

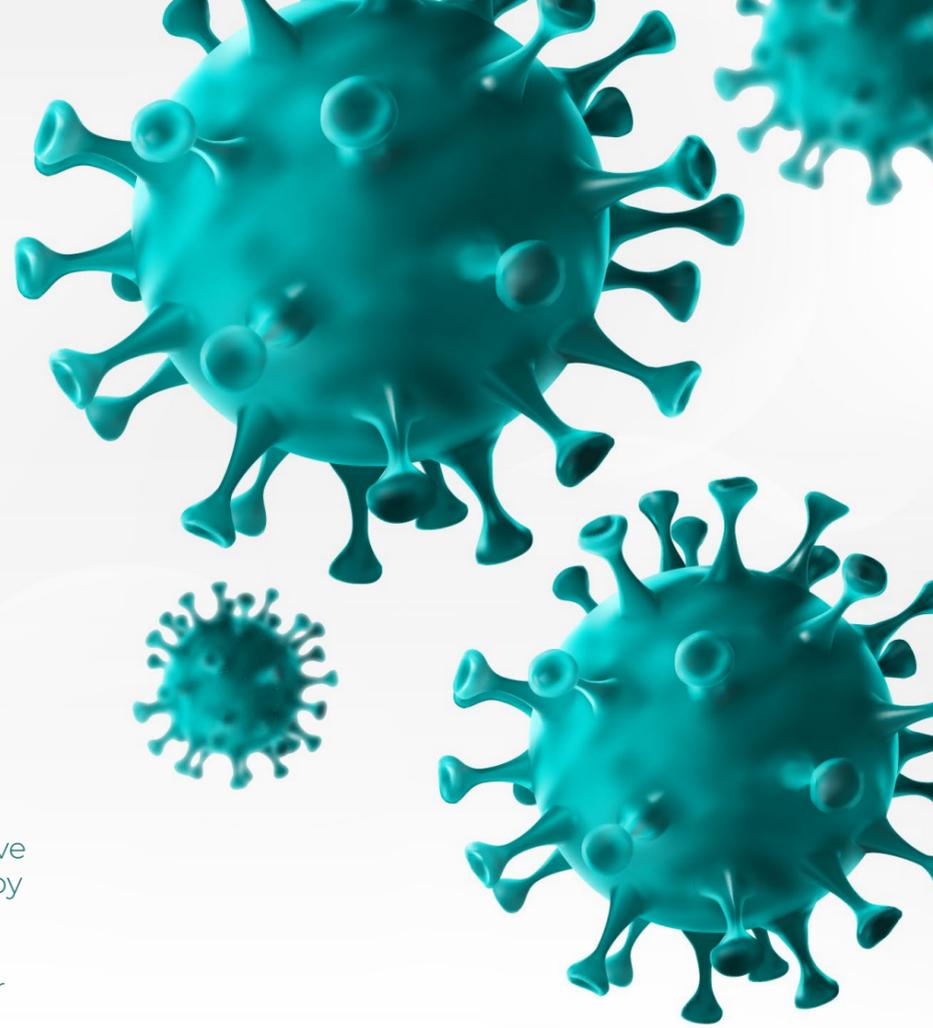
Week 16: How **Covid-19** is Affecting The Mental Health of Children and Young People (CYP)

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



 This week, we've also released an in-depth analysis of how major COVID-19 news events have effected the mental health of adults. View the report at xenzone.com/week16adult



Logins Up
+38%

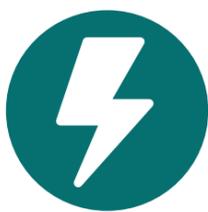
Demand Continues to Rise for Kooth

We are seeing more young people than ever turning to Kooth for support. Now that traditional means of support are closed to many, it's clear that digital has a vital role to play in supporting mental health and wellbeing. Offering anonymity and freedom to access help when it's needed is key; we're there



Suicidal Thoughts See 40% Increase on Last Year, Accounting for 19% of all Issues on Kooth

"School is the only place I'm safe from taking my own life. But they can't take me now. Because of the risk. I have tried to take my life a few times. Everything seems to be bad and getting worse."
~ **Anonymous Kooth User**



Anxiety/Stress

Anxiety and stress is the largest presenting issue by volume.
Up 53% from last year



Sadness

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



Self Harm

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



Suicidal Thoughts

A huge spike in CYPs presenting with suicidal thoughts
Up 40% from last year



Family Relationships

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



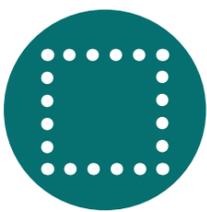
School / College Worries

Such as returning to school or handling education virtually.
Up 246% from last year



Friendships

Friendships have suffered while schools and colleges are closed.
Up 20% 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 comparison 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