



Institute of Psychiatry, Psychology & Neuroscience

Keep Cool: Rapid knowledge mobilisation to promote adolescent mental health in the era of COVID-19

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BACKGROUND

- high rates of emotional symptoms
- more stressors
- less support

BUILDING ON PRIOR WORK SUPPORTING FAMILIES AND YOUNG PEOPLE DURING COVID-19



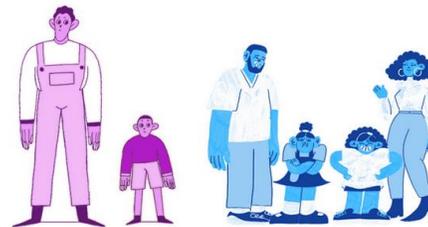
How to boost positivity for your family at home

Part of [Support](#)

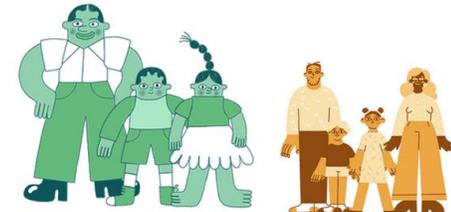
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By Andrea Danese, Professor of Child & Adolescent Psychiatry at King's College London

<https://www.bbc.co.uk/bitesize/articles/zykkvwx>



Families Under Pressure



<https://maudsleycharity.org/familiesunderpressure-emotions/>

KEEP COOL

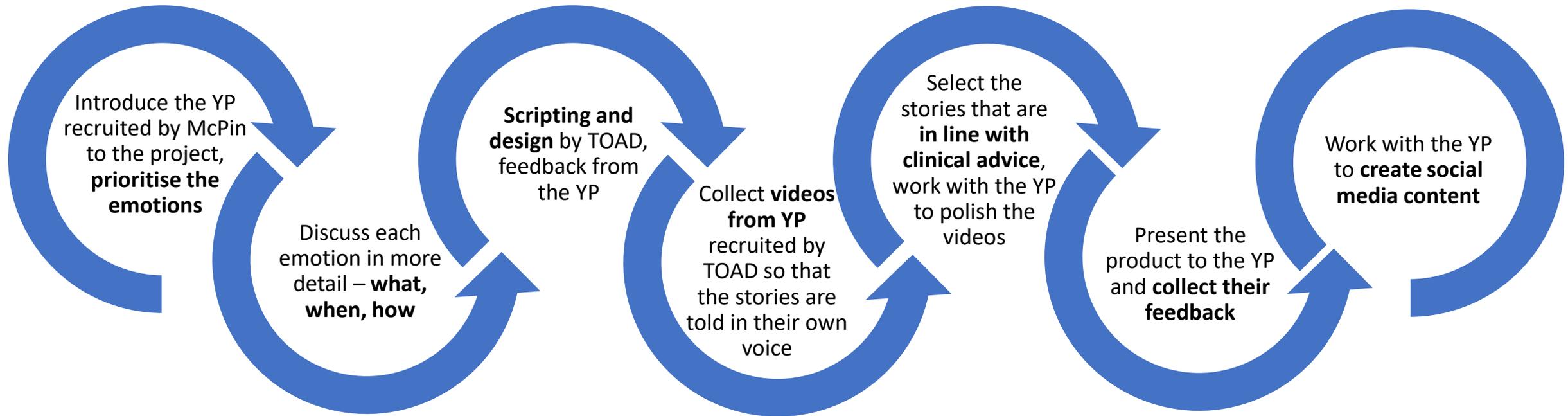
Identified and prioritised three emotions with young people:
anxiety, sadness, anger.

What does
it feel like

When do
we feel it

How to
deal with it

CO-PRODUCTION WITH YOUNG PEOPLE



PRODUCT

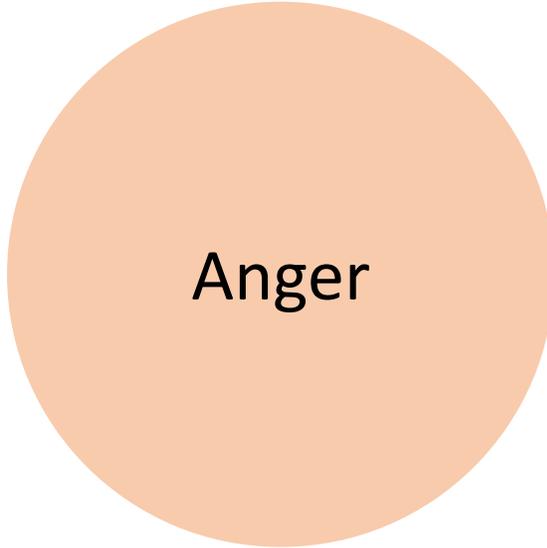
Three 75-second videos designed for sharing on social media, released in the spring and summer.



Anxiety



Sadness



Anger

ACKNOWLEDGEMENTS



South London and Maudsley 
NHS Foundation Trust

National and Specialist CAMHS
Trauma, Anxiety & Depression Clinic

TOAD.

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