Week 16: How Covid-19 is Affecting The Mental Health of Children and Young People (CYP)

New data released by Kooth shows the psychological toll the Covid-19 pandemic is taking on children and young people. The new figures highlight an increase in prevalence in eight key presenting issues.

It is particularly concerning to note that in the past year, the number of children and young people presenting with anxiety/stress symptoms have increased by 53%, those experiencing suicidal thoughts have increased by 40% and those presenting with loneliness have risen by 134.7%.

It’s never been more important to offer safe, accessible and early help for those who are struggling now with their mental health and emotional wellbeing; technology offers us the ability to overcome the significant barriers we all face in delivering this critical support.

The Headline Statistics

**Anxiety/Stress**
- Anxity and stress is the largest presenting issue by volume.
- Up 53% from last year

**Self Harm**
- A worrying amount of CYPs are presenting with self harm issues.
- Up 45% from last year

**Family Relationships**
- Relationships with family members remain strained.
- Up 50% from last year

**Friendships**
- Friendships have suffered while schools and colleges are closed.
- Up 20% from last year

**Sadness**
- Sadness now accounts for 9% of all issues presented.
- Up 211% from last year

**Suicidal Thoughts**
- A huge spike in CYPs presenting with suicidal thoughts.
- Up 40% from last year

**School / College Worries**
- Such as returning to school or handling education virtually.
- Up 246% from last year

**Loneliness**
- Our young people are growing lonelier during lockdown.
- Up 135% from last year

**What headlines can we pull from this data?**

1. **Anxiety/Stress** sees 53% increase among young people
2. 1 in 5 Young People Struggling with Issues around **Family Relationships**
3. **Self-Harm** sees Major Increase in Prevalence under Lockdown
4. **Suicidal Thoughts** see 40% Increase on Last Year
5. Young People Struggle with **Friendships** During Lockdown
6. **School or College-Related Mental Health Issues Surge**
7. **Sadness** sees Threefold Increase under Lockdown
8. **Loneliness** Among Young People up 134%

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 companion 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. Dataset size: 70,007

© XenZone 2020