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.

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

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.

What can the Qwell Data Show us?

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