Children and young people from BAME backgrounds are showing greater increases in depression, anxiety, self-harm and suicidal thoughts than white peers during COVID-19 pandemic.

This Data Insights Report focuses on mental health among our black, Asian and minority ethnic (BAME) children and young people (CYP) on Kooth. We have seen among our Kooth community that levels of anxiety have increased compared to last year, particularly among BAME service users. Sometimes there is no obvious cause - lockdown, school closures, loneliness and other presenting issues are evident across the board - while other times these issues only become clear during work with our counselors.

We wanted to go further in this report to understand how Covid-19 and the lockdown is impacting our young BAME service users. Culturally we know there can be different issues at play; we also know that many young people are aware of the coronavirus’s devastating and disproportionate impact on BAME people. This timeframe of this report does not include the more recent focus on Black Lives Matter; this will be a focus of future reports.

Demand for Kooth within the BAME community rises.

“Our data offers crucial insights into the range of mental health impacts of lockdown. By shining a light on areas of challenge, we can ensure we offer the best support available, in a way that most suits people’s needs. We also offer this data as a reflection of the issues people are facing for society as a whole, and decision makers in particular, to take notice.”

Aaron Sefi, chief research and insights officer

This is an in-depth analysis into how mental health is differing for BAME users at the moment. For a full national picture of all young people, please visit: xenzone.com/week14

“On the UK, individuals from BAME communities are being fed additional information that claims BAME individuals are at higher risk of death from COVID-19. This is likely to be an area of additional stress, anxiety and depression for these individuals, whose communities are seeing higher levels of stress, anxiety and depression even if they are not consciously aware of this impact.”

Aisha Gordon-Hiles, Counsellor and Clinical Content Writer XenZone