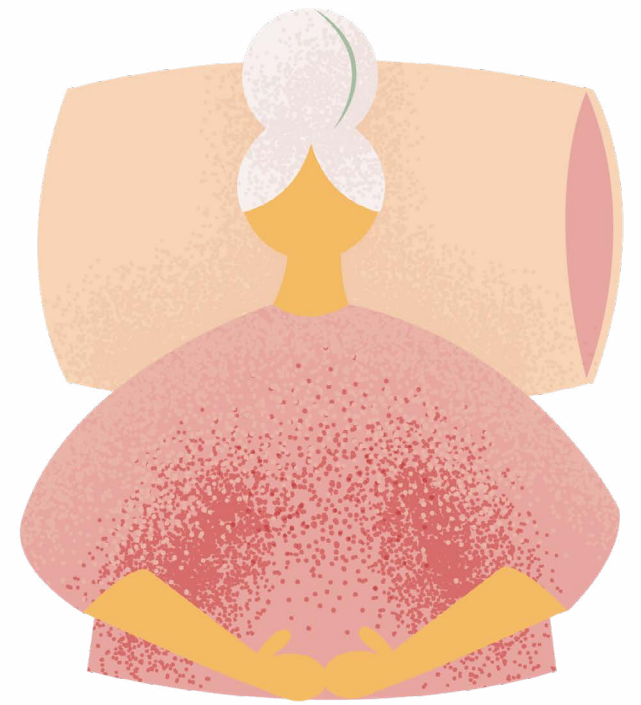


Week 30: How Covid-19 is Affecting The Mental Health of Adults in the United Kingdom

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

For our week 30 report, we have chosen to focus on six 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 adults 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

208%

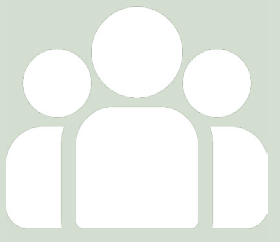
since this time in 2019.



Total logins up by:
73%

Adult demand for Qwell continues to rise

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

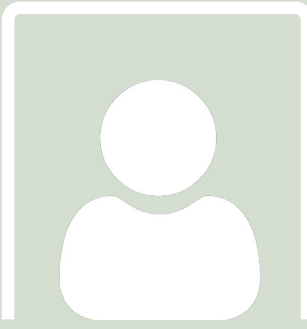


134%

Family Relationships

The number of adults presenting with family relationship issues has increased dramatically - we have seen a rise of 134% on last year.

Family relationship issues now account for 22% of all issues presented on Qwell, an increase of 28% on 2019.

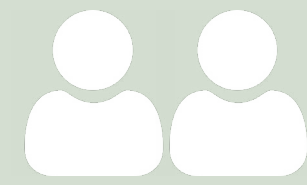


88%

Loneliness

The number of adults presenting with loneliness increased by 88% on last year.

Loneliness account for 14% of all issues presented on Kooth, an increase of 2% on 2019.



122%

Pressure on couples

The number of adults presenting with partner relationship issues has increased significantly - we have seen a rise of 122% since last year.

Partner relationship issues now account for 13% of all issues presented on Qwell, an increase of 21% on 2019.



101%

Issues related to Sadness

The number of adults presenting with issues related to sadness has increased by a concerning 101% on last year.

Sadness issues now account for 26% of all issues presented on Qwell, an increase of 10.5% on 2019.



208%

Sleep difficulties

Sleep difficulties are up 208% since 2019.

Sleep difficulties now account for 9.3% of all issues presented on Qwell, an increase of 72% on 2019.



152%

Prevalence of Trauma

The number of adults presenting with issues related to trauma has increased by 152% on last year.

Trauma issues now account for 9.5% of all issues presented on Qwell, an increase of 41% on 2019.