

Week 10: How Covid-19 is Affecting The Mental Health of Children and Young People

The Covid-19 outbreak continues to impact the mental health of populations around the world. In the UK, we are seeing new and ever-changing patterns of demand from children, young people and adults. Nationally, we're seeing increasing domestic violence issues among adults, and a continuing rising trend in sadness and loneliness.

For our week 10 report, we have also taken a closer look at regional differences in presenting issues among children and young people. This shows the concerning and increasing prevalence of issues such as child abuse, bereavement and suicidal thoughts across our local populations.

It's never been more important to offer safe, accessible and early help for those who are struggling now with their mental health and emotional wellbeing; technology offers us the ability to overcome the significant barriers we all face in delivering this critical support.

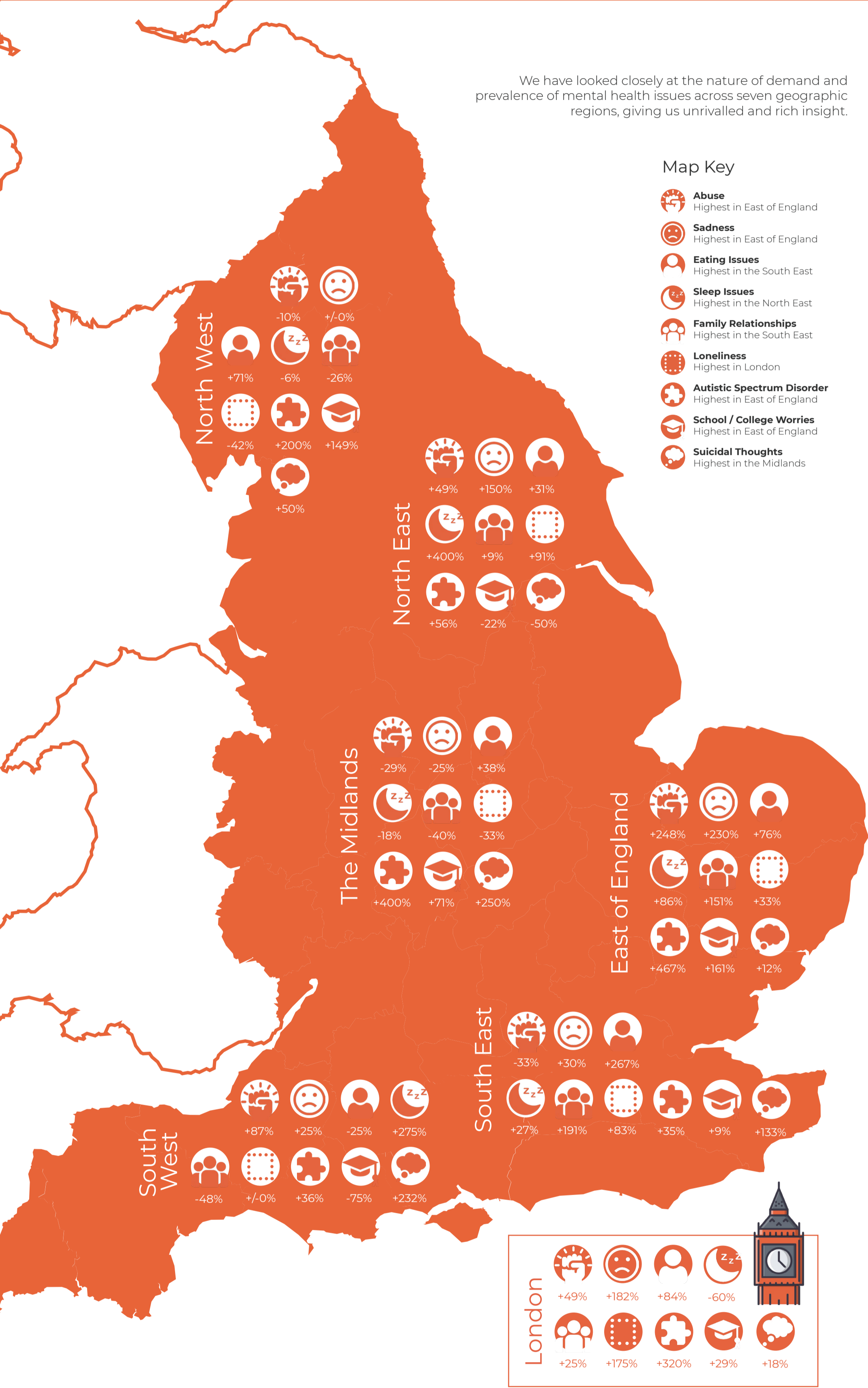
The Headline Statistics



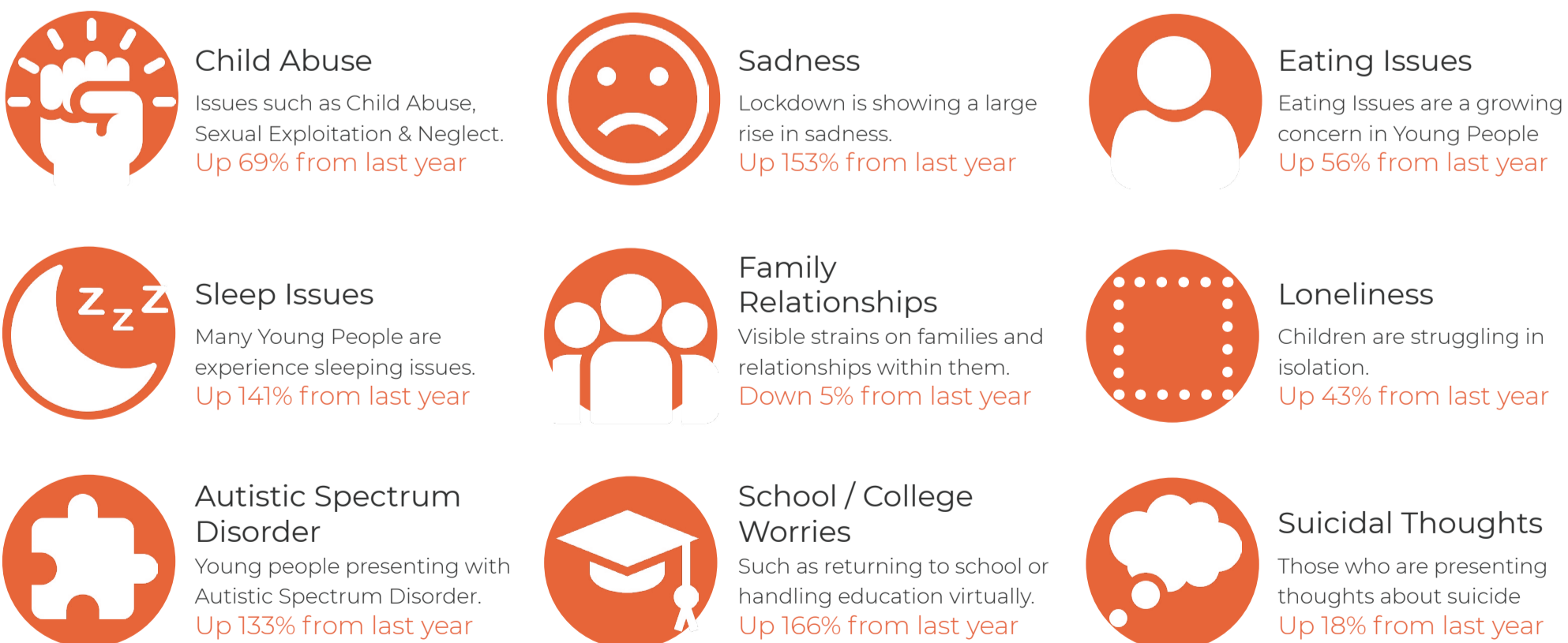
Young People's Mental Health: A Regional Picture

MAY 2020

We have looked closely at the nature of demand and prevalence of mental health issues across seven geographic regions, giving us unrivalled and rich insight.



A National Overview



What other headlines can we pull from this data?

1. Sharp Increase in Help-Seeking for **Bereavement** in Areas Worst-Hit by Coronavirus
2. Rising Levels of **Child Abuse** Under Lockdown; East of England sees Marked Rise in Issues around Sexual Abuse
3. South East sees Significant Rise in **Issues around Eating** among Young People; East of England's Youth Show Struggles with **Body Image**
4. **Family Relationships** Across London and South East Under Strain
5. London Sees Biggest Spike in **Loneliness** among England's Children and Young People
6. Lockdown Sees Largest Rise in **Sadness** among Young People in East of England
7. **Sleep Difficulties** Impact Young People in North East and Yorkshire; London Largely Unaffected
8. Young People in East of England and North West most Anxious about **Return to School/College**
9. The Midlands and the South West See Greatest Rise in **Suicidal Thoughts** among Young People
10. Steep Rise in Young People with **Autism or Aspergers** in East of England Seeking Support