



## Summary Report

### Young People's Health and Emotional Wellbeing Report

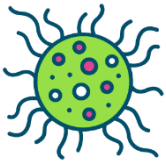
March 2022



#### Our Work

**202 young people** completed our Health and Wellbeing Survey from November 2021 to January 2022.

Support from local voluntary organisations and youth groups helped us to hear from young people across Worcestershire, including young people with disabilities and long-term health conditions, young people from minority ethnic groups, young carers and those who identify as lesbian, gay, bisexual and transgender (LGBT+).



#### Impact of the Covid-19 pandemic

Young people told us about the huge impact the Covid-19 pandemic has had of their lives.

- **82%** said that Covid has had a **negative impact on their learning**, school or college work and exam results.
- **80%** said that Covid has had a **negative impact on their emotional wellbeing**, including how they have been feeling, their happiness and levels of anxiety.
- **79%** said that Covid has had a **negative impact on their socialising**, such as being able to meet up with people, develop friendships and relationships.
- **65%** said that Covid has had a **negative impact on the amount of time they spent on screens**, such as phones, tablets and computers.
- **60%** said that Covid has had a **negative impact on their physical health**, such as the amount of time they have spent doing sport, exercising and being active and their diet.
- **50%** said that Covid has had a **negative impact on their family and home lives**, such as relationships with their families and those they live with.



#### Covid-19 vaccination

75% of the young people had received a Covid-19 vaccination. Parents, television and the news were key sources of information.

Although some young people were concerned about feeling unwell afterwards, having a fear of needles or the long-term impact of having a vaccination, many did not have any concerns.



## Information

Young people would like more information about emotional wellbeing, managing their schoolwork and studies, physical health, relationships, sexuality and gender identity and support for young people with Autism.

Information needs to be easy to find and easy to use, with language that is clear, aimed at young people but not patronising.



## Digital access and remote appointments

Access to the internet, availability of data, having a private space and difficulties talking about health and emotional wellbeing issues may make it more difficult for young people to access support and appointments online or via phone or video call.



## Support for emotional wellbeing

The types of support young people would most want to access were one-to-one support and support via text message. Group support and support via video call were the least popular.

Some young people told us they had needed support but not been able to get it. The main reason for this was not feeling able to ask for it. Concerns about availability, confidentiality, visibility, waiting times and criteria for support had also influenced this.



## Experiences of support

Face-to-face support at school or from private or voluntary organisations was rated most highly by those who had received support for emotional wellbeing in the last 12 months.

Those who had received support from the Community Eating Disorder Service, Kooth, Chat Health and the School Nurse gave mixed ratings about how good the support had been. 69% of those who had used Child and Adolescent Mental Health Service (CAMHS) and 81% of those who had used Reach4Wellbeing group support rated them as not very good.



## Next steps

We have made 26 recommendations for Worcestershire's health and social care services in relation to health and emotional wellbeing information and support for young people.

The response to the recommendations will be published alongside the full report here -

[www.healthwatchworcestershire.co.uk/young-peoples-health-and-emotional-wellbeing-report/](http://www.healthwatchworcestershire.co.uk/young-peoples-health-and-emotional-wellbeing-report/)