

CoRAY

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



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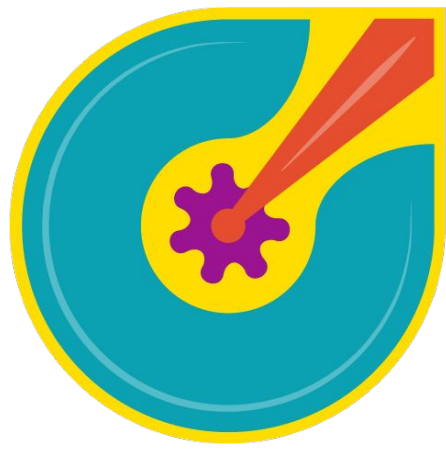


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Creswell**



**Medical
Research
Council**





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Project Overview

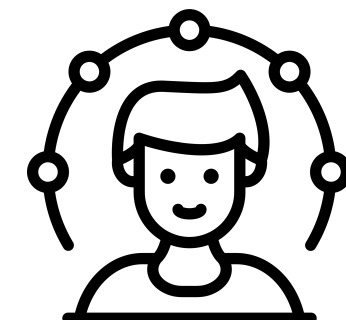
**Draw together
evidence on the
mental health and
wellbeing impacts
of the pandemic
on young people
aged 11-16**

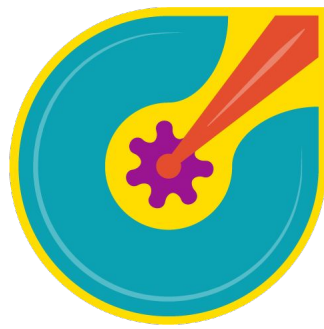


**Identify priority
areas where
resources are
needed to
support 11-16
year old's**



**Work with young
people to develop
resources that will
be engaging and
accessible to
young people**





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Four priority areas for making resources:

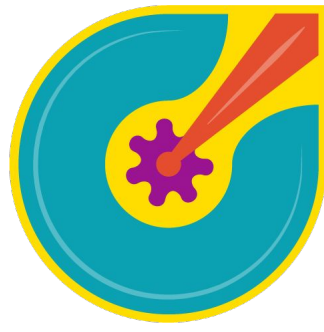
**Feeling
bored, flat &
unmotivated**

**Managing
change &
uncertainty**

**Feeling
lonely,
isolated &
disconnected**

**Encouraging
young people to
seek help &
support for their
mental health**





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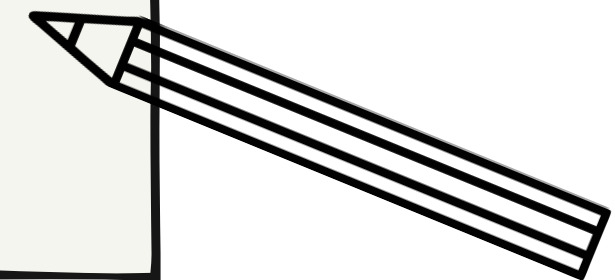
Priority Area: Feeling bored, flat & unmotivated

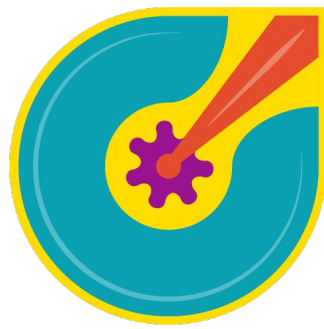
Dylan (age 13)

- They have got nobody to talk to
- Most of the time [is spent] on zoom/team calls
- We can't share anything with anyone

Will (age 13)

- [You're] sitting at a screen all day, in the same room
- The whole week just merges into one big long day, of which everything is the same
- We need to move around and get a change of scenery.





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Priority Area: Managing change & uncertainty

Darcy (age 11)

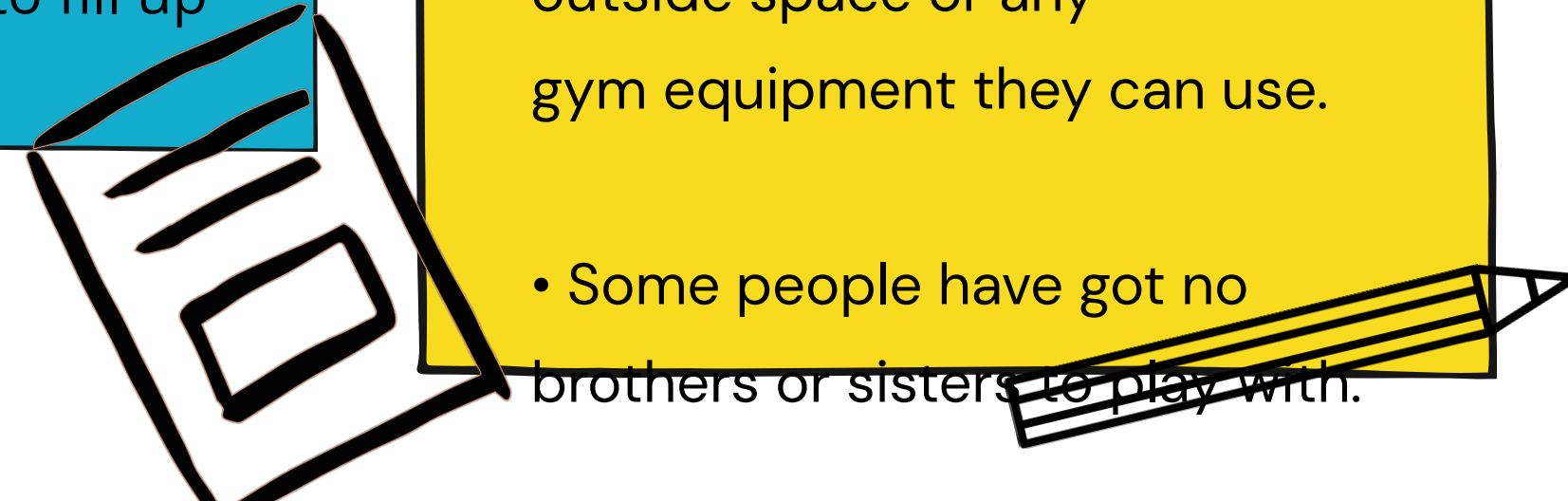
- Not being able to see friends or loved ones [particularly hard].
- People have been spending more and more time on electronics which is not very good for mental health.

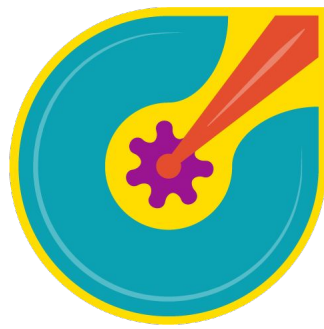
Nell (age 13)

- Not having in person school is the thing that affects people the most.
- [It is] hard to find things to fill up the day with activities.

Ollie (age 11)

- People might find it harder to keep fit if they don't have much outside space or any gym equipment they can use.
- Some people have got no brothers or sisters to play with.





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Priority Area: Feeling lonely, isolated & disconnected

Amelie (age 14)

- [There are] lots of restrictions making them feel like they don't need or want to see people because the only thing they can do is go for walks and other activities are restricted.

- [There is] only so much you can talk about or do online.

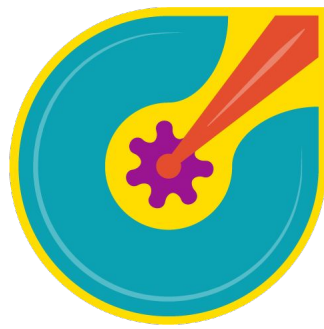
Zac (age 12)

- [Young people] lack of company their own age

- [They have] a loss of purpose or identity which being part of a team or a group might give them.

- [You] can't replace the small interactions in





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Priority Area: Overcoming barriers to getting help & support with mental health difficulties

Eshal (age 16)

- [Young people might not seek help because they] feel like they're wasting time of medical professionals during a global pandemic
- Do not want to put unnecessary stress on others
- Unable to receive proper support and help at home, especially within minority communities, where mental health difficulties are not always recognised

- Parents may not know how to help or refuse to get

Cassia (age 16)

- [Young people might not seek help because they] don't know what services they can use, they aren't sure whether they are meant to go to the doctors or see a psychiatrist or if that's unnecessary.
- Young people need more than just digital help as they need more personal feedback and advice.





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Evidence-informed briefings

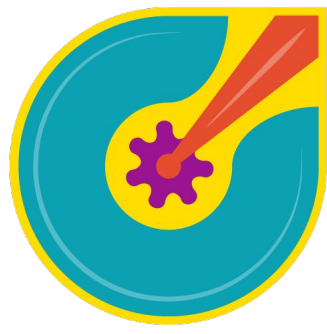
- **Key evidence-informed messages to underpin resource production**
- **Developed in collaboration with clinical/research experts**
- **Example messages...**

**"do more of
what
matters"**
(boredom &
low
motivation)

**"focus on
building the
social
relationships
you want"**
(loneliness &
social

**"learn how
to sit with
feelings of
uncertainty"**
(uncertainty)

**"mental health
professionals want
to help, try not to
be put off if
change does not
happen
immediately, this
might take time"**
(help seeking)

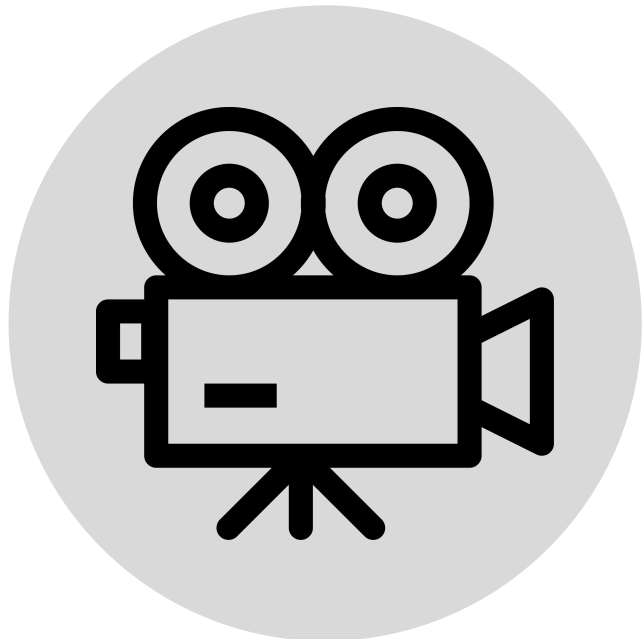


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Next Steps: Resource Production

- Working with production partners to make multi-media set of resources for young people based on evidence-informed messages



Thank you

Centre for
Mental Health



Medical
Research
Council



Swansea
University
Prifysgol
Abertawe



YOUNGMiNDS