

Week 14: How Covid-19 is Affecting The Mental Health of Adults in the United Kingdom

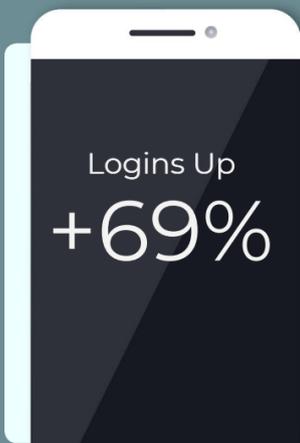
As the lockdown continues, we are seeing in greater detail how it is impacting the mental health of adults coming to our services for support across the country. Sharing this data is critical in deepening our understanding of need. It also allows us to better prepare for different post-lockdown environments 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

The Headline Statistics



Demand Continues to Rise for Qwell

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.



Adults are Really Struggling with Health Anxiety at the Moment

Health Anxiety: Issues up 74%

Worrying about their own health as well as the health of loved ones is showing a high increase of presenting issues as lockdown continues within the United Kingdom.



Anxiety

More Adults are presenting with anxiety on Qwell.
Up 10% from last year



Sadness

Sadness is increasing among adults.
Up 30% from last year



Work Concerns

Problems at work are on the rise for Qwell users.
Up 18% from last year



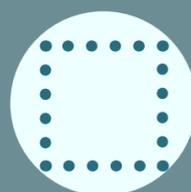
Sleep Issues

Struggles with sleep are increasing.
Up 96% from last year



Relationships / Partners

Lockdown is seeing a rise in issues with relationships.
Up 23% from last year



Loneliness

Adults are lonely under lockdown.
Up 15% from last year



Trauma

Issues regarding trauma are increasing.
Up 63% from last year



Emotional Abuse

Qwell is seeing an increase in emotional abuse.
Up 53% from last year



Suicidal Thoughts

A reduction over the period, but a 33% rise on the previous week.
Down 15% from last year

What can the Qwell Data Show us?

- Health anxiety** sees a spike in prevalence, increasing by 74% on last year.
- Struggles with **anxiety** increase under lockdown: data shows 10% rise.
- Sadness** has increased during the period, with a 30% increase on previous year.
- Issues with sleep** continue under lockdown, with a 96% rise on 2019.
- Adults are **lonelier** under lockdown; the issue sees a 15% on last year.
- Adults see worrying rise in **emotional abuse**: data shows 53% rise.
- Suicidal thoughts** have abated compared to last year, but evidence shows 33% in last week of May.
- Qwell seeing more cases of **trauma**, up 63%.
- Work concerns** have risen to 18% above 2019 levels.
- Issues with **relationships and specifically partners** have increased by 23% under lockdown.

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 8,589 unique users logging in during the period of 01/03/20-30/05/20 and 5,072 people last year during period 03/03/19-01/06/19.