

MH:2K Data Analysis on The impact of COVID-19 on Mental Health

Participant Demographic

Age

- ▶ 75.8% were aged between 14-17
- ▶ 13.7% were aged between 18-20
- ▶ 10.6% were aged between 21-25

Occupation

- ▶ 76.4% of participants said they were full time students
- ▶ 8.1% said they have a part time job
- ▶ 6.8% said they have a full-time job
- ▶ 5% said they are unemployed

Gender

- ▶ 80.1% said they identify as female
- ▶ 17.4% said they identify as male
- ▶ 1.9% said they identify as third gender

Ethnicity

- ▶ 85.5% said they are white British
- ▶ 14.4% said they are from a BAME background

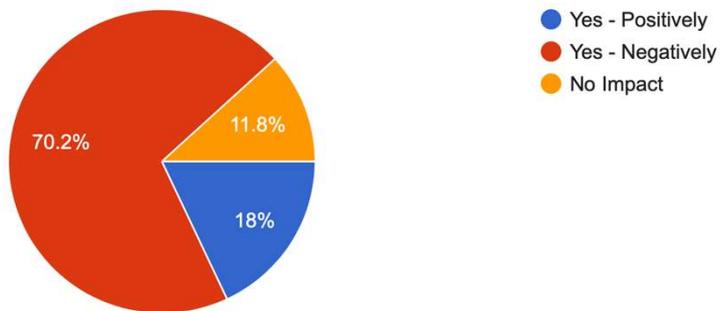
Participant Demographic

Areas Participants live in

- ▶ Nottingham city
- ▶ Mansfield
- ▶ Wollaton
- ▶ Beeston
- ▶ Arnold
- ▶ Ilkeston
- ▶ Long Eaton
- ▶ Broxtowe
- ▶ Seleston
- ▶ Newark
- ▶ Hucknall
- ▶ Billborough
- ▶ Chilwell
- ▶ West Bridgeford
- ▶ Heanor
- ▶ Notts East
- ▶ Cotgrave
- Gedling
- Top Valley
- Sutton in Ashfield
- Toton
- Bulwell
- Meadows
- Sandiacre
- Forest Fields
- Netherfield
- Southwell
- Woodthorpe
- Bramcote
- Nuthall
- Stapleford
- Carlton

Do you think your Mental Health has been impacted by the recent lockdown?

161 responses



When we asked participants why they believed their mental health has been impacted by the recent lockdown in a positive way, some of them said;

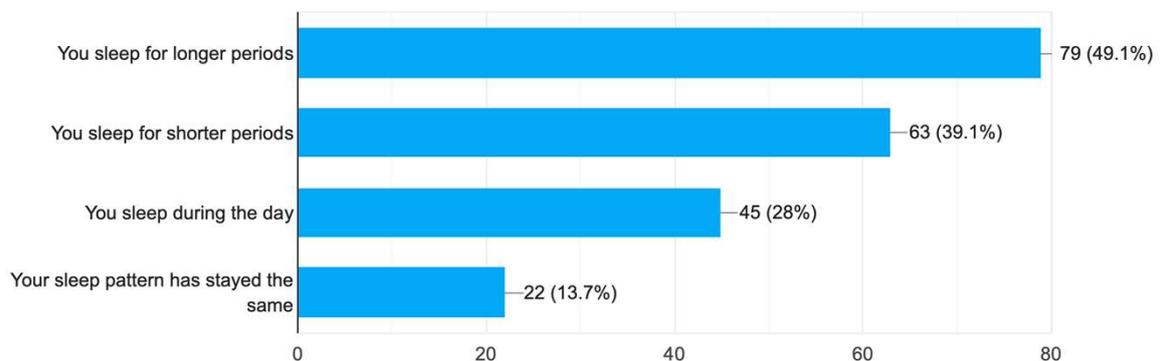
- ▶ *“Given me time to relax and see life differently. Feel more grateful for life. Given my OCD and panic attacks a break”*
- ▶ *“Improved a lot, to the point where I’m am no longer on medication”*
- ▶ *“Gave me independence and the chance to lead my education and daily routine”*

When we asked them how the lockdown has impacted their mental health in a negative we received an overwhelming amount of responses, some young people said;

- ▶ *“I’ve developed anorexia, refusal in treatment and not doing well”*
- ▶ *“I am more depressed and emotional”*
- ▶ *“Isolation/Loneliness and loss of purpose”*
- ▶ *“No access to CAMHS services for 10 weeks - crisis team: not always available - stuck inside : made my depression worse - health anxiety due to coronavirus and germs”*

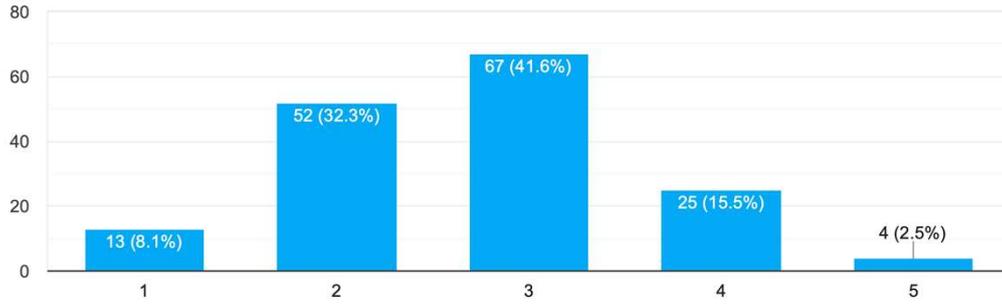
How has your sleep changed since lockdown? Tick any that apply

161 responses



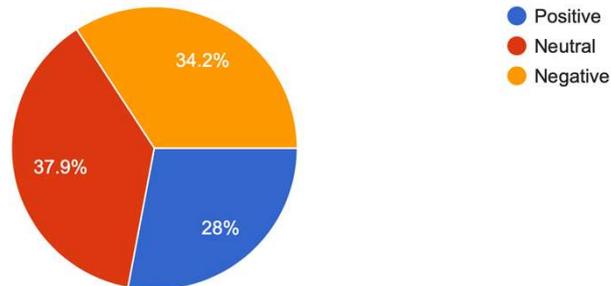
Between 1 to 5, how far do you agree that the government has been clear on its information regarding lockdown and restrictions?

161 responses



How do you feel regarding the easing of lockdown?

161 responses



When we asked young people to explain how they are feeling about the easing of lockdown we heard mixed responses;

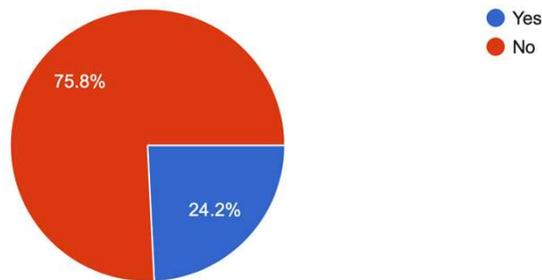
- ▶ *"I'm glad that more places are open but I'm not sure it was the right decision from the government"*
- ▶ *"My social anxiety is starting to get worse as I'm being exposed to the 'normal' world"*
- ▶ *"Well I really want to get back to normal and do the things that I love to do"*
- ▶ *"Life has to go on regardless"*
- ▶ *"It will allow me to socialise with my college friends which will really help me"*
- ▶ *"Allows me to return to CAMHS services -able to see close friends and family -able to get out the house more and socially interact"*

We asked young people if they have found anything that has helped their mental health and wellbeing and young people responded with some suggestions;

- ▶ *"Setting goals. Turning my phone off. Structure. Meditation. Reading. Hobbies. Going on a walk every day"*
- ▶ *"Staying as connected to what's important to me as possible E.G through social media, podcasts, phone calls etc and doing things that make me happy such as painting and riding my bike"*
- ▶ *"Colouring"*
- ▶ *"Listening to music"*
- ▶ *"writing poetry, experiencing nature"*
- ▶ *"My dog. It forces me to do exercise and cheers me up to have an animal around the house and I feel lucky that we got her before lockdown. Reading also takes me to another world where I'm not in lockdown"*

Have you accessed any services or resources for your Mental Health during lockdown?

161 responses



We asked young people to explain their responses on whether they accessed services or resources for their mental health during the lockdown, the responses included;

- ▶ *“Emailed my therapist and read lots of helpful books and online websites”*
- ▶ *“I haven’t accessed anything as I kept suppressing it and didn’t think it was anything serious”*
- ▶ *“I’m part of CAMHS so every fortnight I receive a call from my therapist”*
- ▶ *“I wouldn’t know how to”*
- ▶ *“I haven’t accessed any because I don’t know how”*
- ▶ *“I’ve been under mental health services on and off for years and haven’t really found them too much help as they are heavily CBT focused which doesn’t work for me. I wouldn’t benefit from online or virtual therapy so it wouldn’t be worth it”*
- ▶ *“Wellbeing page”*

When we asked young people on how they think their mental health could be supported at home, some suggestions included;

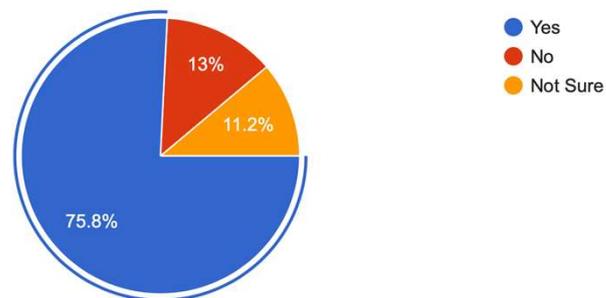
- ▶ *“More check ups”*
- ▶ *“Easy access resources for self help that can be done at home, encouragement from others”*
- ▶ *“More resources available and more advertisement of where to go for help”*
- ▶ *“Free resources with ideas of productive things to do and ways to feel happier”*
- ▶ *“More resources towards the beginning/middle of lockdown on how to stay active, motivated and maintain a good schedule”*
- ▶ *“Regular phone calls -leaflets/resources on self care and what to do at crisis point”*

And when we asked what type of resources that they would find helpful, the young people suggested;

- ▶ *“Alternative self care ideas, a template for a daily routine”*
- ▶ *“Support about going back in September, knowing exactly what will happen about everything including timetables and buses and knowing there is support for those who may find it stressful”*
- ▶ *“Wellbeing checks”*
- ▶ *“Group chats for individuals struggling”*
- ▶ *“Mental health first aid support from schools/ colleges”*

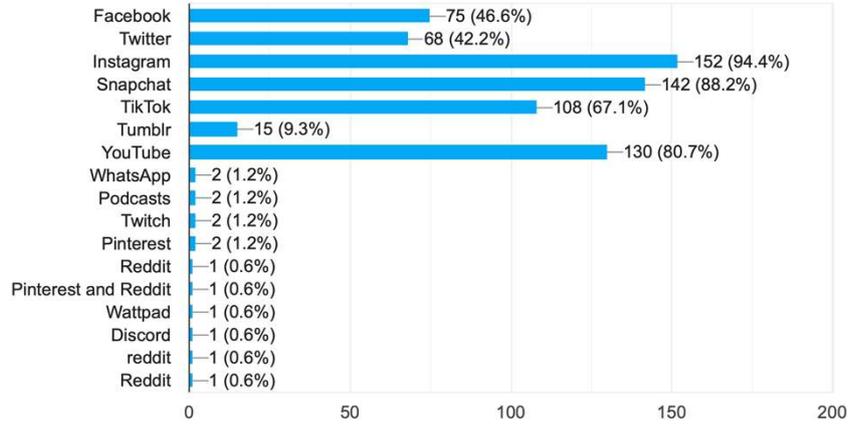
Have your social media habits changed since lockdown?

161 responses



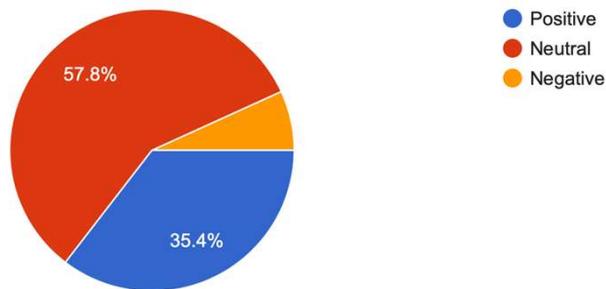
What social media platforms do you use? Tick any apply

161 responses



What do you think your overall experience is like with social media?

161 responses

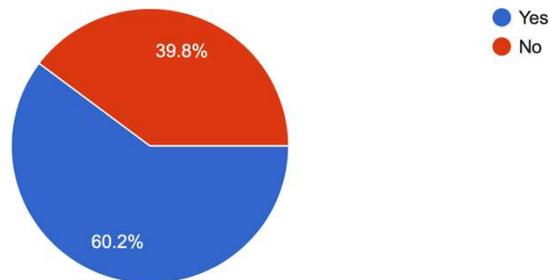


We asked young people who said they had a negative experience with social media to explain why they felt their experience was negative, some young people said;

- ▶ *“Platforms like TikTok and Instagram have developed into a mental health app where people glamorise mental health issues, with graphic pictures”*
- ▶ *“There are plenty of hateful and harmful people and material on social media platforms, it’s very easy to get sucked in... though without it I may have felt further isolation from reality”*
- ▶ *“Whenever I am on it it usually makes me upset because I don’t look a certain way or I see my friends having fun without me on their snapchat etc”*
- ▶ *“Negative parts include the excessive eating and then models posting them still being slim and fit”*

Would you like to see your local mental health services using, and communicating messages to you through social media?

161 responses



For young people who said yes, they would like to see local mental health services using social media, they gave the following suggestions;

- ▶ *“What the service does, how to contact them, encouragement and interactive posts. Any social media platforms would be good. The more the better!”*
- ▶ *“posts on Instagram or TikTok could be helpful, maybe posts to help with motivation and how to keep your mind healthy”*
- ▶ *“Twitter / Instagram, giving people tips for betting their MH / positive messages, resources for help”*
- ▶ *“Things you can do to help your mental health at home - Instagram”*
- ▶ *“Links to information and resources, ways to be positive, healthy activities”*
- ▶ *“Online videos posted to watch anonymous chats and short snappy updates on places to go for help”*
- ▶ *“All social media platforms, there's never been enough support for online safety, bullying and general support. The buttons are there but they don't do much”*

The last question we asked young people was to see what they would search if looking for mental health services online, some suggestions included;

- ▶ Mental health services Tips on anxiety etc
- ▶ #mentalhealth
- ▶ #mentalhealthsupport #howtocopewithchange #adviceforautistics #adhdandcovid #actuallyautistic
- ▶ How can I improve my mental health into google
- ▶ Mental Health Clinics near me
- ▶ First Steps
- ▶ Nottingham Mental health, Nottinghamshire mental health, local mental health services, #mentalhealth #mentalhealthmatters
- ▶ CAMHS
- ▶ #MentalhealthNottingham #Nottsmentalhealth
- ▶ *“I would look at the NHS website, I would search up the problem I wanted to get help with and have a look through various websites to find one that was useful. I might also look at the Mind website”*

Any Questions ?