

# How is COVID-19 affecting the mental health of teenagers and young people in the UK?

For BBC Panorama, Kooth's exclusive data revealed how COVID-19 has affected the mental health of young people compared to the same period last year.

Kooth has seen spikes in the number of users presenting with several presenting issues, such as concerns over school and college (+100%), suicidal thoughts (+21%) and anxiety (+9%).

It's never been more important to offer safe, accessible and early support for those struggling with their mental health. For those experiencing any emotional wellbeing issue, knowing that timely help is available online is a lifeline.

Kooth has collected anonymous data since March 1st 2020 until last week to monitor the impact of the virus on young people's mental health. Numbers in this infographic have been rounded to the nearest whole percentage.



Those presenting with thoughts around **self harming** over the past year has increased.

**Virus Impact: ▲ 13%**



**Concerns about School and College** have grown by an alarming 100% amongst our students.

**Virus Impact: ▲ 100%**



**Stress and anxiety issues** have seen a sharp rise in young people compared to 2019.

**Virus Impact: ▲ 9%**



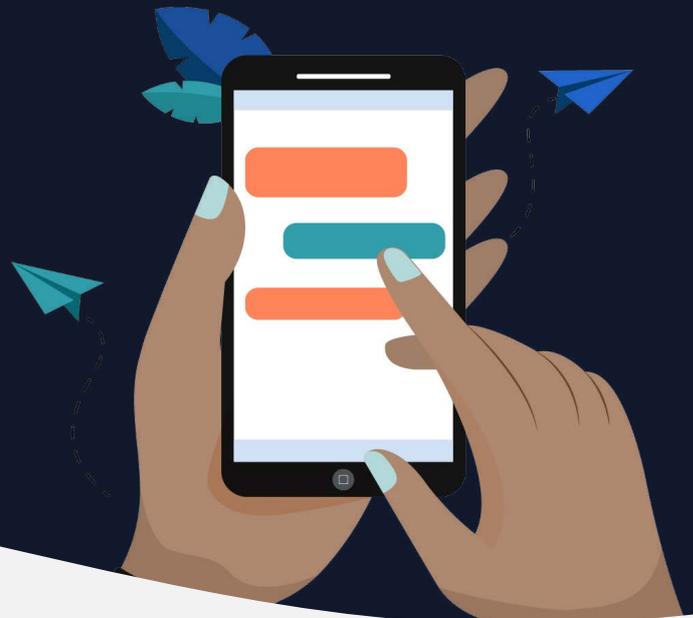
**Suicidal Thoughts** have risen by more than one-fifth compared to the same period last year.

**Virus Impact: ▲ 21%**



**Total number of young people accessing kooth** has increased during the pandemic.

**Virus Impact: ▲ 13%**



## More insights



Young people are struggling with **sleep difficulties** since the pandemic.

**Virus Impact: ▲ 123%**



**Loneliness** is another presenting issue that has seen a step rise in cases on kooth.com.

**Virus Impact: ▲ 36%**