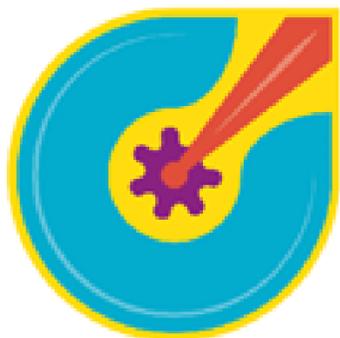


Hello! We are a group of researchers at the University of Oxford. We are working with youth charities to produce resources that will support 11-16 year old's with their mental health & wellbeing during the COVID-19 pandemic.

We would like your help!

We want you to think about what young people aged 11-16 would most like support with for their mental health. This involves completing 2 short tasks for a max. of 30 mins



CoRAY

Covid-19 response: Mental Health Resources for and by Young People



Mental Health & Wellbeing

Young people's mental health and wellbeing has been affected by the COVID-19 pandemic in different ways

Many young people have said their mental health has got worse during the pandemic, but some have said their mental health has improved



Lots of organisations have run research studies to find out how the pandemic has affected young people and we are summarising this information



Now we want to know what young people think are the current mental health priorities for young people aged 11 - 16 so we can ensure they have the help they need

Bored

Happy

Worried

Stressed

Trapped

Uncertain

Lonely

Lost

Angry

Frustrated

Sad

Unmotivated

Restless

Optimistic

Relieved

Hopeful

The pandemic has been a challenging time & young people have felt a whole range of different emotions



TASK 1. ONLINE VERSION

What types of feelings and emotions do you think young people aged 11-16 would like help/support with over the next few months?



[other individuals may see your online responses - but your posts will be anonymous]

PART 1. You will see boxes with different types of feelings & emotions

Put **1 - 5 stars** next to each feeling/emotion based on what you think **young people need/want help & support** with.

★ ★ ★ ★ ★ = biggest priority

★ ☆ ☆ ☆ ☆ = smallest priority

Click on the link below

Right click here & select 'open in new tab' to access padlet priority setting exercise

PART 2. Next click on the 'poll' link on the right hand side of the **padlet** & answer the question!

Young people have experienced a lot of changes to their daily life which may have an impact on their mental health and wellbeing.

Upcoming exams

Social distancing

Wearing a face mask

Managing school work

Not seeing people in person as often

Going back to school

Touching your face less often

Changes to sleeping habits

Exercising less

Arguing more with family

Spending less time outside

Changes to future plans

Loss of usual routine

Not accessing mental health support



Spending more time at home

Spending more time online



TASK 2. ONLINE VERSION

What changes to daily life are having an impact on 11-16 year old's mental health & wellbeing at the moment?



[other individuals may see your online responses - but your posts will be anonymous]

You will see boxes which describe ways that daily life might have changed due to the pandemic

Rate these with 1 - 5 stars based on what changes you think are having a **NEGATIVE** impact on **young people's mental health** at the moment

★ ★ ★ ★ ★ = big impact

★ ☆ ☆ ☆ ☆ = small impact

Click on the link below

[Right click here & select 'open in new tab' to access padlet priority setting exercise 2](#)



Thank you so much for taking part in this activity!

By sharing your important thoughts with us, you are helping us to see what kind of things young people would like help with.

We will be using this information to develop resources to help support young people during the pandemic, so by taking part today you will be helping lots of other young people!

Please talk to someone you trust if taking part in this activity has raised any issues or concerns.

These are some places where you can find support or resources online:

Young Minds:

<https://youngminds.org.uk>

Childline:

<https://www.childline.org.uk>

The Mix:

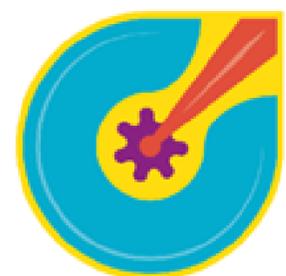
<https://www.themix.org.uk>



THANK YOU

We will share what you tell us & the resources we produce on the Emerging Minds website, in papers & reports, but we won't say who has said what.

For more information please contact coray@psych.ox.ac.uk



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THANKYOU



Medical Research Council



Westminster Foundation



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