# keeth

DATA RELEASE MAY 15 2020

## Week 10: How Covid-19 is Affecting The Mental Health of Children and Young People

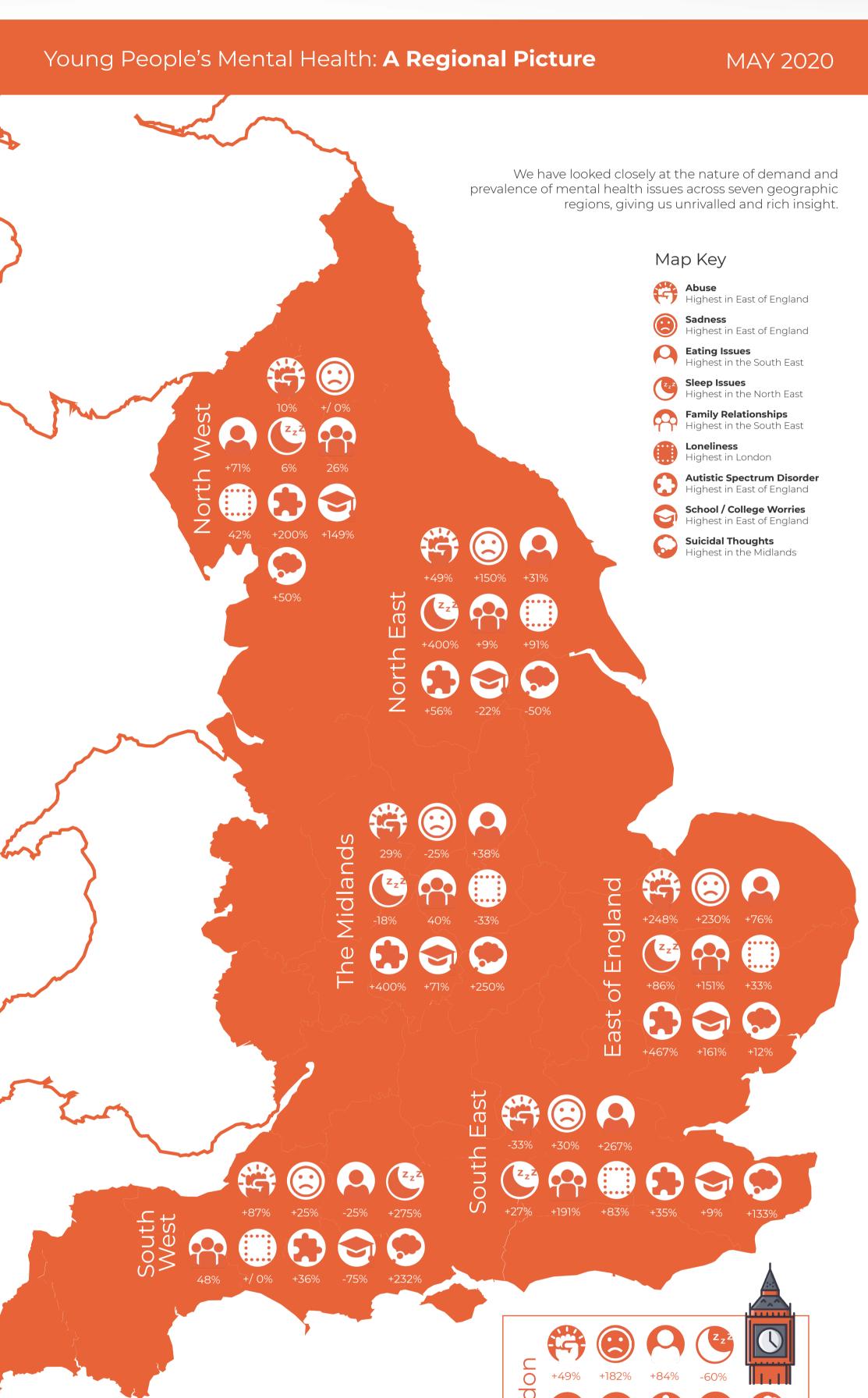
The Covid-19 outbreak continues to impact the mental health of populations around the world. In the UK, we are seeing new and ever-changing patterns of demand from children, young people and adults. Nationally, we're seeing increasing domestic violence issues among adults, and a continuing rising trend in sadness and loneliness.

For our week 10 report, we have also taken a closer look at regional differences in presenting issues among children and young people. This shows the concerning and increasing prevalence of issues such as child abuse, bereavement and suicidal thoughts across our local populations.

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





## A National Overview



### Child Abuse

Issues such as Child Abuse, Sexual Exploitation & Neglect. Up 69% from last year



### Sadness

Lockdown is showing a large rise in sadness. Up 153% from last year



# Eating Issues

Eating Issues are a growing concern in Young People Up 56% from last year

+18%



### Sleep Issues

Many Young People are experience sleeping issues. Up 141% from last year



#### Family Relationships

Visible strains on families and relationships within them. Down 5% from last year



# Loneliness

isolation. Up 43% from last year

Children are struggling in



#### Autistic Spectrum Disorder Young people presenting with

Autistic Spectrum Disorder. Up 133% from last year



#### School / College Worries Such as returning to school or

handling education virtually. Up 166% from last year



#### Suicidal Thoughts Those who are presenting

thoughts about suicide Up 18% from last year

## What other headlines can we pull from this data?

- 1. Sharp Increase in Help-Seeking for Bereavement in Areas Worst-Hit by Coronavirus 2. Rising Levels of Child Abuse Under Lockdown; East of England sees Marked Rise in Issues around Sexual
- Abuse 3. South East sees Significant Rise in Issues around Eating among Young People; East of England's Youth Show
- Struggles with Body Image
- 4. Family Relationships Across London and South East Under Strain

users that have presented with the particular issue, compared to the proportion last year, during the same time period.

- 5. London Sees Biggest Spike in Loneliness among England's Children and Young People
- 6. Lockdown Sees Largest Rise in Sadness among Young People in East of England
- 7. Sleep Difficulties Impact Young People in North East and Yorkshire; London Largely Unaffected 8. Young People in East of England and North West most Anxious about Return to School/College
- 9. The Midlands and the South West See Greatest Rise in Suicidal Thoughts among Young People 10. Steep Rise in Young People with Autism or Aspergers in East of England Seeking Support