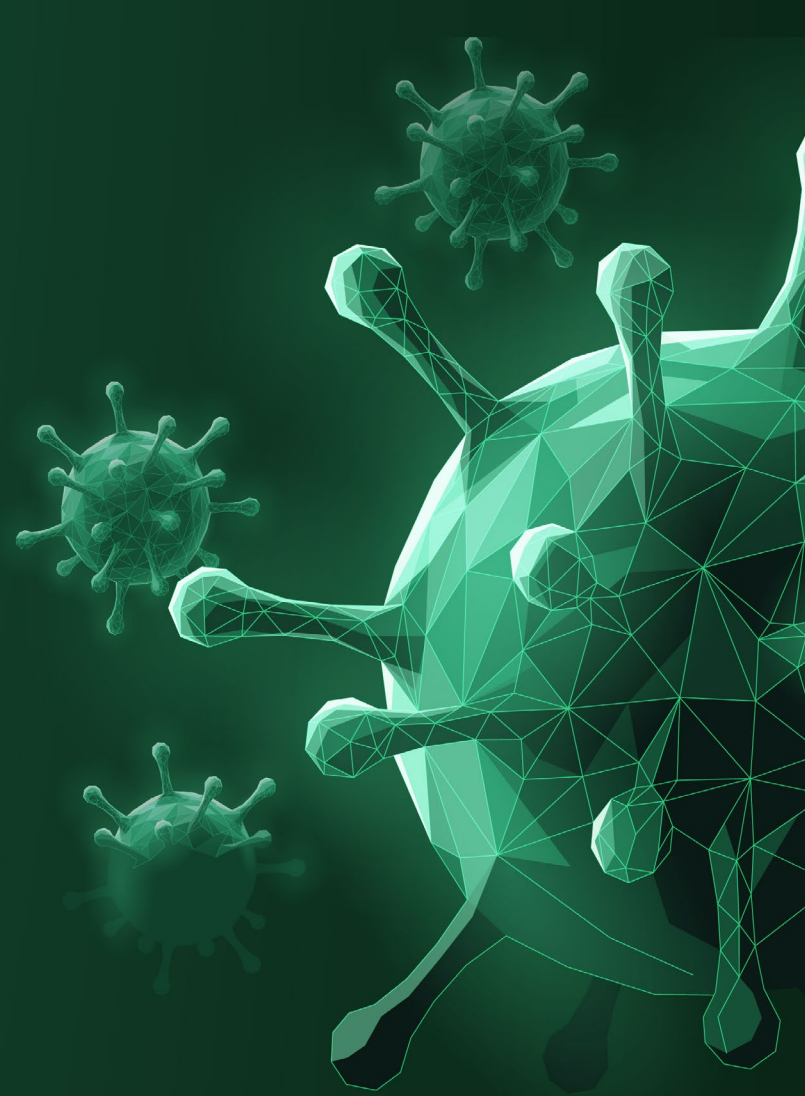


How has COVID-19 Affected The Mental Health of Adults in the United Kingdom?

The impacts of coronavirus are vast, and changing week by week. As a result, issues being raised and discussed by the fast-growing Qwell community of adults evolving continuously.

Of the thousands of digital conversations being had, we are seeing spikes in many presenting issues, such as sadness, worrying about others, abuse and loneliness. It is critical that we meet the needs of our population through this crisis, encouraging those with emerging concerns to express themselves and those with ongoing issues to continue their support.



The Headlines



Increased Demand for Mental Health Support

We are seeing more people than ever looking to Qwell 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 people when they need us.



Family Relationships show a Reduction in Concern

Whilst young people are discussing parental arguments, with many saying they would usually see friends or 'escape' for a while, parents are seeing a reduction in strained family relationships. Parents however are benefitting from a reduction of worries about family relationships.



Quarantine Sees Sharp Rise in Sadness and Depression

It is understandable that we might feel sadness, anxiety and low mood at this time. It can feel even more difficult when we have the added uncertainty of not knowing when restrictions will be lifted, or what the world may look like at that point.



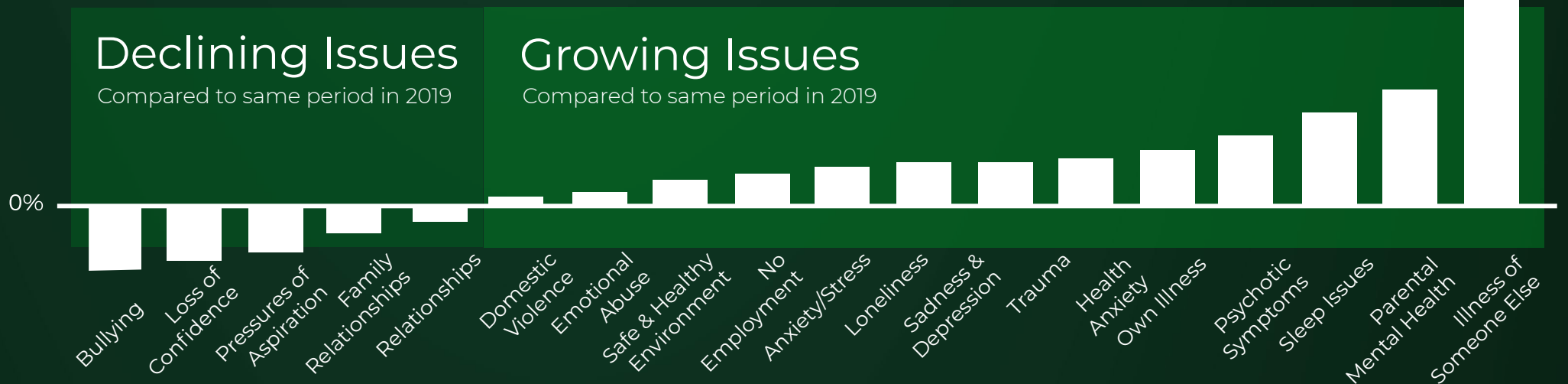
A New Work Culture Threatens Adult Mental Health

Some parents are feeling the pressure of trying to 'do it all'. Parental Mental Health issues see an increase of 115%, whilst 'No Employment' worries increase by 26% and problems with current employers also rise by 14%.



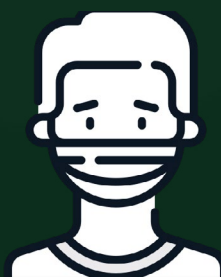
Lockdown Produces Increasing Levels of Loneliness

There has been a sudden and significant change to people's ability to interact with others due to lockdown. For some, work may have been their main source of social connection, and people are not able to access their support network in the same way.



We're Struggling to Sleep Properly in Lockdown

Sleep is a big concern. It's clear a lack of regular routine is interfering with sleep patterns. People are reporting not feeling tired or having not done enough during the day. Many are experiencing racing thoughts when trying to get to sleep.



Worrying About the Health of Others Sees Huge Upswing

We are continually fed content about the health crisis, so it's almost impossible not to be impacted by this. There is a healthy level of caution to be felt so that our instincts kick in and we can keep ourselves and others safe but there is also a growing amount of health anxiety that can only exacerbate worries and anxiety.



Adults Show Concerning Rise in Emotional Abuse

In such close proximity to each other, and within an international crisis where emotional intensity can only be heightened, domestic violence is given more fuel than the situation ordinarily would have.