

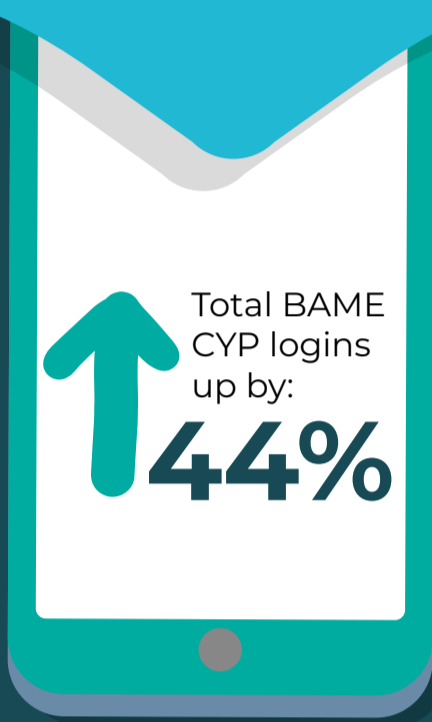
## Week 14: How Covid-19 is Affecting the Mental Health of Young People in the BAME Community

**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 the causes are clear - 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 counsellors.

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.



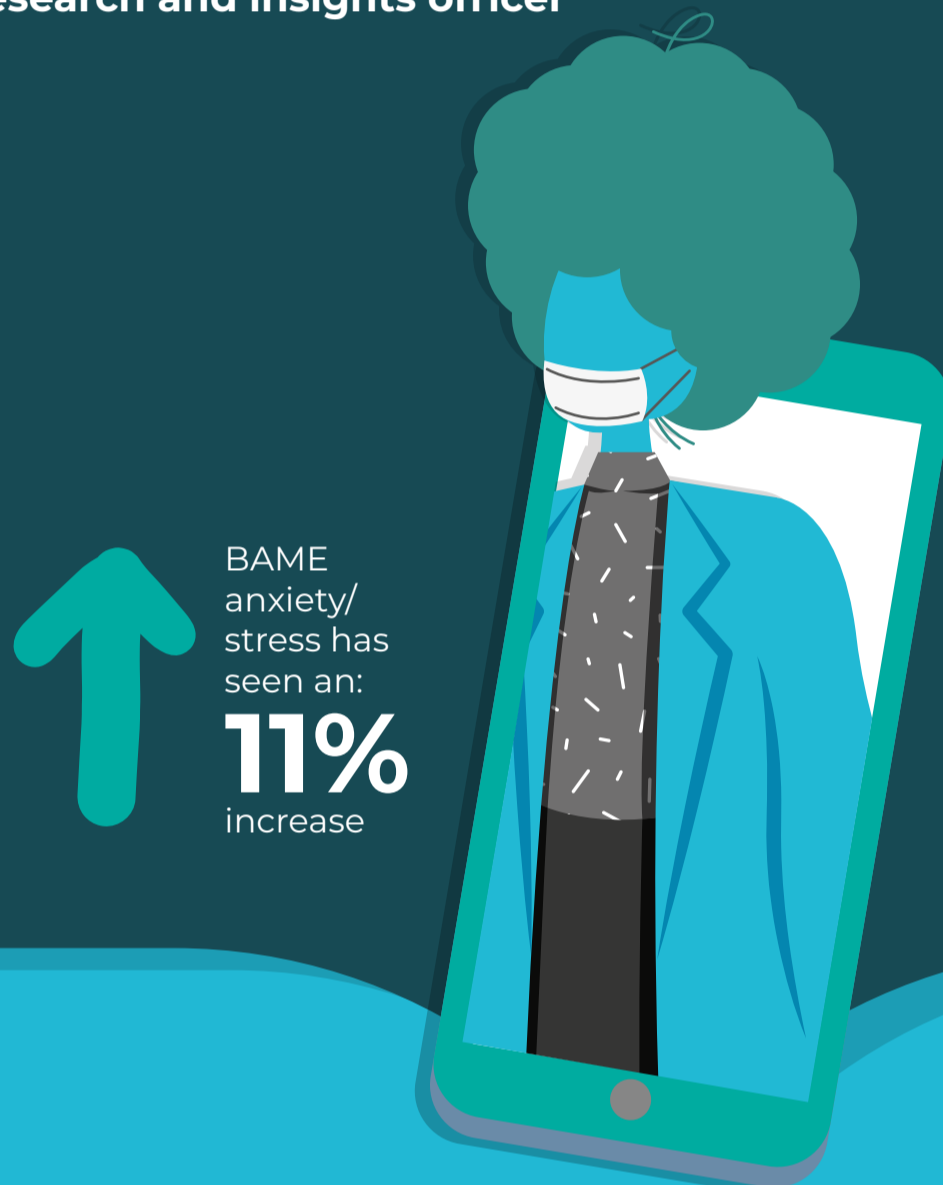
### Demand for Kooth within the BAME community rises.

“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**  
XenZone

“In the UK, individuals from BAME communities are being fed additional information that claims BAME individuals are more at risk of dying at the hands of the current virus than anyone else, because of who they are. Without there being much information on why this is or what can be done to prevent this increased risk, it is understandable that this may further contribute to individuals from these communities feeling increased levels of stress, anxiety and depression even if they are not consciously aware of the impact.”

**Aisha Gordon-Hiles, Counsellor and Clinical Content Writer**  
XenZone



Kooth service users from BAME backgrounds are showing higher levels of **self harm, suicidal thoughts, depression and anxiety** than white service users compared to the same time period in 2019.



White CYP have shown a decrease in **depression** (-16.2%) during COVID while BAME users have shown a 9% increase



**Suicidal thoughts** as a presenting issue has seen a worrying increase among BAME CYP of 26.6% on 2019. Among white CYP, we have seen a lower increase (18.1%)



**Anxiety/stress** is the most prevalent issue for BAME CYP on Kooth and has seen a 11.4% increase on the previous year. Among their white counterparts, the issue has seen a far lower increase (3%)



**Suicidal thoughts** among BAME youth increase by 27% under lockdown



**Depression** among BAME youth increases 9% on 2019



**Self harm concerns** of young people from BAME backgrounds up by 30% on previous year



**Anxiety and stress** see 11% increase among BAME young people



**Sleep difficulties** among BAME CYP rise by more than 200% during lockdown



BAME young people experience 27% increase in issues around **family relationships**



BAME CYP reporting 159% increase in concerns over **school and college**

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](https://xenzone.com/week14)