

## Week 30: How Covid-19 is Affecting The Mental Health of Children and Young People

As the UK continues to grapple with the devastating impact of the COVID-19 pandemic, new data released by Kooth shows the heavy toll lockdown has taken on the mental health of children and young people.

For our week 30 report, we have chosen to focus on nine major mental health issues where there has been a noticeable increase in prevalence compared to the same period last year - including loneliness, sadness and sleep issues.

In difficult times like this, it is imperative that children and young people experiencing mental health and emotional wellbeing issues are able to access mental healthcare that is safe, confidential and available at the point of need.



Sleep difficulties are up **262%** since this time in 2019.

Total CYP logins up by: **15%**

CYP demand for Kooth continues to rise

These figures represent sharp growth across the service, which has also seen an increase in commissions.



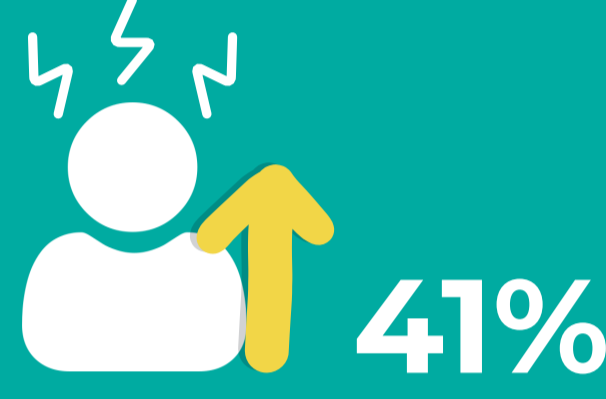
### Anger Issues

The number of CYP presenting with anger has seen a 34% increase on 2019.

Anger issues account for 7% of all issues presented on Kooth, a rise of 19% on 2019.

**"I need some help to stop myself from getting mad at my friends and family. Since lockdown started and I've been spending more time at home, it's just getting worse and I don't know how to control myself."**

Young person on Kooth - anonymised quote



### Anxiety issues

The number of CYP presenting with anxiety has seen a 41.3% increase on 2019.

Anxiety/stress is the largest presenting issue by volume, seen in 40% of all CYP, a 10% increase compared to last year.

**"Coronavirus and isolation have taken a toll on my mental health and anxiety. Feeling so overwhelmed right now."**

Young person on Kooth - anonymised quote



### Body image concerns

The number of CYP presenting with body image concerns have doubled - a 106% increase on last year.

Body image concerns now account for 8% of all issues presented on Kooth, an increase of 62% on 2019.

**"I've become obsessed with counting calories and weighing myself since the lockdown started. It's all about the number of calories and I can't stop weighing myself. It sort of helps me to cope."**

Young person on Kooth - anonymised quote



### Eating difficulties

The number of CYP presenting with eating difficulties has increased by a concerning 104% on 2019.

Eating difficulties account for 9.2% of all issues presented on Kooth, a sharp rise of 58% on 2019.

**"Am really trying struggling with the media's focus on telling us to lose weight, exercise more and to eat better. It's just so triggering for me."**

Young person on Kooth - anonymised quote



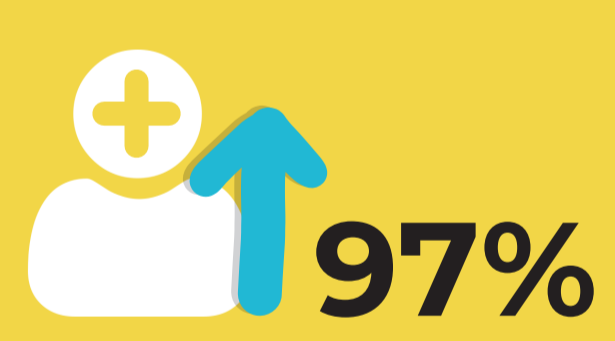
### Loneliness

The number of CYP presenting with loneliness has risen by 55% since 2019.

Loneliness accounts for 10% of all issues presented on Kooth, an increase of 21% on 2019.

**"I don't really use social media apps so lockdown has made me feel really lonely and isolated."**

Young person on Kooth - anonymised quote



### Mental Health issues

The number of CYP presenting with mental health concerns has risen by 97% since 2019.

Mental health concerns accounts for 7.2% of all issues presented on Kooth, an increase of 53% on 2019.

**"Being in lockdown has made everything really awful. I'm so unhappy and have no idea how to cope with things. Don't know what to do."**

Young person on Kooth - anonymised quote



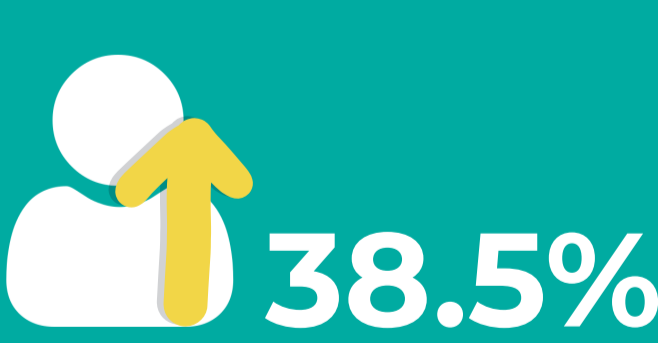
### Issues related to Sadness

The number of CYP presenting with sadness has risen by 55% since 2019.

21% of all CYP's present with this issue on Kooth, an increase of 20% on 2019.

**"It's hard to explain what I'm feeling because nothing specific has made me unhappy. I'm just feeling really sad and like I have a dark cloud over my head.. I just want everything to go back to normal now."**

Young person on Kooth - anonymised quote



### Self Harm/Suicidal thoughts

The number of CYP presenting with self harm or suicidal thoughts has risen by 38.5% since 2019.

34% of all CYP's present with this issue on Kooth, an increase of 8% on 2019.

**"I just want to see if anyone can relate. When I'm down, I just feel like I want to die. I can't talk to my family about what I'm going thru and my brother just makes nasty comments. I just want to give up and die."**

Young person on Kooth - anonymised quote



### Sleep difficulties

Sleep difficulties are up 262% since 2019.

Sleep issues account for 9.5% of all issues presented on Kooth, a sharp rise of 179% on 2019.

**"I don't know what to do. I'm only getting around 2 hours sleep a night because my aunt is not well. She's the only one who I can talk to and I'm finding it really hard to cope without her being around."**

Young person on Kooth - anonymised quote