

Summary Report

Covid-19

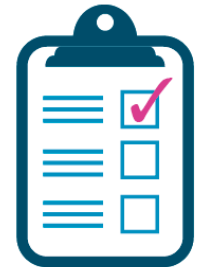
Young People's Emotional Wellbeing Report

March 2021

Our Work

Healthwatch Worcestershire carried out a survey, completed by **262 young people aged 13 to 19** from December 2020 to January 2021.

We wanted to find out more about the impact of the Covid-19 pandemic on their emotional wellbeing and mental health, what was worrying them and if they were able to talk to anyone about their concerns. We also wanted to know how young people wanted to access information and support and their experiences of using support services.



Impact of Covid-19 on emotional wellbeing



74% of young people told us that Covid-19 had made their emotional wellbeing and mental health worse. 30% of these said it was a lot worse.

88% of those who completed the survey in January reported a negative impact compared with 67% in December, suggesting an increased impact when the country went back into lockdown and schools and colleges were only open for vulnerable children and children of critical workers.

Young People's main worries and concerns

- 92% - Family or friends catching Covid-19
- 84% - Loss of freedom, usual routine and activities
- 83% - Impact on their school or college work and grades or exam results
- 81% - Impact on their future job or career opportunities

Young people have been struggling with uncertainty and the lack of social contact, routine and structure to their daily lives.

For some young people this time has been especially difficult due to the environment and relationships at home, increased caring responsibilities and existing mental ill-health.

Information

Responses suggest there is a need for increased awareness of where to find local information about emotional wellbeing, what support is available and how to manage your own emotional wellbeing.

Information needs to be easy to access, clear and developed together with young people.



Key messages to be promoted include:

- Understanding of the impact of Covid-19 on young people
- Importance of discussing worries and concerns
- Balancing negative news and encouraging resilience

Accessing Support

- 20% of the young people felt that they do not have anyone they can talk to about their worries and concerns
- 12% told us they had needed support but not been able to access it

It is vital that systems are in place to check on the wellbeing of all young people.

Findings show the importance of ensuring that young people's individual preferences and circumstances are taken into consideration when planning their support. Including barriers to accessing support remotely such as lack of privacy and access to the internet and device.



Generally, support accessed via school or college was accessed more frequently and rated more highly than other types of support.

There is a need to ensure that young people have consistent access to support across the County and that young people are involved in developing and monitoring the quality of services.

Parents and Carers

Findings suggest it is important that parents and carers have an understanding of the issues worrying young people in relation to Covid-19, the ways they may be able to discuss these with them and how to access support.

Healthwatch Worcestershire has made recommendations, based on our findings to commissioners and providers of children and young people's emotional wellbeing services in Worcestershire.

Visit our website to read the full report here -

www.healthwatchworcestershire.co.uk/covid-19-young-peoples-emotional-wellbeing-report/