As the lockdown continues, we are seeing in greater detail how it is impacting the mental health of children and young people (CYP) 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.

Data Shows a Growth of Identity Struggles Under Lockdown

Gender Identity: Issues up 74%

For CYP, issues around sexuality are the most prevalent of identity-based presenting issues. Data from the period, however, show that CYP are increasingly looking for support around gender identity.

What headlines can we pull from this data?

1. Struggles with Identity Issues Under Lockdown: Data Shows 74% Increase in ‘Gender Issues’ while Greatest Volume of Issues Concern Sexuality
2. Suicidal Thoughts as a Presenting Issue Increases for CYP by 16% and decreases for Adults by 15%
3. Self-Harm sees Rise of 27% Among CYP, while Adults see 8% Decline in Prevalence
4. Child Abuse Continues to Rise Under Lockdown; Sexual Abuse as Presenting Issue up 46% on Previous Year
5. Family Relationships are Concern for Increasing Numbers of CYP, with 30% Increase in this Presenting Issue
6. Health Anxiety Spikes for CYP, with 133% Rise on Last Year
7. Young People Experiencing Increasing Sadness, as Presenting Issue Shows 128% Rise on 2019
8. School and College Issues Continue to Worry CYP with Data Showing 144% Increase
9. CYP and Adults Experience Continuing Issues with Sleep as Presenting Issues Show 161% and 96% Increase Compared to Last Year
10. Young People are Increasingly Lonely in Lockdown: Data Shows 63% Increase on Previous Year

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 42,732 unique users logging in during the period of 01/03/20-30/05/20 and 33,152 people last year during period 03/03/19-01/06/19.