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 how the heavy lockdown has taken its toll on the mental health of children and young people.

For our week 30 report, we have chosen to focus on how lockdown is affecting the emotional wellbeing of children. The unprecedented circumstances have led to an increase in mental health issues, with important lessons for parents and education professionals.

In difficult times like this, it is imperative that children and young people experiencing mental health and sleep issues are able to access mental health support. This report aims to be safe, confidential and available at the point of need.

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