

CoRAY

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



Medical
Research
Council



Emerging
Minds

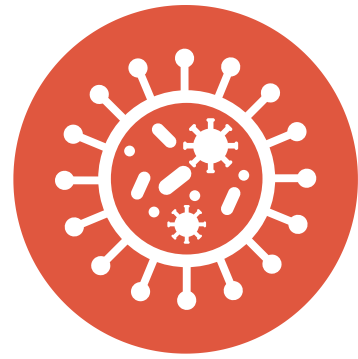


WHAT DOES RESEARCH TELL US ABOUT THE MENTAL HEALTH AND WELLBEING OF YOUNG PEOPLE DURING THE COVID-19 PANDEMIC?



2ND ITERATION (SHORT VERSION)





Mental
Health

CORAY OVERVIEW



11-
16

IN THE CORAY PROJECT WE ARE ...

Looking at
what the
RESEARCH EVIDENCE
tells us about the
impact of the
pandemic on young
people's mental
health




Asking young
people what they
think are the
MOST IMPORTANT
issues that 11-16
year olds want
help / support
with



Working with
young people to
DEVELOP RESOURCES
(e.g. films,
podcasts) to help
young people with
their mental
health



WHAT WE WANTED TO FIND OUT?

- 
- How young people's mental health & wellbeing has *changed* throughout the pandemic

- What are the *main issues* for young people's mental health & wellbeing in:

1. GENERAL POPULATION
2. SPECIFIC GROUPS

HOW HAS YOUNG PEOPLE'S MENTAL HEALTH AND WELLBEING BEEN AFFECTED DURING THE PANDEMIC?



PART 1. YOUNG PEOPLE IN THE GENERAL POPULATION

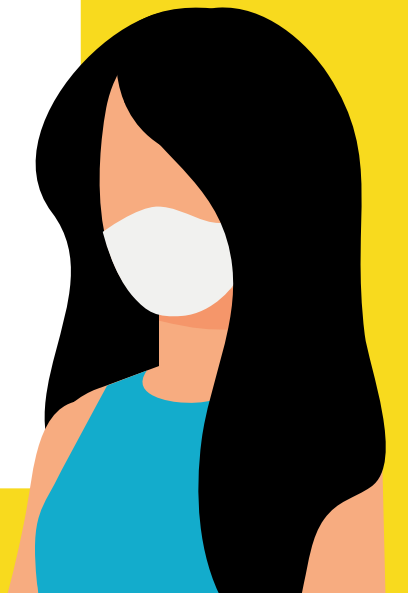
HOW HAS YOUNG PEOPLE'S MENTAL HEALTH & WELLBEING CHANGED THROUGHOUT THE PANDEMIC



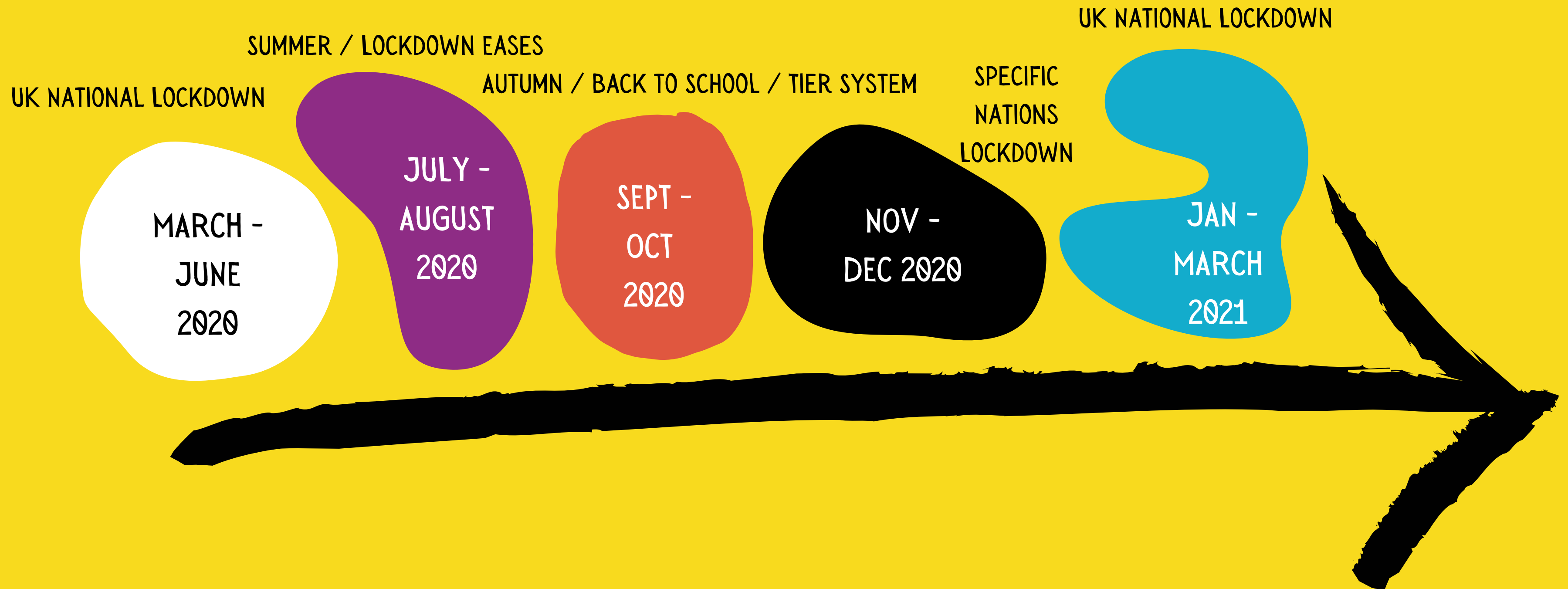
The Co-SPACE study has been tracking young people's mental health over time since the 1st national lockdown



- Although many young people have been doing okay, some have found the pandemic challenging for their mental health
- The most difficulties were reported during national lockdowns when restrictions were highest



HOW HAS YOUNG PEOPLE'S MENTAL HEALTH AND WELLBEING BEEN AFFECTED AT DIFFERENT POINTS IN THE PANDEMIC?





WHAT DO WE KNOW ABOUT YOUNG PEOPLE'S MENTAL HEALTH & WELLBEING: GENERAL POPULATION

UK National Lockdown

**MARCH -
JUNE 2020**

EXPERIENCED A RANGE OF EMOTIONS:

- Sad
- Lonely
- Bored
- Angry
- Worried
- Frustrated
- Stressed
- Hopeless

MISSED OUT:

- Missing life before the pandemic
- Poor sleep
- Struggling with schoolwork
- Lack of routine
- Missing friends and family

POSITIVES OF LOCKDOWN:

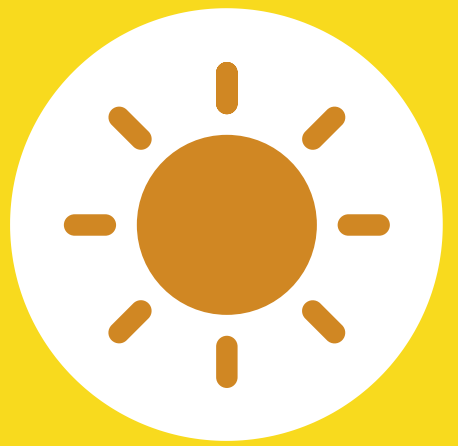
- Better family relationships
- Trying new hobbies/activities
- Break from school pressure



Summer /
Lockdown Eases

JULY -
AUGUST
2020

WHAT DO WE KNOW ABOUT YOUNG PEOPLE'S MENTAL HEALTH & WELLBEING: GENERAL POPULATION



SOME IMPROVEMENTS:

- Slightly less emotional difficulties

DIFFICULTIES COMING OUT OF LOCKDOWN:

- Worried about their wellbeing
- Feeling depressed or anxious
- Difficulty sleeping
- Some concerned about having enough food and limited internet

PREPARING TO GO BACK TO SCHOOL:

- Worried about final grades
- Pressure to catch up on learning
- Worried about the future and getting a job
- Looking forward to seeing friends





WHAT DO WE KNOW ABOUT YOUNG PEOPLE'S MENTAL HEALTH & WELLBEING: GENERAL POPULATION



Autumn /
Back to
School /
Tier System

SEPT -
OCT
2020

RETURNING TO SCHOOL:

- Majority felt **positive**
- Some felt **nervous** i.e. worried about bringing COVID home and changes to their routines

TYPES OF WORRY:

- Own **health** & health of others
- The **future** – impact on **education**

PANDEMIC HAVING A NEGATIVE IMPACT:

- Felt **stressed**
- **Lonely**
- **Worried**
- Felt they had 'lost' things
- **Change felt negative** (sometimes positive)

SOME IMPROVEMENT TO FIRST LOCKDOWN:

- Less **bored**
- Less **lonely**
- Better **mood & self-confidence**



NOV -
DEC 2020

Winter / Tier
System / Short
Lockdowns

WHAT DO WE KNOW ABOUT YOUNG PEOPLE'S MENTAL HEALTH & WELLBEING: GENERAL POPULATION



MENTAL HEALTH DIFFICULTIES:

- Anxiety
- Feeling irritable or annoyed
- Difficulty concentrating
- Struggling with sleep

YOUNG PEOPLE UNDER PRESSURE:

- Mental health got worse
- Uneasy about the unknown / not making plans
- Concerns about future exams & careers

MENTAL HEALTH AT SCHOOL:

- Schools said mental health got worse
- Girls struggling with social skills and managing emotions in school
- School work and exams having big impact on mental health



WHAT DO WE KNOW ABOUT YOUNG PEOPLE'S MENTAL HEALTH & WELLBEING: GENERAL POPULATION



NEGATIVE IMPACT OF LOCKDOWN ON MENTAL HEALTH:

- Sad
- Lonely
- Bored
- Fed up



WORRIES & CONCERNS:

- Not seeing others – family/friends/teachers
- Catching COVID-19
- School
- Relationships
- Parent's jobs/ money for food
- Missed opportunities for the future
- Impact of pandemic on society



LEARNING AT HOME:

- Many enjoyed learning at own pace
- Worried about falling behind, losing confidence, motivation

UK
National
Lockdown

JAN -
MARCH
2021

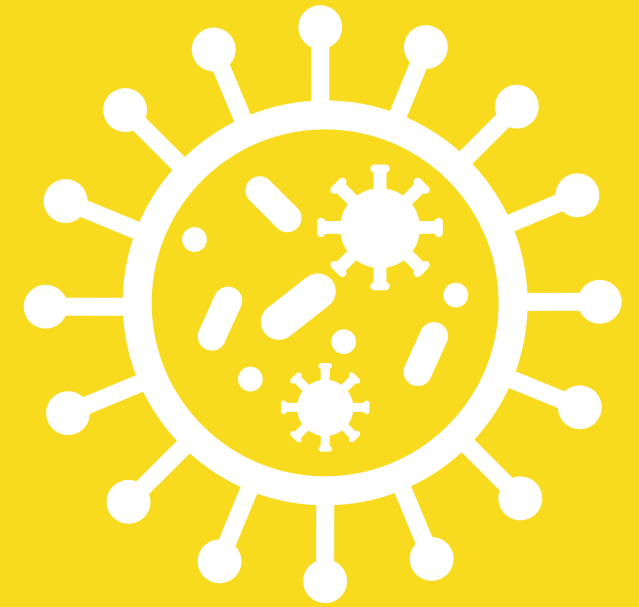
HOW HAS YOUNG PEOPLE'S MENTAL HEALTH AND WELLBEING BEEN AFFECTED AT DURING THE PANDEMIC?



PART 2. SPECIFIC GROUPS OF YOUNG PEOPLE WHO MIGHT
HAVE BEEN PARTICULARLY AFFECTED BY THE PANDEMIC

WHAT DO WE KNOW ABOUT YOUNG PEOPLE'S MENTAL HEALTH & WELLBEING: SPECIFIC GROUPS

Mental Health



NOT EVERYONE HAS BEEN
AFFECTED EQUALLY BY THE PANDEMIC.
SOME GROUPS OF YOUNG PEOPLE MIGHT HAVE FOUND
THINGS MORE CHALLENGING FOR A NUMBER OF
REASONS.

So, what does the evidence say about
this?

Here are a few examples...



WHAT DO WE KNOW ABOUT YOUNG PEOPLE'S MENTAL HEALTH & WELLBEING: SPECIFIC GROUPS

YOUNG PEOPLE WITH PRE-EXISTING MENTAL HEALTH CONDITIONS

- Latest lockdown hardest to cope with
- Main pressures around: **loneliness, school work, breakdown in routine**
- **Challenges seeing visitors in inpatient settings**

YOUNG PEOPLE FROM HOUSEHOLDS WITH A LOW INCOME

- Experienced **poor mental health** which got **worse during the pandemic**
- Felt **more worried** than their peers about **falling behind** with **school work**

CARE-EXPERIENCED YOUNG PEOPLE

[young people living (or that have lived previously) in a residential children's house or placement]

- Felt **low, anxious** and **stressed** at the **beginning of the pandemic**
- **Feelings** about the **lockdown** were **mixed**
- **Enjoyed** having **more time** to spend with those they **lived with**, and **virtual learning**
- Struggled with a **lack of routine** and **less social contact**.



WHAT DO WE KNOW ABOUT YOUNG PEOPLE'S MENTAL HEALTH & WELLBEING: SPECIFIC GROUPS

YOUNG PEOPLE WITH A RANGE OF PHYSICAL ILLNESSES

- **Struggled** with the **isolation of shielding**
- **More psychological distress**, and **anxiety around catching the virus** than others
- **Worried about going to hospital**
- **Difficulty getting medication**

YOUNG PEOPLE WITH SPECIAL EDUCATIONAL NEEDS OR A NEURODISABILITY

- **Experienced high levels of behavioural, emotional and restless/attention difficulties** throughout the pandemic
- Some young people experienced **less school-related stress** and enjoyed **smaller class sizes/ more learning support**

YOUNG PEOPLE FROM BLACK, ASIAN AND MINORITY ETHNIC BACKGROUNDS

- **Higher levels of anxiety and depression** than their peers
- **Issues around language barriers**, and the **cultural impact of the pandemic** on being away from family/friends during events like Ramadan and Eid





WHAT DO WE KNOW ABOUT YOUNG PEOPLE'S MENTAL HEALTH & WELLBEING: SPECIFIC GROUPS



YOUNG CARERS

- **Mental health** has been **worse** since COVID-19
- **Finding it hard** to manage **increased responsibilities** when caring for family members
- **Difficulty accessing support** for **themselves**

YOUNG PEOPLE LIVING WITH A PARENT WITH MENTAL HEALTH DIFFICULTIES

- For some parents **COVID-19** has led to **increased anxiety** and **difficulty accessing support**.
- We **don't know much** about the **impact** on **young people** living with a parent with mental health difficulties

YOUNG PEOPLE IN THE LGBTQ+ COMMUNITY

- For young adults, **poorer mental health** during the pandemic was often **related to** a lack of **social support and** difficulty **accessing** mental health **support**
- We **don't know much** about the **impact** of the pandemic on young people **aged 11-16** in the **LGBTQ+ community**





WHAT DO WE KNOW ABOUT YOUNG PEOPLE'S MENTAL HEALTH & WELLBEING: SPECIFIC GROUPS



YOUNG PEOPLE LIVING AS MIGRANTS OR REFUGEES

- Young people in the USA experienced **increased anxiety, boredom** and **isolation**
- But overall, **we don't know much** about the impact of the pandemic on young migrants or refugees **living in the UK**

YOUNG PEOPLE LIVING IN RURAL COMMUNITIES

- Young adults in remote rural communities reported **higher levels of loneliness**
- Young people felt **worried** and **less optimistic** about the **future**
- But we **don't know much** about the **impact** on **young people** living in rural communities

YOUNG PEOPLE IN CONTACT WITH THE CRIMINAL JUSTICE SYSTEM

- **Mixed findings** - some received **more support** and others **did not feel supported** or found it **hard to access services**
- Young people in **young offender institutions** - **limited** time **outside** of a **cell**
- Young people in an institution/with a parent in prison experienced **grief & sadness** about **lack of in person visits**

SUMMARY: WHAT DOES THE RESEARCH EVIDENCE TELLS US ABOUT THE IMPACT OF THE PANDEMIC ON THE MENTAL HEALTH AND WELLBEING OF YOUNG PEOPLE AGED 11 – 16 IN THE UK?

LOTS OF YOUNG PEOPLE ARE **STRUGGLING** WITH THEIR MENTAL HEALTH & ARE FEELING A **RANGE OF DIFFERENT EMOTIONS** (I.E. FEELING WORRIED OR LONELY), BUT **SOME** YOUNG PEOPLE ARE **FEELING OKAY**

SOME YOUNG PEOPLE FEEL LIKE CHANGES TO THEIR DAILY LIFE (I.E. NOT GOING TO SCHOOL OR SOCIAL DISTANCING) HAVE HAD A **NEGATIVE IMPACT** ON THEIR MENTAL HEALTH, BUT FOR OTHERS THEY EXPERIENCED **SOME POSITIVES** (E.G. SPENDING TIME AT HOME)

SOME GROUPS OF YOUNG PEOPLE MAY HAVE BEEN **PARTICULARLY AFFECTED** BY THE PANDEMIC (I.E. YOUNG PEOPLE WITH PREVIOUS MENTAL HEALTH DIFFICULTIES), BUT THERE IS **STILL A LOT WE DON'T KNOW**





THANK YOU!