

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



Medical
Research
Council



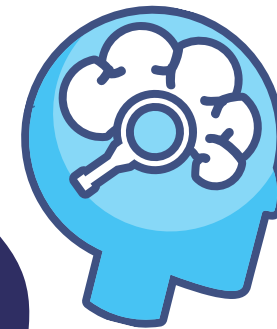
Mental Health & Wellbeing

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



Restless

Optimistic

Relieved

Unmotivated

Hopeful

Bored

Sad

Frustrated

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

Happy

Angry

Worried

Lost

Stressed

Uncertain

Lonely

Trapped

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

Going back to school

Changes to sleeping habits

Arguing more with family

Not accessing mental health support

Loss of usual routine

Spending more time online

Changes to future plans

Spending more time at home

Spending less time outside

Exercising less

Touching your face less often

Not seeing people in person as often

?



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:

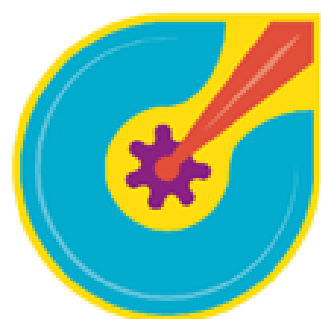
<https://www.themix.org.uk>



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



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