuing Issues with **Sleep** as Presenting Issues Show 161% and 96% Increase Compared to Last Year
10. Young People are Increasingly **Lonely** in Lockdown: Data Shows 63% Increase on Previous Year

The presenting issues are registered against a service user following any interaction that displays this issue. This is typically during counselling, but could also be during any other interaction, such as comments in a forum. The comparison to last year is based on the proportion of the users that have presented with the particular issue, compared to the proportion last year, during the same time period.

Sample size of 42,732 unique users logging in during the period of 01/03/20-30/05/20 and 33,152 people last year during period 03/03/19-01/06/19.