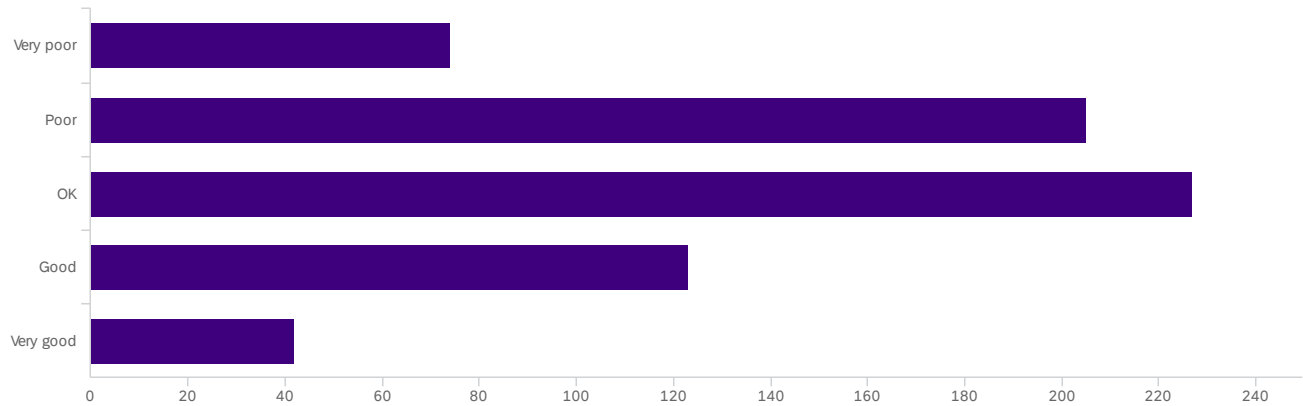


Final findings from young people (13-17)

Young People's Coronavirus Survey

22 May 2020 15:29 BST

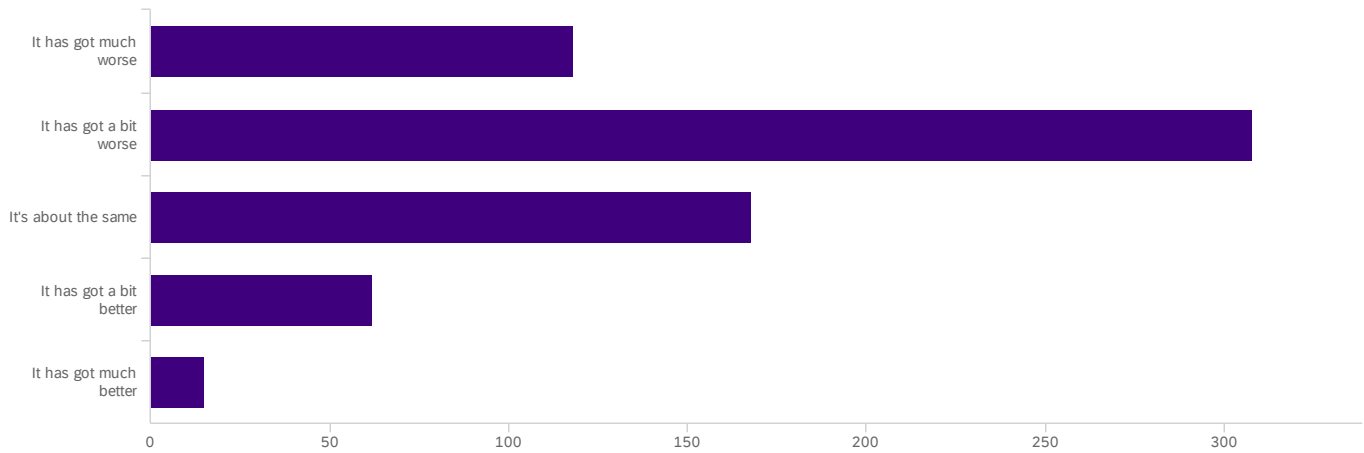
Q30 - How would you describe your current mental health and wellbeing?



#	Field	Choice Count
2	Very poor	11.0% 74
3	Poor	30.6% 205
4	OK	33.8% 227
5	Good	18.3% 123
6	Very good	6.3% 42
		671

Showing rows 1 to 6 of 6

Q31 - Has your mental health and wellbeing changed over the past two weeks?

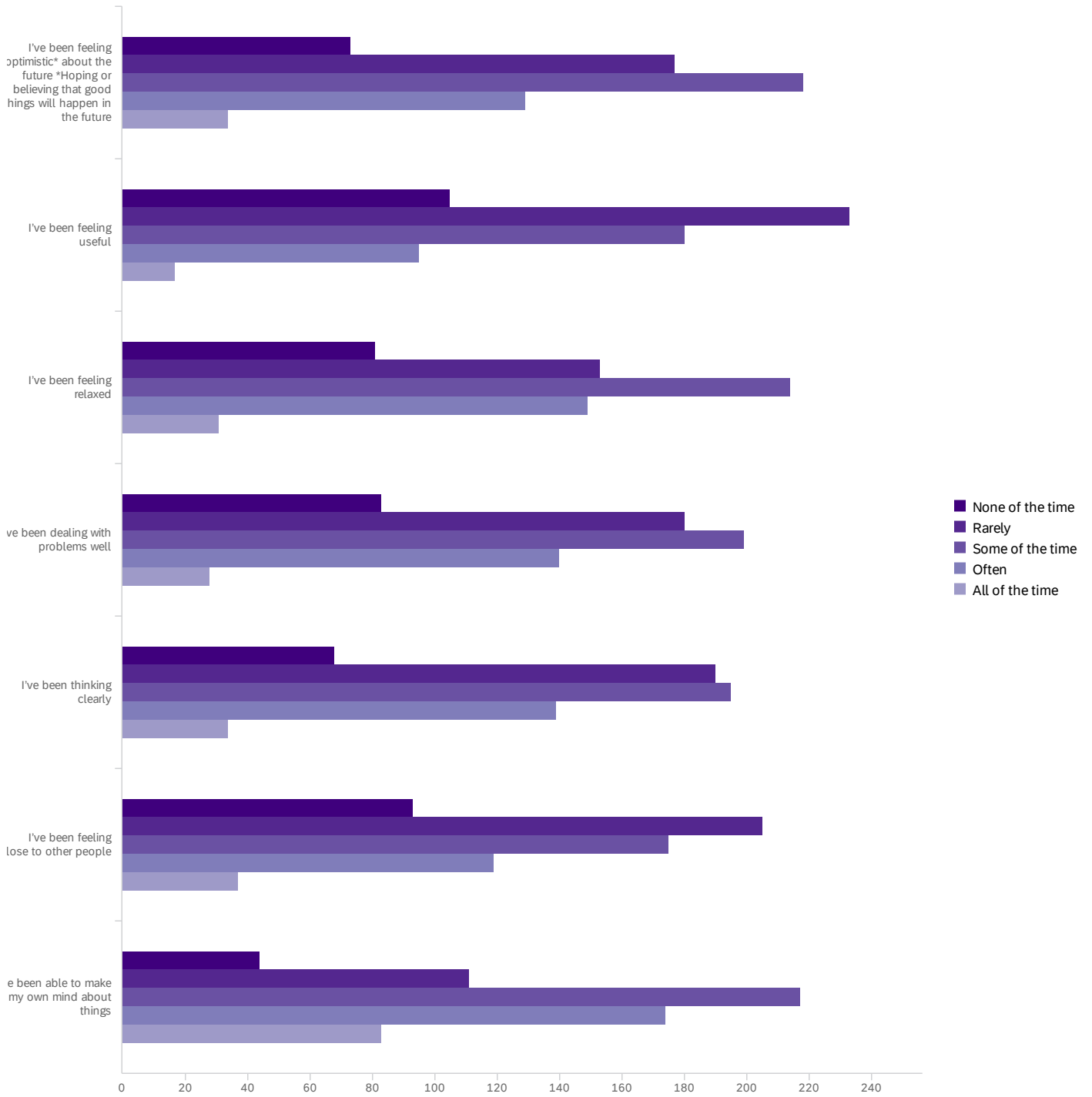


#	Field	Choice Count
4	It has got a bit better	9.2% 62
2	It has got a bit worse	45.9% 308
5	It has got much better	2.2% 15
1	It has got much worse	17.6% 118
3	It's about the same	25.0% 168
		671

Showing rows 1 to 6 of 6

Q10 - Below are some statements about your feelings and thoughts. Please tick the box

that best describes your experience of each over the last two weeks.

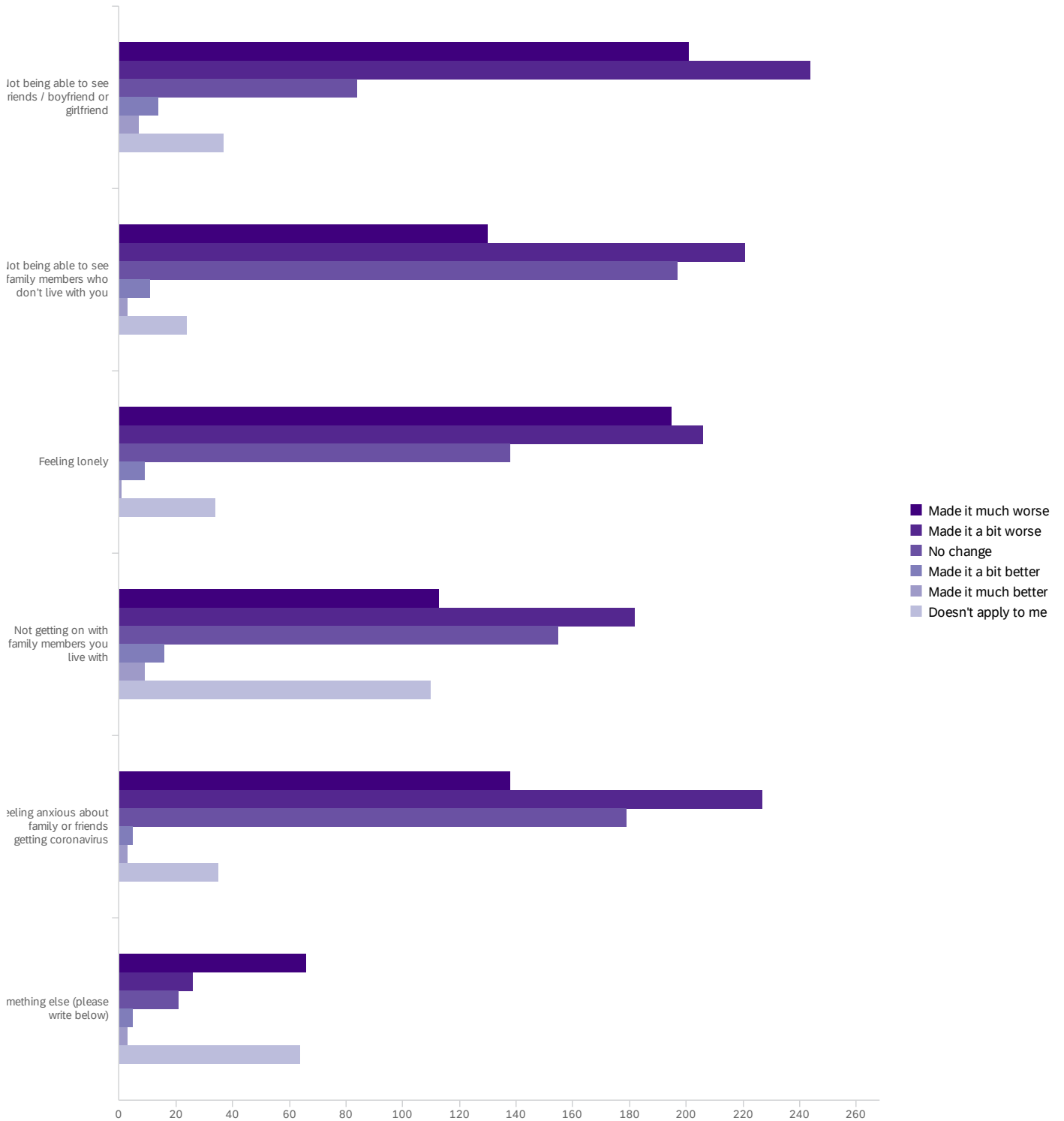


#	Field	None of the time	Rarely	Some of the time	Often	All of the time	Total
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#	Field	None of the time	Rarely	Some of the time	Often	All of the time	Total
1	I've been feeling optimistic* about the future *Hoping or believing that good things will happen in the future	11.6% 73	28.1% 177	34.5% 218	20.4% 129	5.4% 34	631
2	I've been feeling useful	16.7% 105	37.0% 233	28.6% 180	15.1% 95	2.7% 17	630
3	I've been feeling relaxed	12.9% 81	24.4% 153	34.1% 214	23.7% 149	4.9% 31	628
4	I've been dealing with problems well	13.2% 83	28.6% 180	31.6% 199	22.2% 140	4.4% 28	630
5	I've been thinking clearly	10.9% 68	30.4% 190	31.2% 195	22.2% 139	5.4% 34	626
6	I've been feeling close to other people	14.8% 93	32.6% 205	27.8% 175	18.9% 119	5.9% 37	629
7	I've been able to make up my own mind about things	7.0% 44	17.6% 111	34.5% 217	27.7% 174	13.2% 83	629

Showing rows 1 to 7 of 7

Q13 - Thinking about your friends and family, have any of the following affected your mental health and wellbeing over the past two weeks?



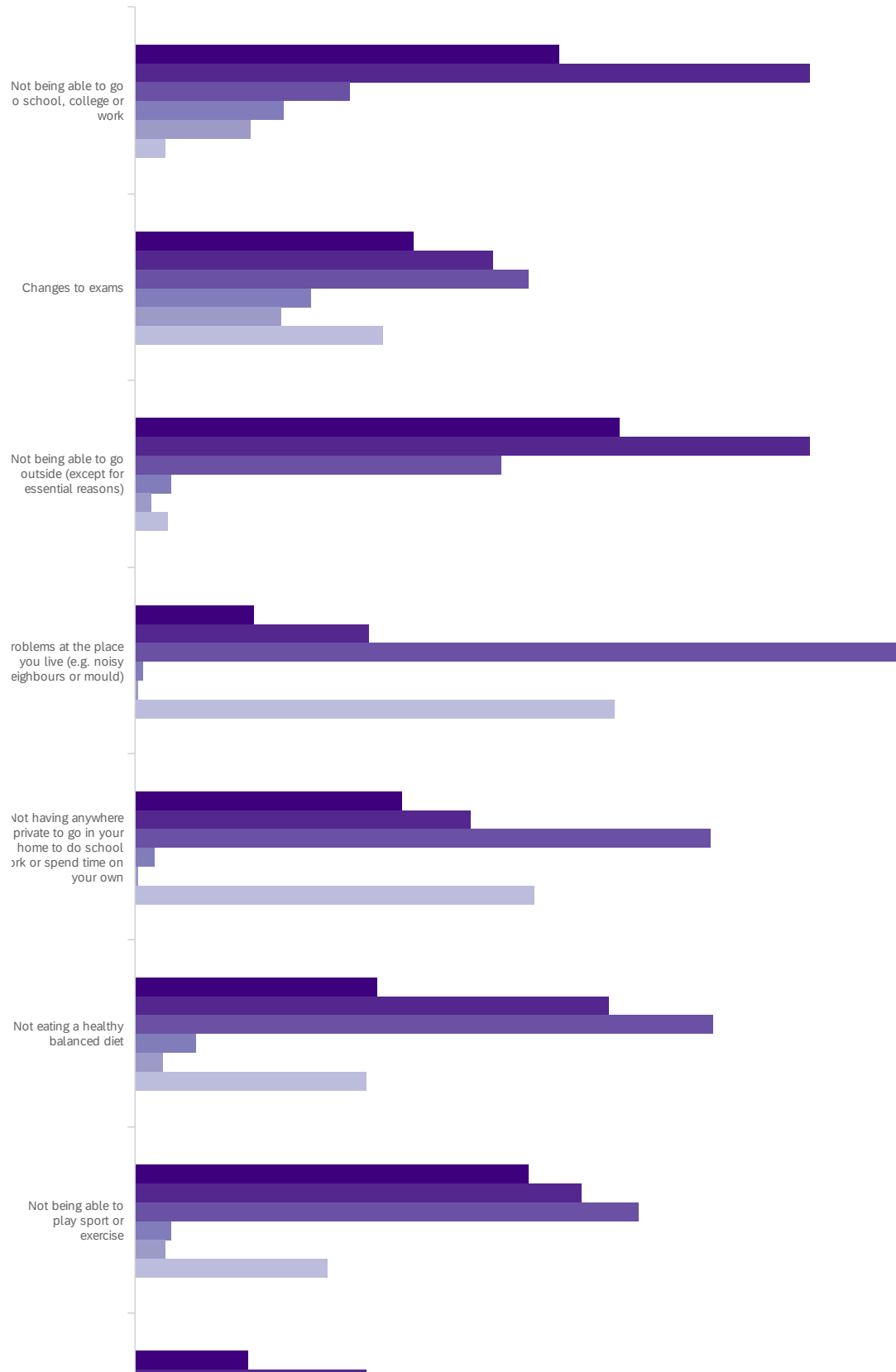
#	Field	Made it much worse	Made it a bit worse	No change	Made it a bit better	Made it much better	Doesn't apply to me	Total
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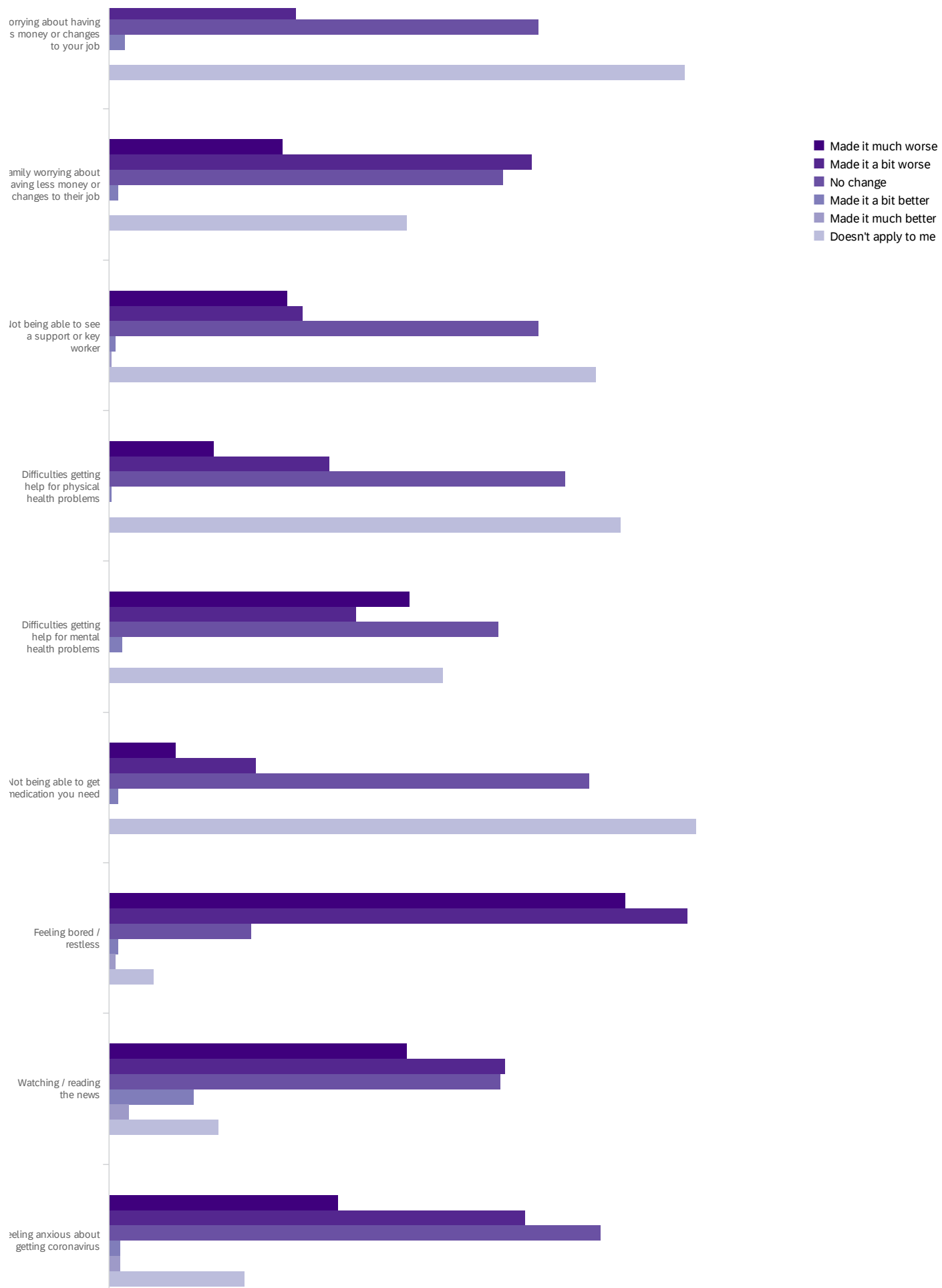
#	Field	Made it much worse	Made it a bit worse	No change	Made it a bit better	Made it much better	Doesn't apply to me	Total
1	Not being able to see friends / boyfriend or girlfriend	34.2% 201	41.6% 244	14.3% 84	2.4% 14	1.2% 7	6.3% 37	587
2	Not being able to see family members who don't live with you	22.2% 130	37.7% 221	33.6% 197	1.9% 11	0.5% 3	4.1% 24	586
3	Feeling lonely	33.4% 195	35.3% 206	23.7% 138	1.5% 9	0.2% 1	5.8% 34	583
4	Not getting on with family members you live with	19.3% 113	31.1% 182	26.5% 155	2.7% 16	1.5% 9	18.8% 110	585
5	Feeling anxious about family or friends getting coronavirus	23.5% 138	38.7% 227	30.5% 179	0.9% 5	0.5% 3	6.0% 35	587
6	Something else (please write below)	35.7% 66	14.1% 26	11.4% 21	2.7% 5	1.6% 3	34.6% 64	185

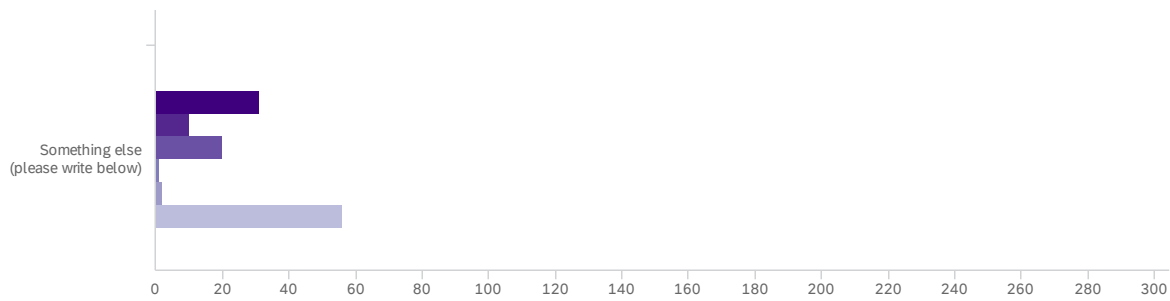
Showing rows 1 to 6 of 6

Q34 - Have any of the following other things affected your mental health and wellbeing

over the past two weeks?





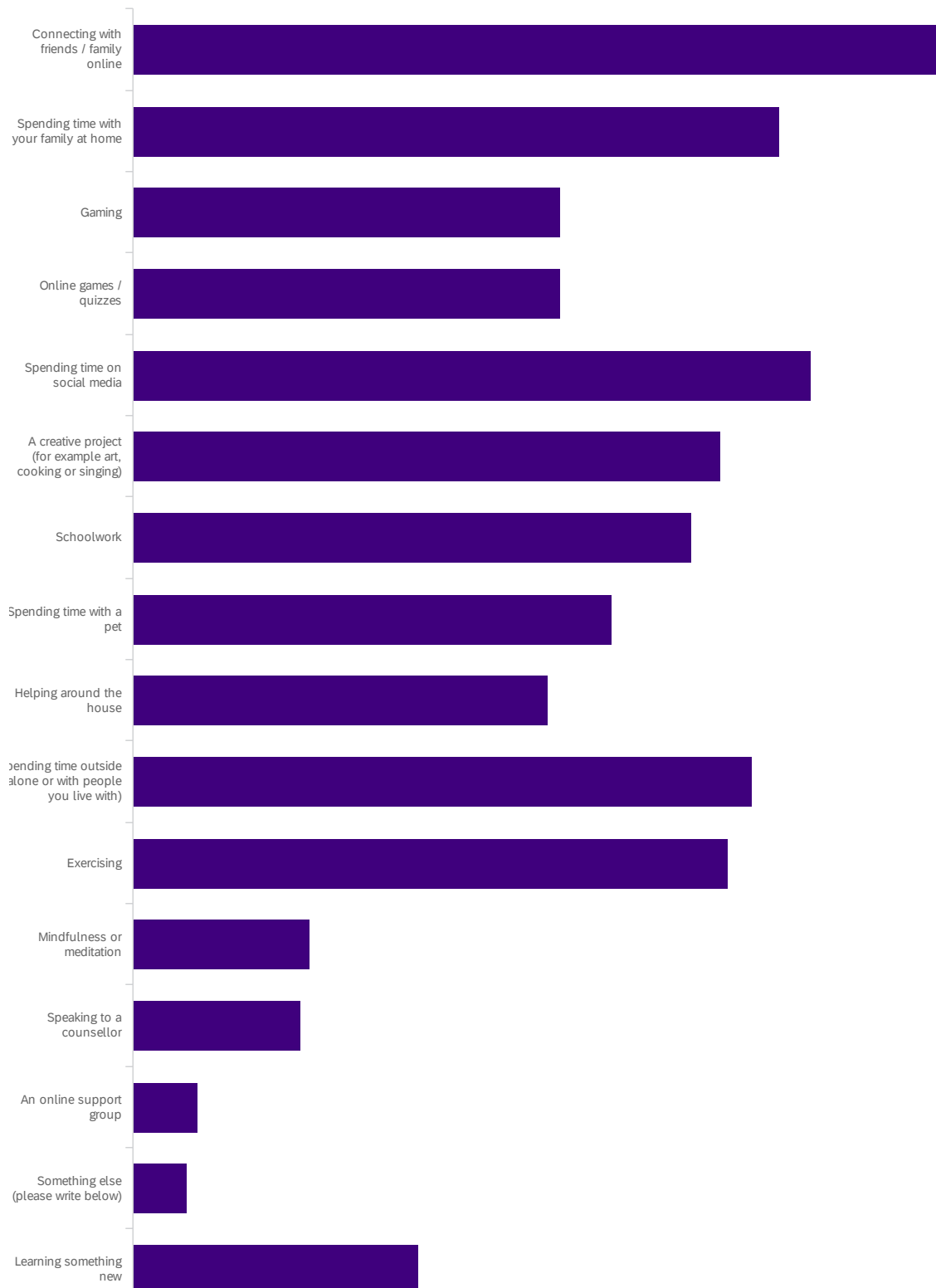


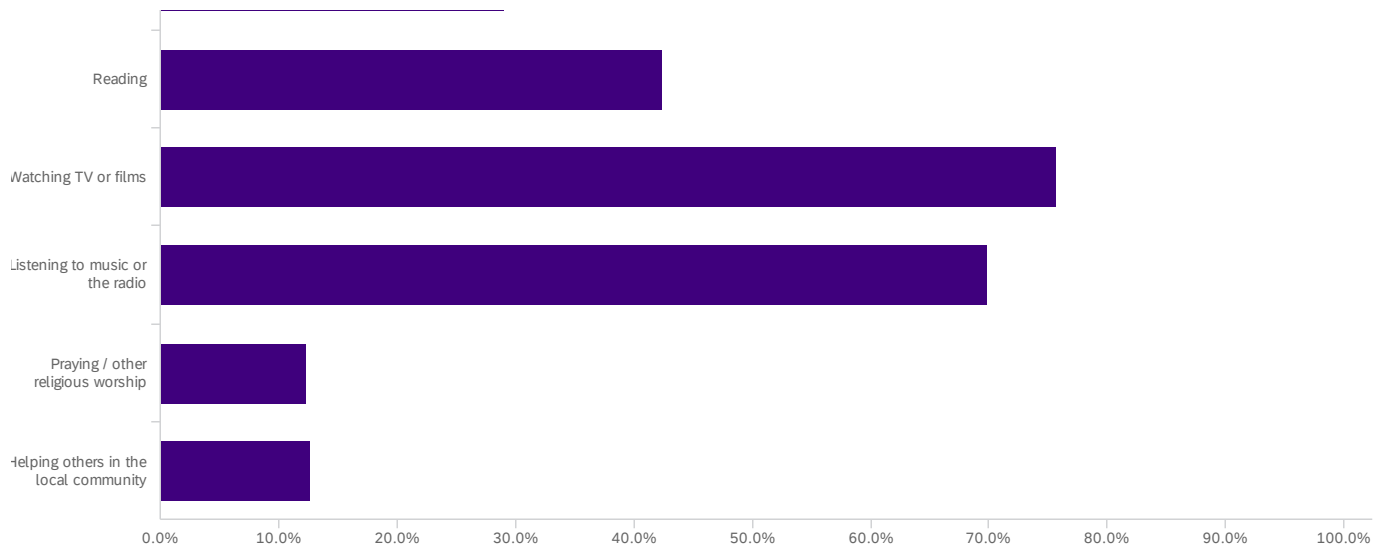
#	Field	Made it much worse	Made it a bit worse	No change	Made it a bit better	Made it much better	Doesn't apply to me	Total
1	Not being able to go to school, college or work	26.4% 154	42.0% 245	13.4% 78	9.2% 54	7.2% 42	1.9% 11	584
2	Changes to exams	17.4% 101	22.4% 130	24.6% 143	11.0% 64	9.1% 53	15.5% 90	581
3	Not being able to go outside (except for essential reasons)	30.1% 176	41.9% 245	22.7% 133	2.2% 13	1.0% 6	2.1% 12	585
4	Problems at the place you live (e.g. noisy neighbours or mould)	7.4% 43	14.6% 85	47.5% 277	0.5% 3	0.2% 1	29.8% 174	583
5	Not having anywhere private to go in your home to do school work or spend time on your own	16.7% 97	21.0% 122	36.0% 209	1.2% 7	0.2% 1	25.0% 145	581
6	Not eating a healthy balanced diet	15.0% 88	29.4% 172	35.8% 210	3.8% 22	1.7% 10	14.3% 84	586
7	Not being able to play sport or exercise	24.6% 143	27.8% 162	31.4% 183	2.2% 13	1.9% 11	12.0% 70	582
8	Worrying about having less money or changes to your job	7.0% 41	14.4% 84	33.0% 193	1.2% 7	0.0% 0	44.3% 259	584
9	Family worrying about having less money or changes to their job	13.4% 78	32.6% 190	30.4% 177	0.7% 4	0.0% 0	23.0% 134	583
10	Not being able to see a support or key worker	13.7% 80	14.9% 87	33.1% 193	0.5% 3	0.2% 1	37.6% 219	583
11	Difficulties getting help for physical health problems	8.1% 47	17.0% 99	35.2% 205	0.2% 1	0.0% 0	39.5% 230	582
12	Difficulties getting help for mental health problems	23.4% 135	19.2% 111	30.3% 175	1.0% 6	0.0% 0	26.0% 150	577
13	Not being able to get medication you need	5.2% 30	11.4% 66	37.2% 216	0.7% 4	0.0% 0	45.5% 264	580
14	Feeling bored / restless	39.8% 232	44.6% 260	11.0% 64	0.7% 4	0.5% 3	3.4% 20	583
15	Watching / reading the news	22.9% 134	30.5% 178	30.1% 176	6.5% 38	1.5% 9	8.4% 49	584
16	Feeling anxious about getting coronavirus	17.7% 103	32.1% 187	38.0% 221	0.9% 5	0.9% 5	10.5% 61	582

#	Field	Made it much worse	Made it a bit worse	No change	Made it a bit better	Made it much better	Doesn't apply to me	Total
17	Something else (please write below)	25.8% 31	8.3% 10	16.7% 20	0.8% 1	1.7% 2	46.7% 56	120

Showing rows 1 to 17 of 17

Q36 - Please tick which of the below activities (if any) you've spent time doing to cope with any pressures you've faced with your mental health and wellbeing in the past two weeks. Please tick all that apply. Activities that can be helpful for our health and wellbeing:



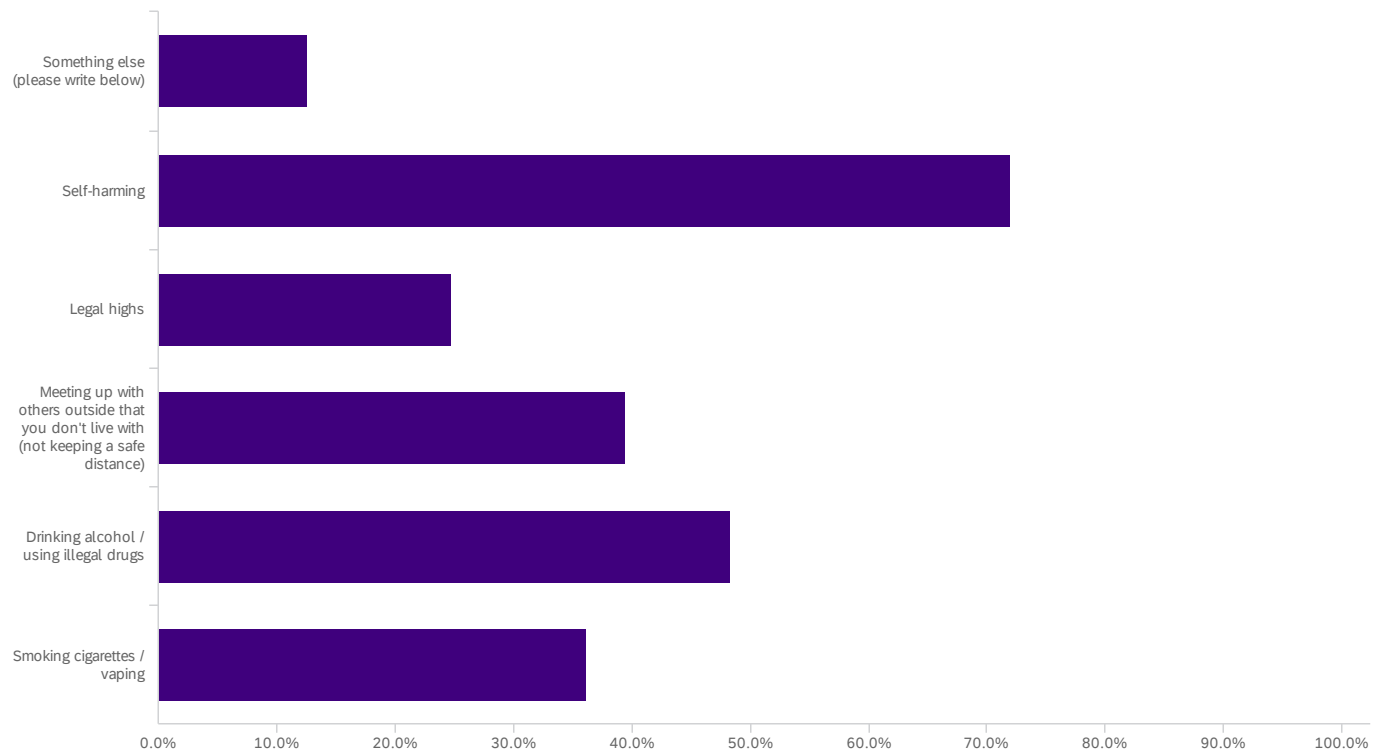


#	Field	Choice Count
1	Connecting with friends / family online	8.9% 469
2	Spending time with your family at home	7.1% 374
3	Gaming	4.7% 247
4	Online games / quizzes	4.7% 247
5	Spending time on social media	7.5% 392
6	A creative project (for example art, cooking or singing)	6.5% 340
7	Schoolwork	6.1% 323
8	Spending time with a pet	5.3% 277
9	Helping around the house	4.6% 240
10	Spending time outside (alone or with people you live with)	6.8% 358
11	Exercising	6.5% 344
12	Mindfulness or meditation	1.9% 102
13	Speaking to a counsellor	1.8% 97
14	An online support group	0.7% 37
15	Something else (please write below)	0.6% 31
16	Learning something new	3.1% 165
17	Reading	4.6% 241
18	Watching TV or films	8.2% 430
19	Listening to music or the radio	7.6% 397

#	Field	Choice Count
20	Praying / other religious worship	1.3% 70
21	Helping others in the local community	1.4% 72
		5253

Showing rows 1 to 22 of 22

Q35 - Actions that can be harmful for our health and wellbeing:

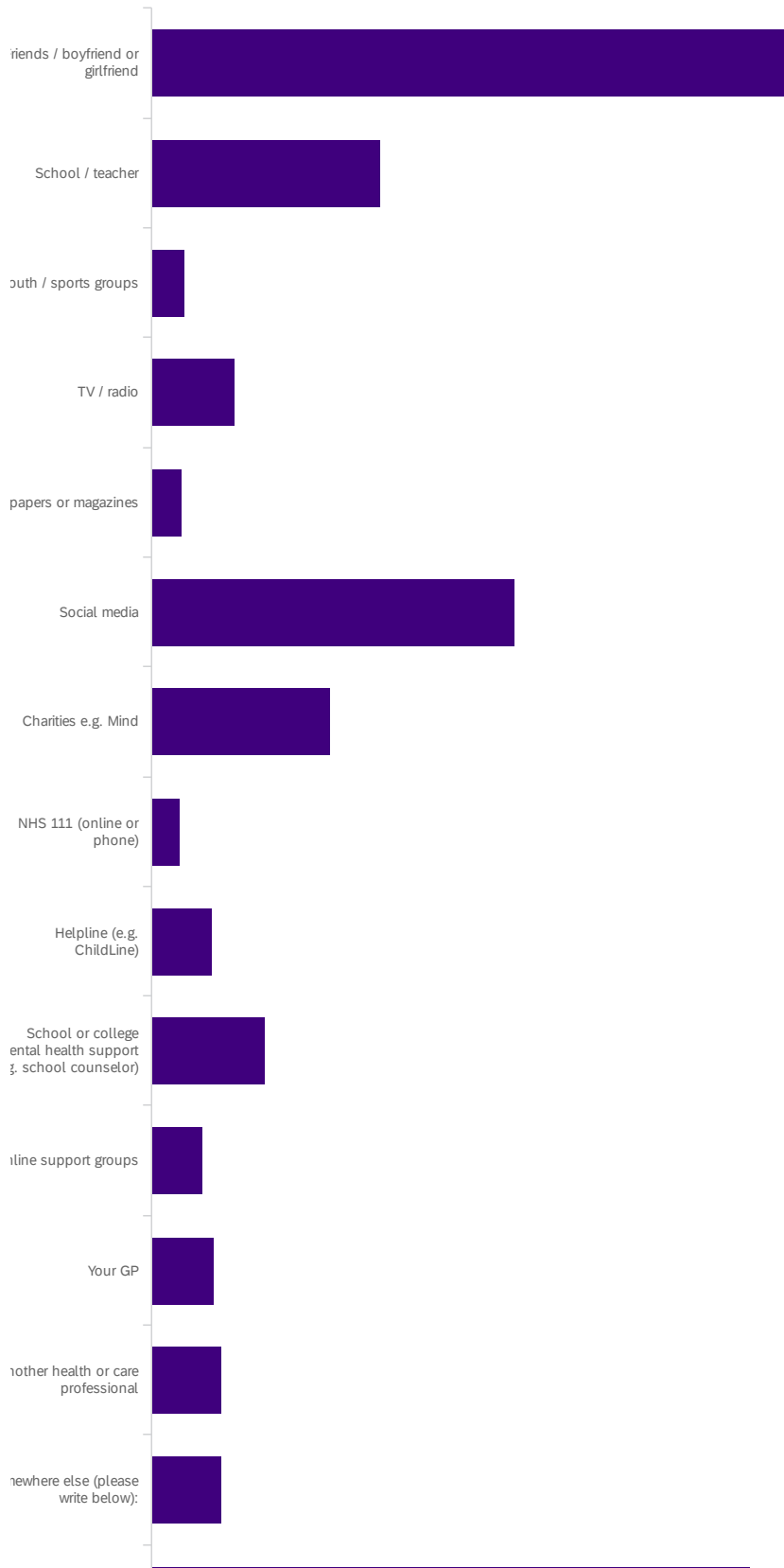


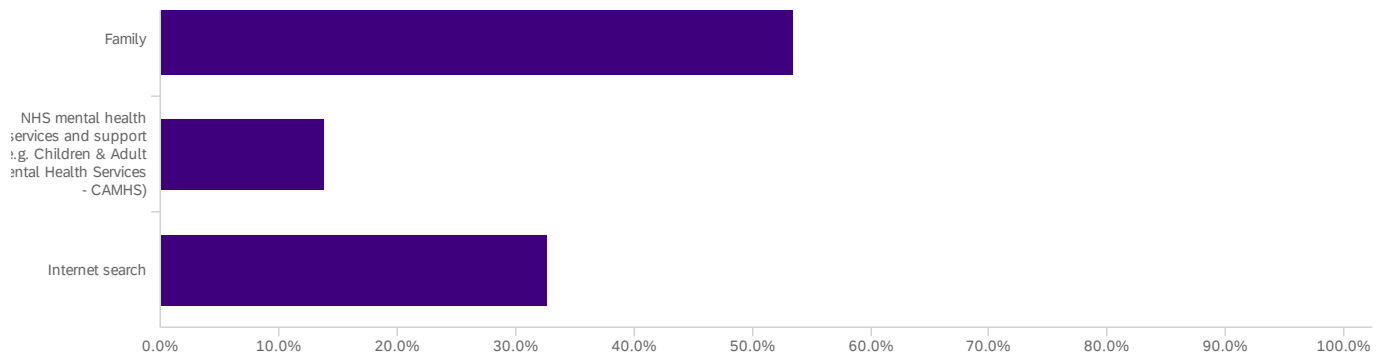
#	Field	Choice Count
15	Something else (please write below)	34
19	Self-harming	195
20	Legal highs	67
21	Meeting up with others outside that you don't live with (not keeping a safe distance)	107
22	Drinking alcohol / using illegal drugs	131
23	Smoking cigarettes / vaping	98

632

Showing rows 1 to 7 of 7

Q14 - Where have you gone (if anywhere) for advice and information to help manage your mental health and wellbeing during the past two weeks? Please tick all that apply.

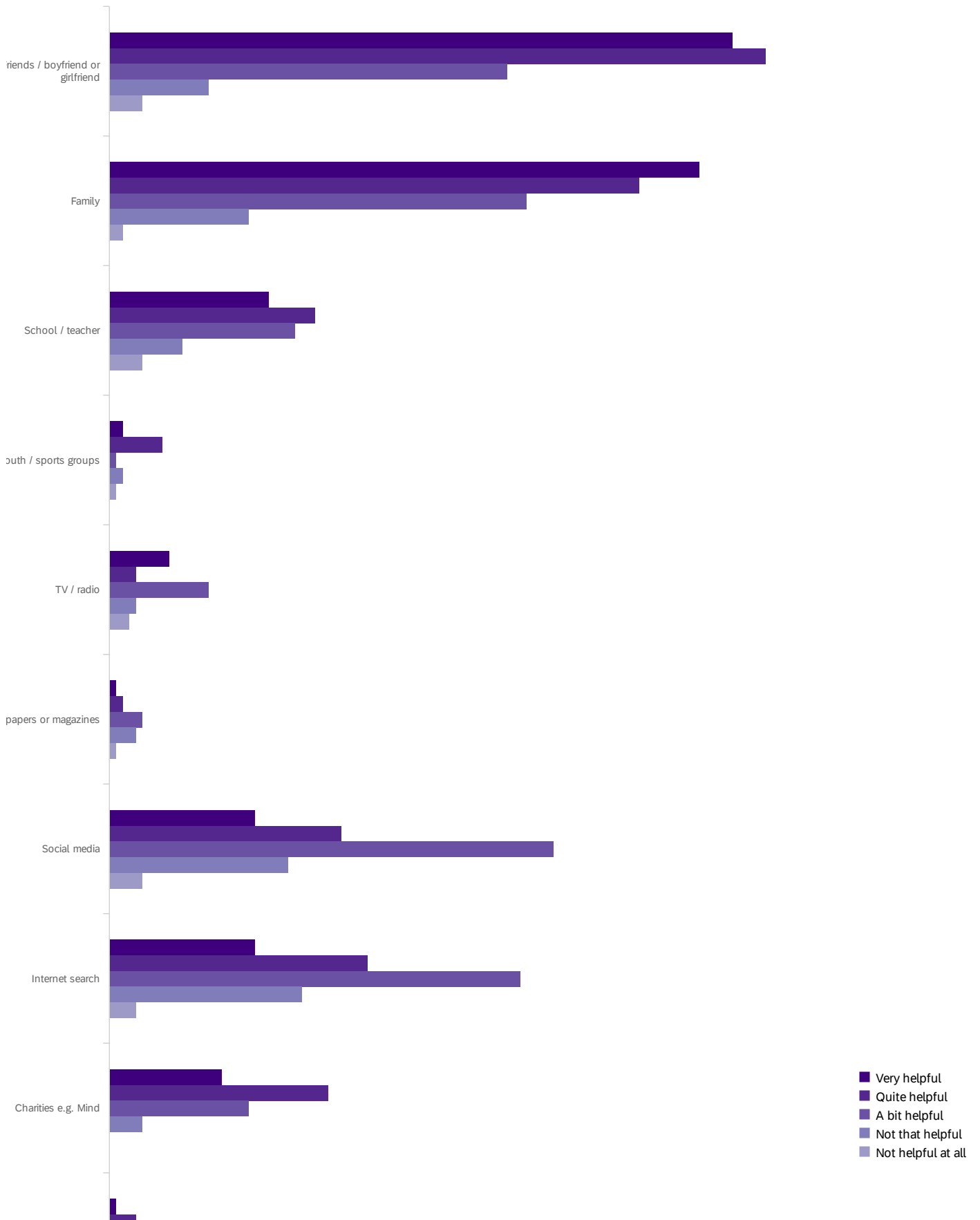


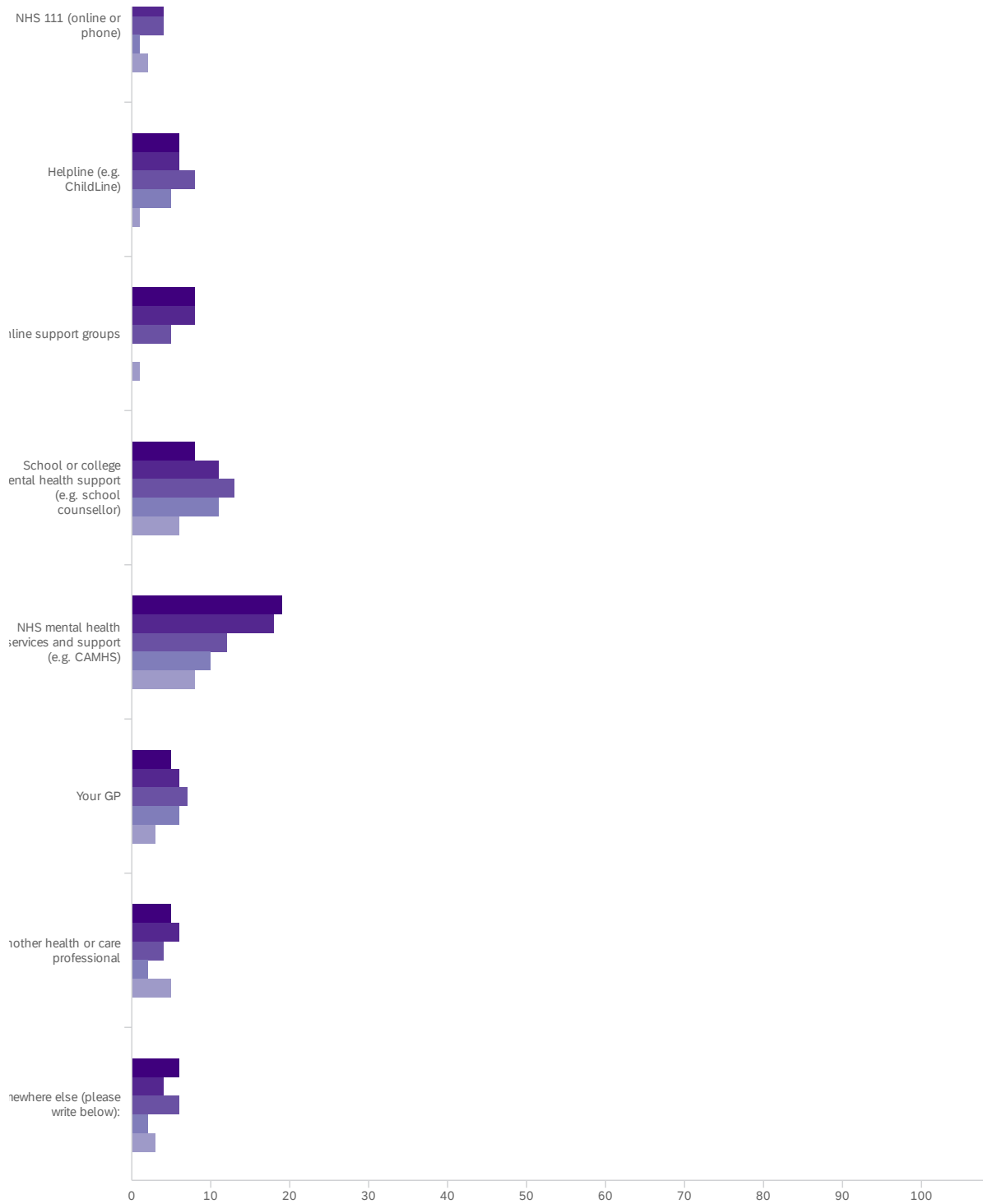


#	Field	Choice Count
1	Friends / boyfriend or girlfriend	20.4% 276
2	School / teacher	7.3% 99
3	Youth / sports groups	1.0% 14
4	TV / radio	2.7% 36
5	Newspapers or magazines	1.0% 13
6	Social media	11.6% 157
7	Charities e.g. Mind	5.7% 77
8	NHS 111 (online or phone)	0.9% 12
9	Helpline (e.g. ChildLine)	1.9% 26
10	School or college mental health support (e.g. school counselor)	3.6% 49
11	Online support groups	1.6% 22
12	Your GP	2.0% 27
13	Another health or care professional	2.2% 30
14	Somewhere else (please write below):	2.2% 30
15	Family	19.2% 259
16	NHS mental health services and support (e.g. Children & Adult Mental Health Services - CAMHS)	5.0% 67
18	Internet search	11.7% 158
		1352

Showing rows 1 to 18 of 18

Q36 - How helpful did you find each of the following sources?



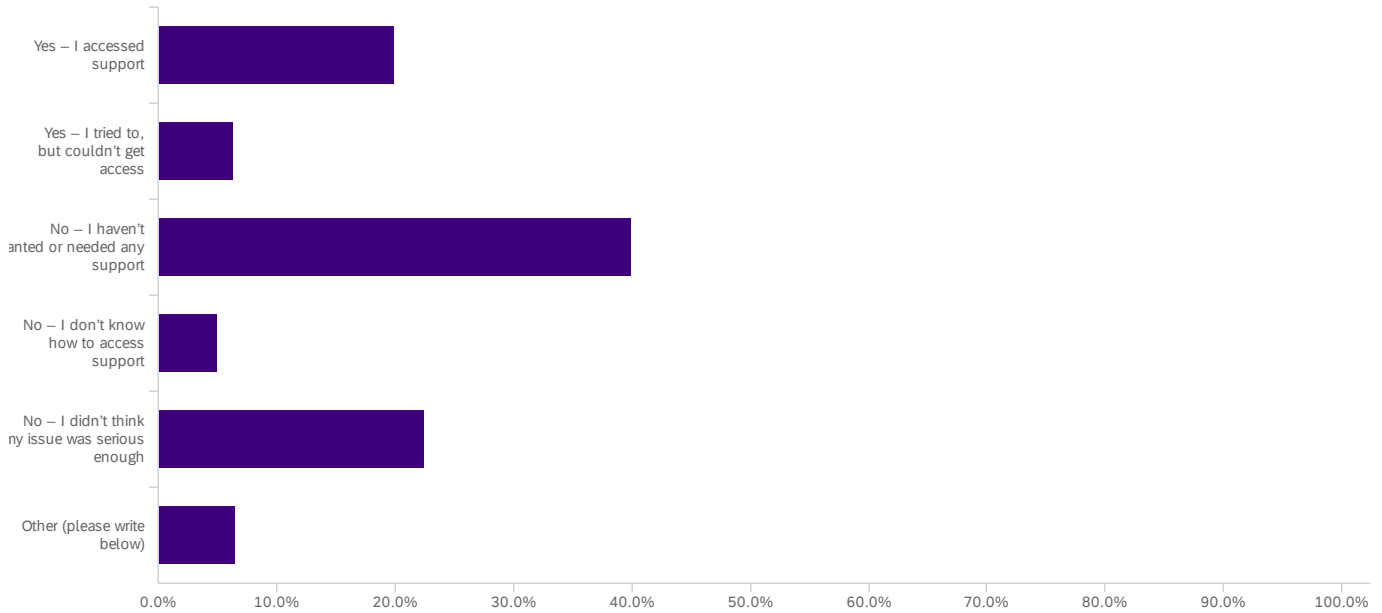


#	Field	Very helpful	Quite helpful	A bit helpful	Not that helpful	Not helpful at all	Total
1	Friends / boyfriend or girlfriend	34.4% 94	36.3% 99	22.0% 60	5.5% 15	1.8% 5	273
2	Family	34.9% 89	31.4% 80	24.7% 63	8.2% 21	0.8% 2	255
3	School / teacher	24.2% 24	31.3% 31	28.3% 28	11.1% 11	5.1% 5	99
4	Youth / sports groups	14.3% 2	57.1% 8	7.1% 1	14.3% 2	7.1% 1	14
5	TV / radio	25.7% 9	11.4% 4	42.9% 15	11.4% 4	8.6% 3	35

#	Field	Very helpful	Quite helpful	A bit helpful	Not that helpful	Not helpful at all	Total
6	Newspapers or magazines	7.7% 1	15.4% 2	38.5% 5	30.8% 4	7.7% 1	13
7	Social media	14.1% 22	22.4% 35	42.9% 67	17.3% 27	3.2% 5	156
8	Internet search	14.1% 22	25.0% 39	39.7% 62	18.6% 29	2.6% 4	156
9	Charities e.g. Mind	22.4% 17	43.4% 33	27.6% 21	6.6% 5	0.0% 0	76
10	NHS 111 (online or phone)	8.3% 1	33.3% 4	33.3% 4	8.3% 1	16.7% 2	12
11	Helpline (e.g. ChildLine)	23.1% 6	23.1% 6	30.8% 8	19.2% 5	3.8% 1	26
12	Online support groups	36.4% 8	36.4% 8	22.7% 5	0.0% 0	4.5% 1	22
13	School or college mental health support (e.g. school counsellor)	16.3% 8	22.4% 11	26.5% 13	22.4% 11	12.2% 6	49
14	NHS mental health services and support (e.g. CAMHS)	28.4% 19	26.9% 18	17.9% 12	14.9% 10	11.9% 8	67
15	Your GP	18.5% 5	22.2% 6	25.9% 7	22.2% 6	11.1% 3	27
16	Another health or care professional	22.7% 5	27.3% 6	18.2% 4	9.1% 2	22.7% 5	22
17	Somewhere else (please write below):	28.6% 6	19.0% 4	28.6% 6	9.5% 2	14.3% 3	21

Showing rows 1 to 17 of 17

Q17 - Have you accessed (or tried to access) any services for your mental health in the last two weeks? This includes any existing support or service you were accessing for your mental health before the coronavirus outbreak, such as CAMHS or through your school counsellor



Field

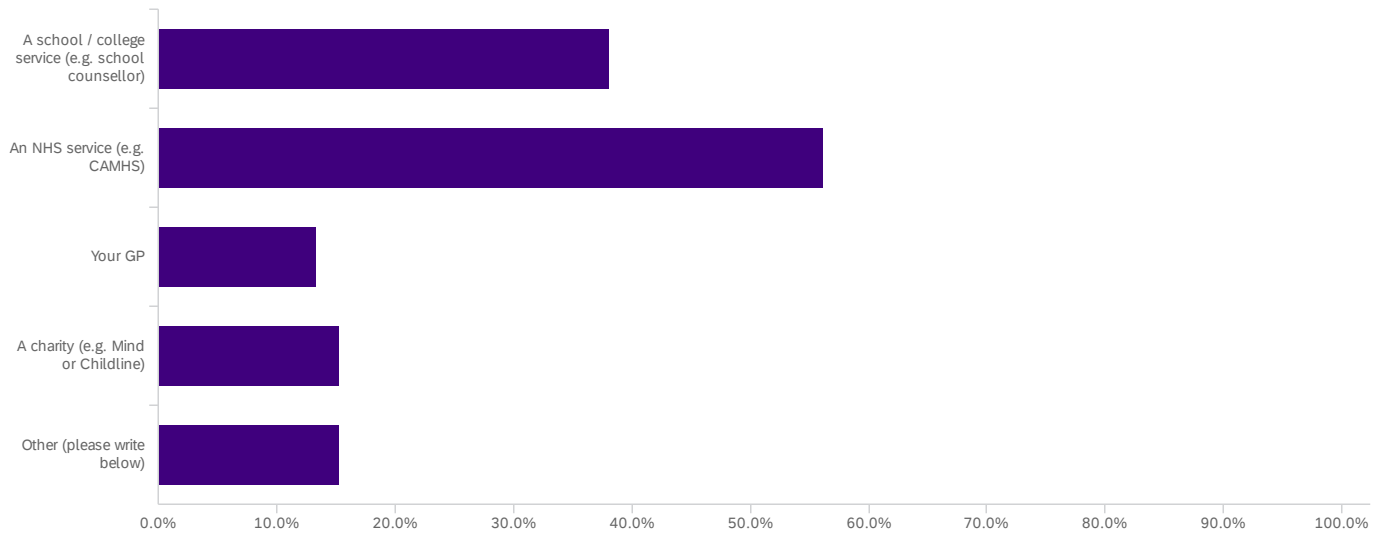
Count

Have you accessed (or tried to access) any services for your mental health in the last two weeks? This includes any existing support or service you were accessing for your mental health before the coronavirus outbreak, such as CAMHS or through your school counsellor - Selected Choice

543.0

Showing rows 1 to 1 of 1

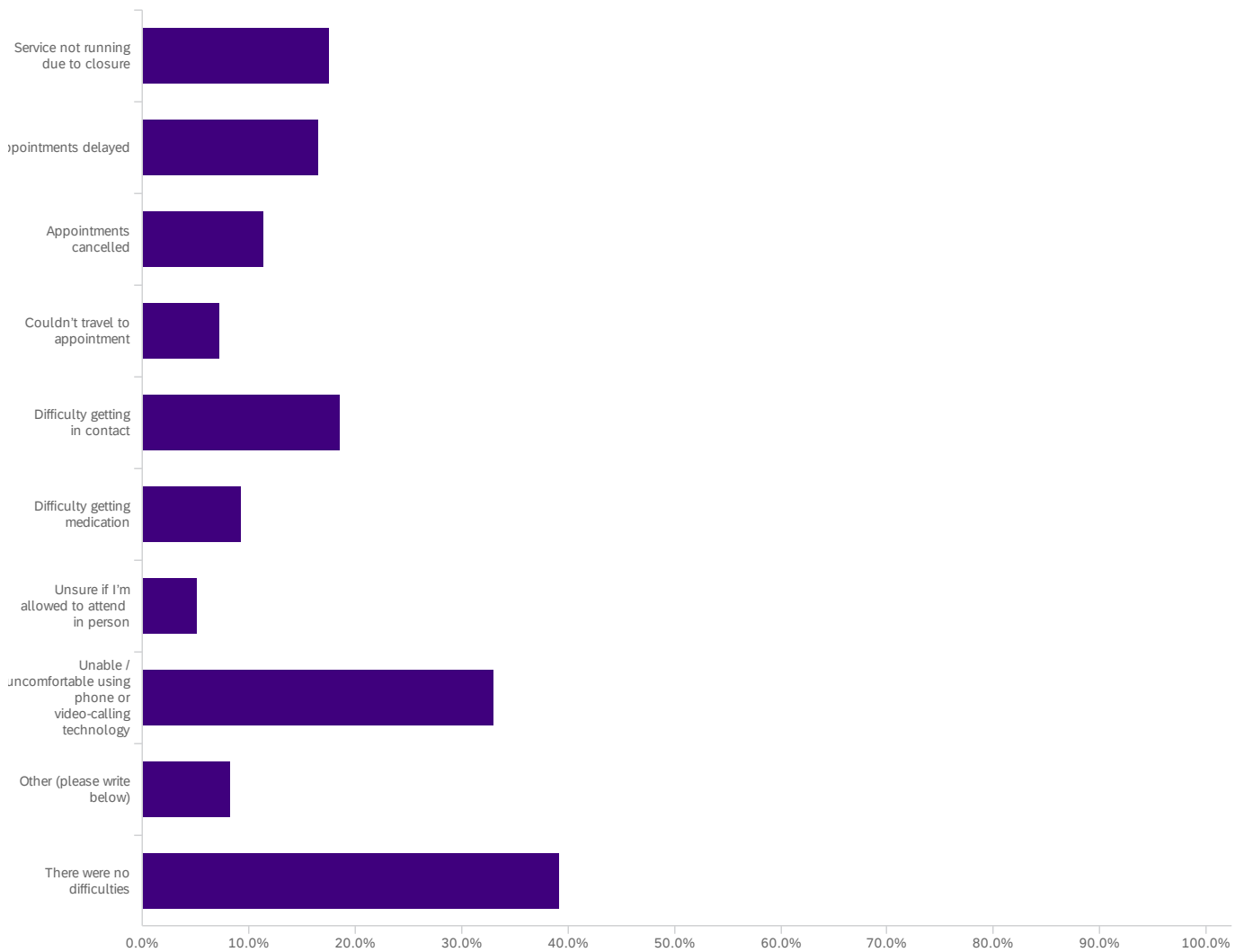
Q18 - What type of support or service was this?



#	Field	Choice Count
5	A school / college service (e.g. school counsellor)	27.6% 40
6	An NHS service (e.g. CAMHS)	40.7% 59
7	Your GP	9.7% 14
8	A charity (e.g. Mind or Childline)	11.0% 16
9	Other (please write below)	11.0% 16
		145

Showing rows 1 to 6 of 6

Q39 - Did you face any difficulties gaining access? Please select all that apply



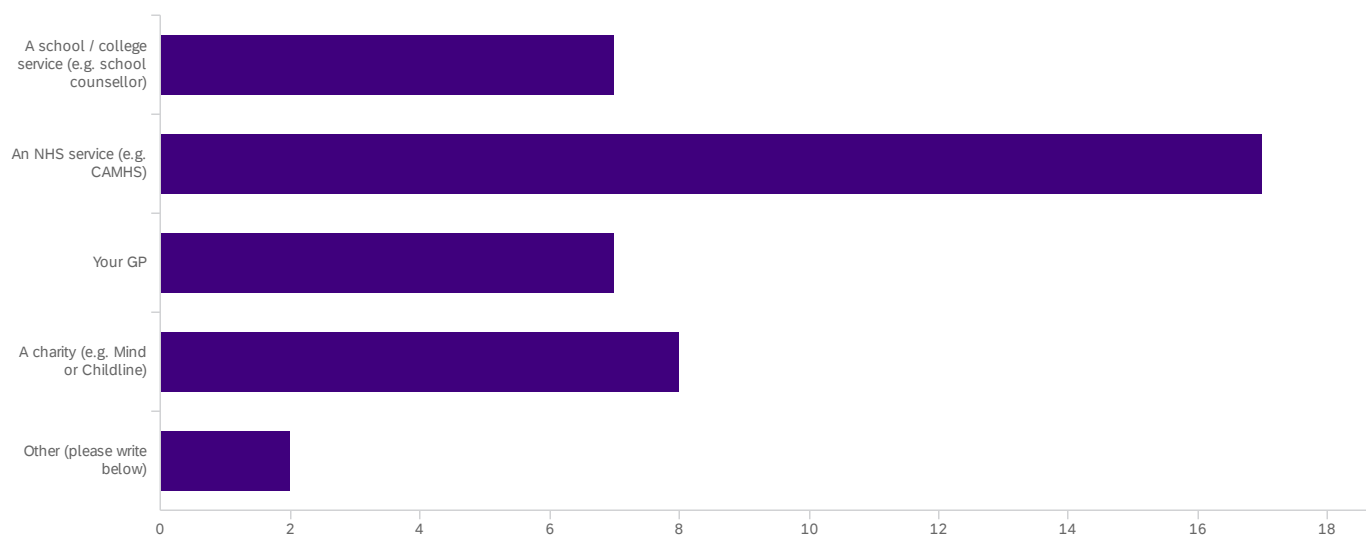
#	Field	Choice Count
1	Service not running due to closure	10.6% 17
2	Appointments delayed	9.9% 16
3	Appointments cancelled	6.8% 11
4	Couldn't travel to appointment	4.3% 7
5	Difficulty getting in contact	11.2% 18
6	Difficulty getting medication	5.6% 9
7	Unsure if I'm allowed to attend in person	3.1% 5
8	Unable / uncomfortable using phone or video-calling technology	19.9% 32
9	Other (please write below)	5.0% 8

#	Field	Choice Count
10	There were no difficulties	23.6% 38

161

Showing rows 1 to 11 of 11

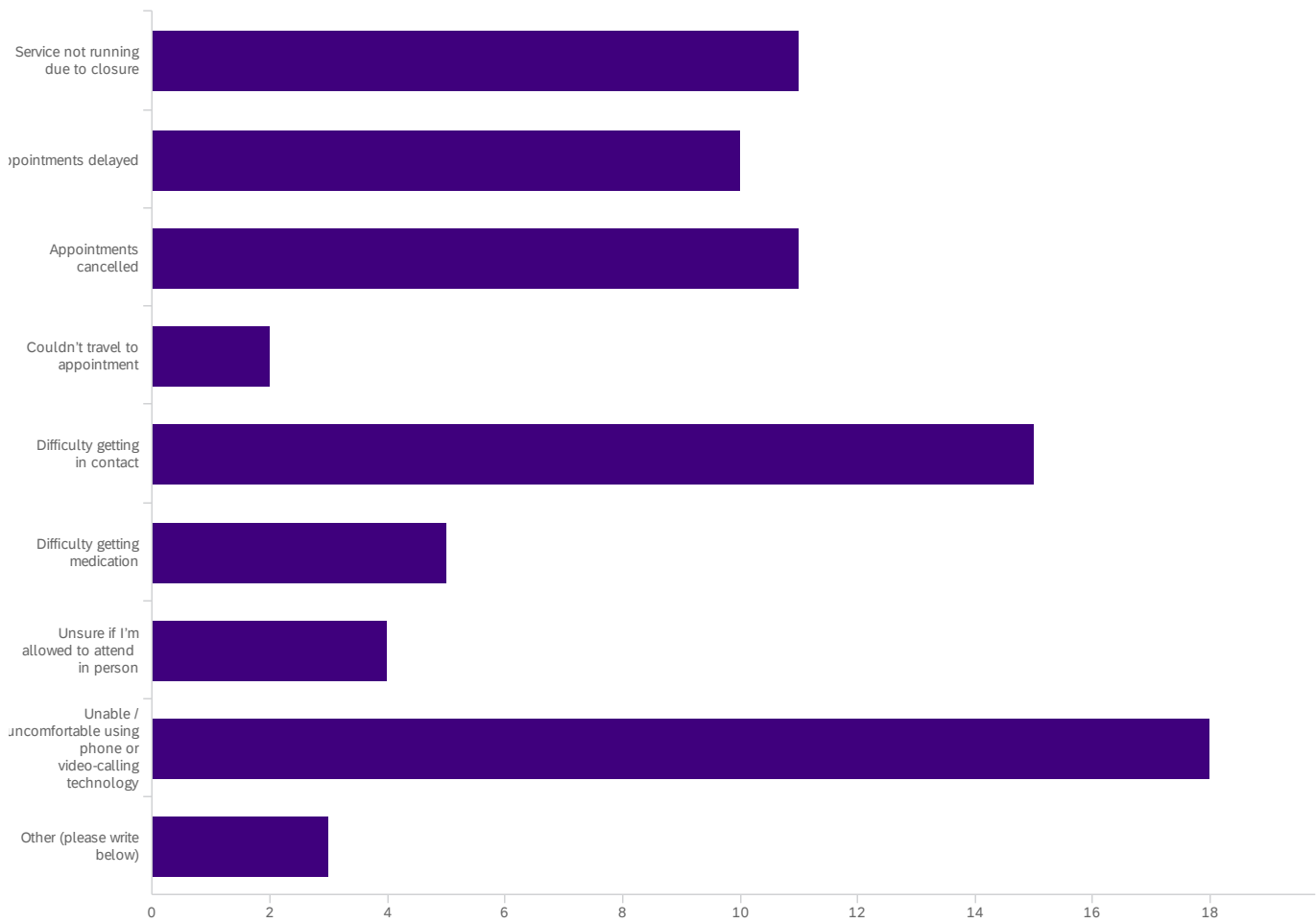
Q38 - What type of support or service was this?



#	Field	Choice Count
5	A school / college service (e.g. school counsellor)	17.1% 7
6	An NHS service (e.g. CAMHS)	41.5% 17
7	Your GP	17.1% 7
8	A charity (e.g. Mind or Childline)	19.5% 8
9	Other (please write below)	4.9% 2
		41

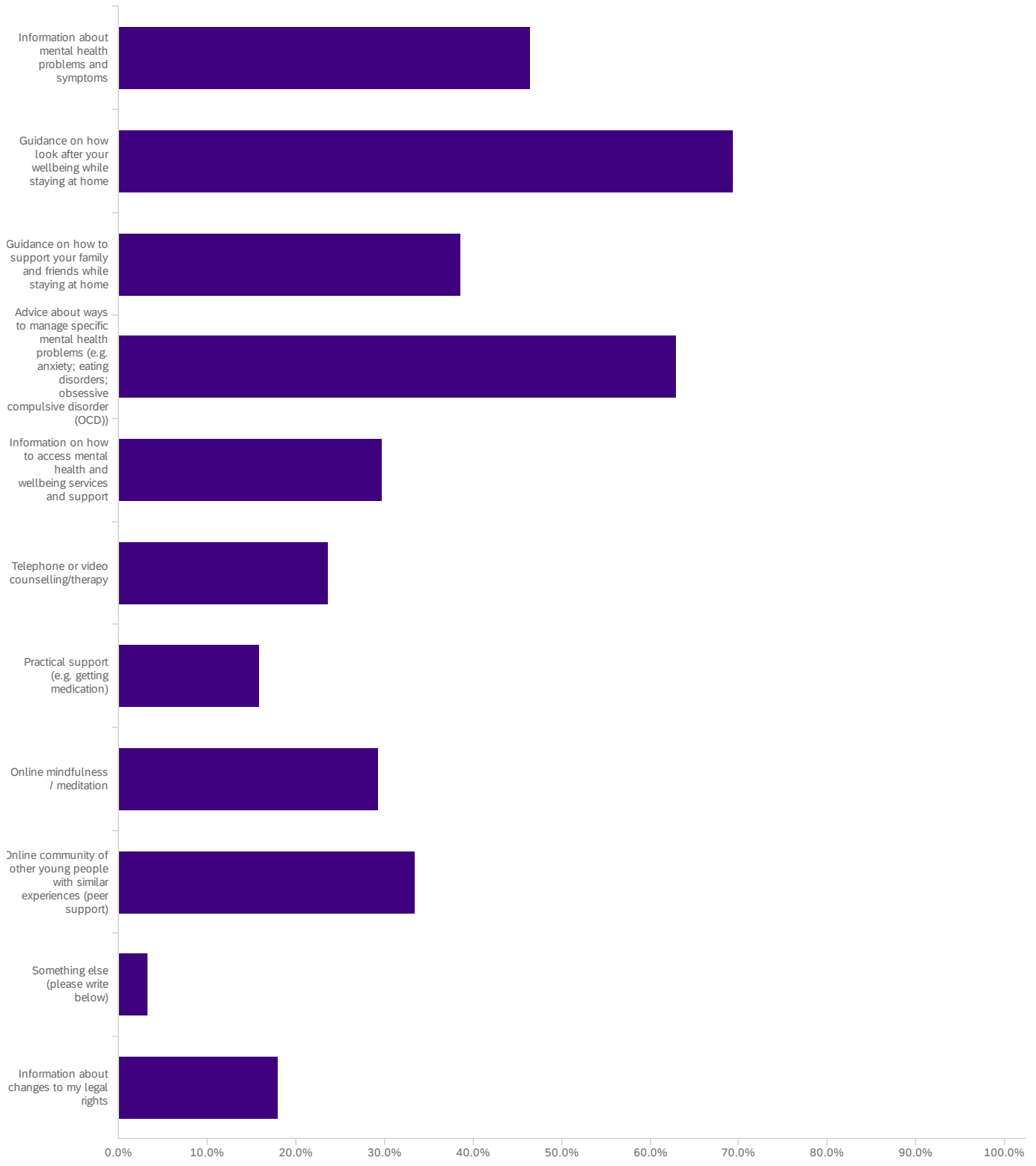
Showing rows 1 to 6 of 6

Q52 - What difficulties did you face trying to get access? Please select all that apply



#	Field	Choice Count
1	Service not running due to closure	13.9% 11
2	Appointments delayed	12.7% 10
3	Appointments cancelled	13.9% 11
4	Couldn't travel to appointment	2.5% 2
5	Difficulty getting in contact	19.0% 15
6	Difficulty getting medication	6.3% 5
7	Unsure if I'm allowed to attend in person	5.1% 4
8	Unable / uncomfortable using phone or video-calling technology	22.8% 18
9	Other (please write below)	3.8% 3
		79

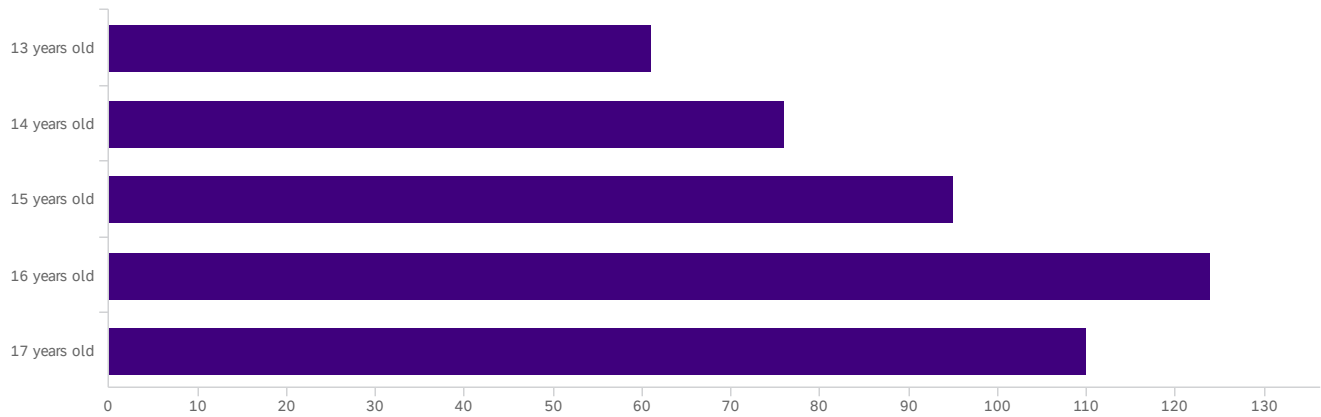
Q20 - What type of information or support (if any) for mental health and wellbeing would you like Mind to provide during coronavirus?



#	Information	Choice	Count
1	Information about mental health problems and symptoms	21.4%	214
2	Guidance on how look after your wellbeing while staying at home	18.7%	320
3	Guidance on how to support your family and friends while staying at home	10.4%	178
4	Advice about ways to manage specific mental health problems (e.g. anxiety; eating disorders; obsessive compulsive disorder (OCD))	17.0%	290
5	Information on how to access mental health and wellbeing services and support	8.0%	137
6	Telephone or video counselling/therapy	6.4%	109
7	Practical support (e.g. getting medication)	4.3%	73
8	Online mindfulness / meditation	7.9%	135
9	Online community of other young people with similar experiences (peer support)	9.0%	154
10	Something else (please write below)	0.9%	15
11	Information about changes to my legal rights	4.9%	83
			1708

Showing rows 1 to 12 of 12

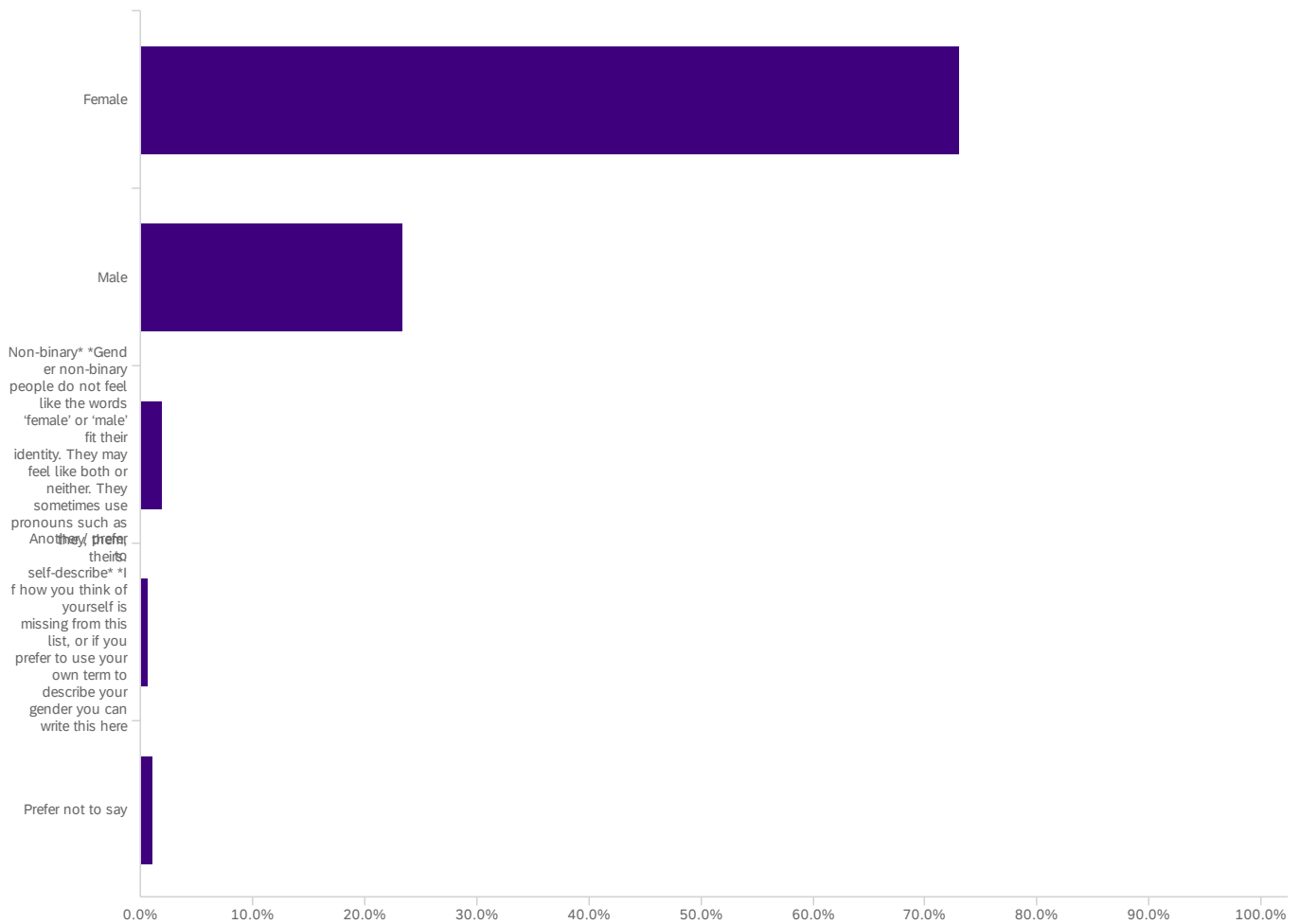
Q47 - How old are you?



#	Field	Choice Count
1	13 years old	13.1% 61
2	14 years old	16.3% 76
3	15 years old	20.4% 95
4	16 years old	26.6% 124
5	17 years old	23.6% 110
		466

Showing rows 1 to 6 of 6

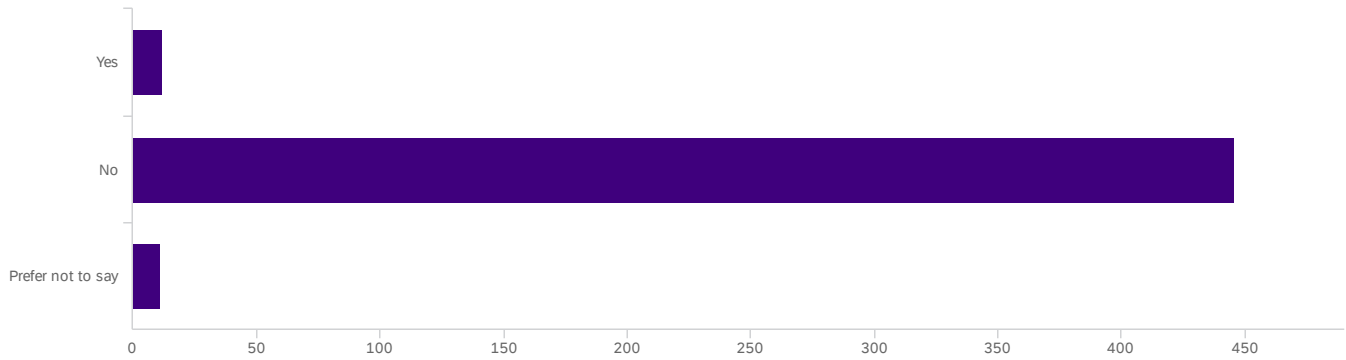
Q4 - What is your gender?



#	Field	Choice Count
1	Female	73.1% 350
2	Male	23.4% 112
3	Non-binary* *Gender non-binary people do not feel like the words 'female' or 'male' fit their identity. They may feel like both or neither. They sometimes use pronouns such as they, them, theirs.	1.9% 9
4	Another / prefer to self-describe* *If how you think of yourself is missing from this list, or if you prefer to use your own term to describe your gender you can write this here	0.6% 3
5	Prefer not to say	1.0% 5
		479

Showing rows 1 to 6 of 6

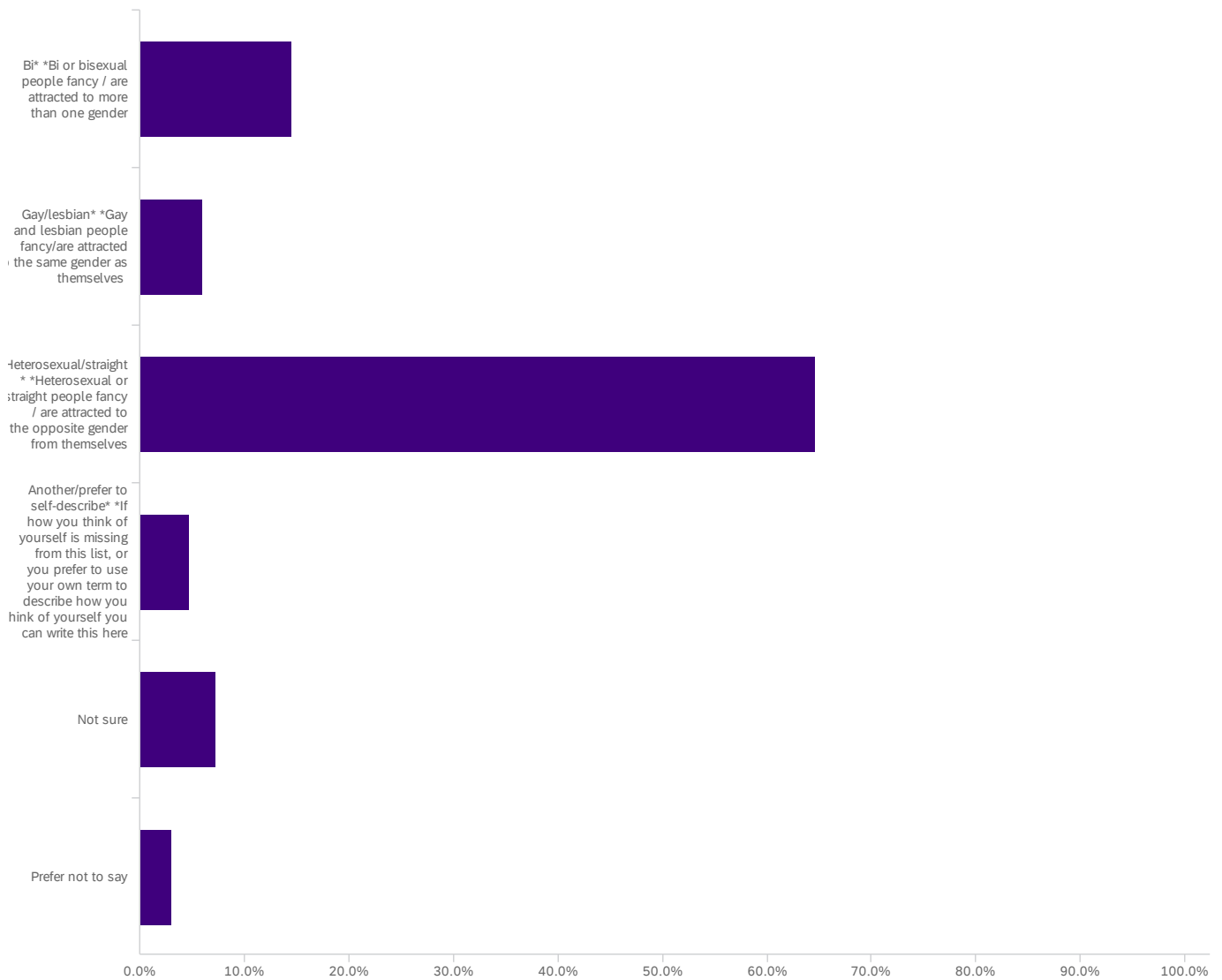
Q5 - Have you ever identified as trans/transgender*, now or in the past? *Trans or transgender people have a different gender identity from the gender that was assigned to them when they were born. Whether female, male, or something else



#	Field	Choice Count
1	Yes	2.6% 12
2	No	95.1% 446
3	Prefer not to say	2.3% 11
		469

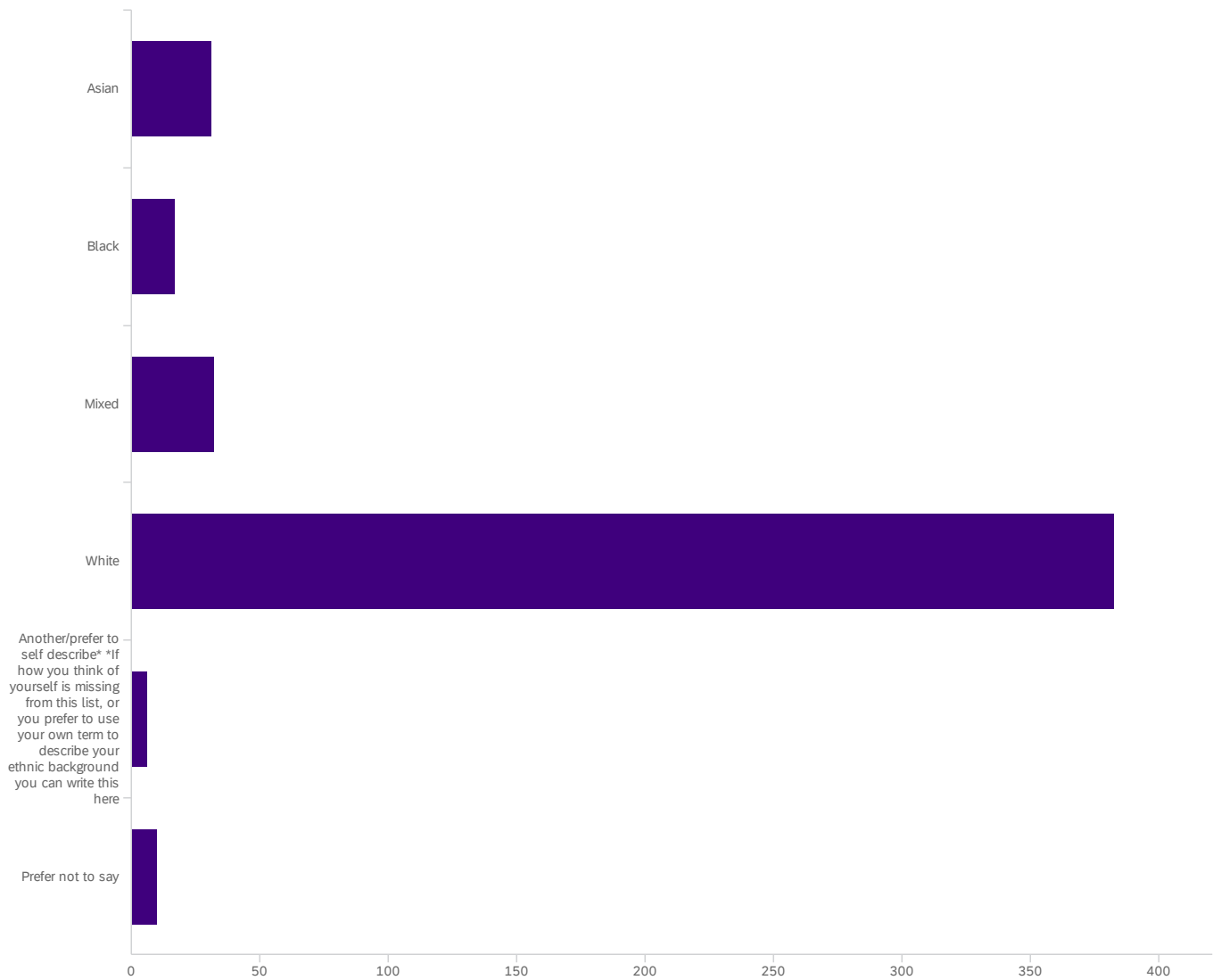
Showing rows 1 to 4 of 4

Q6 - Which of the following best describes how you think of yourself?



#	Field	Choice Count
1	Bi* *Bi or bisexual people fancy / are attracted to more than one gender	68
2	Gay/lesbian* *Gay and lesbian people fancy/are attracted to the same gender as themselves	28
3	Heterosexual/straight* *Heterosexual or straight people fancy / are attracted to the opposite gender from themselves	303
4	Another/prefer to self-describe* *If how you think of yourself is missing from this list, or you prefer to use your own term to describe how you think of yourself you can write this here	22
5	Not sure	34
6	Prefer not to say	14

Q7 - What is your ethnic background*? *Your family background

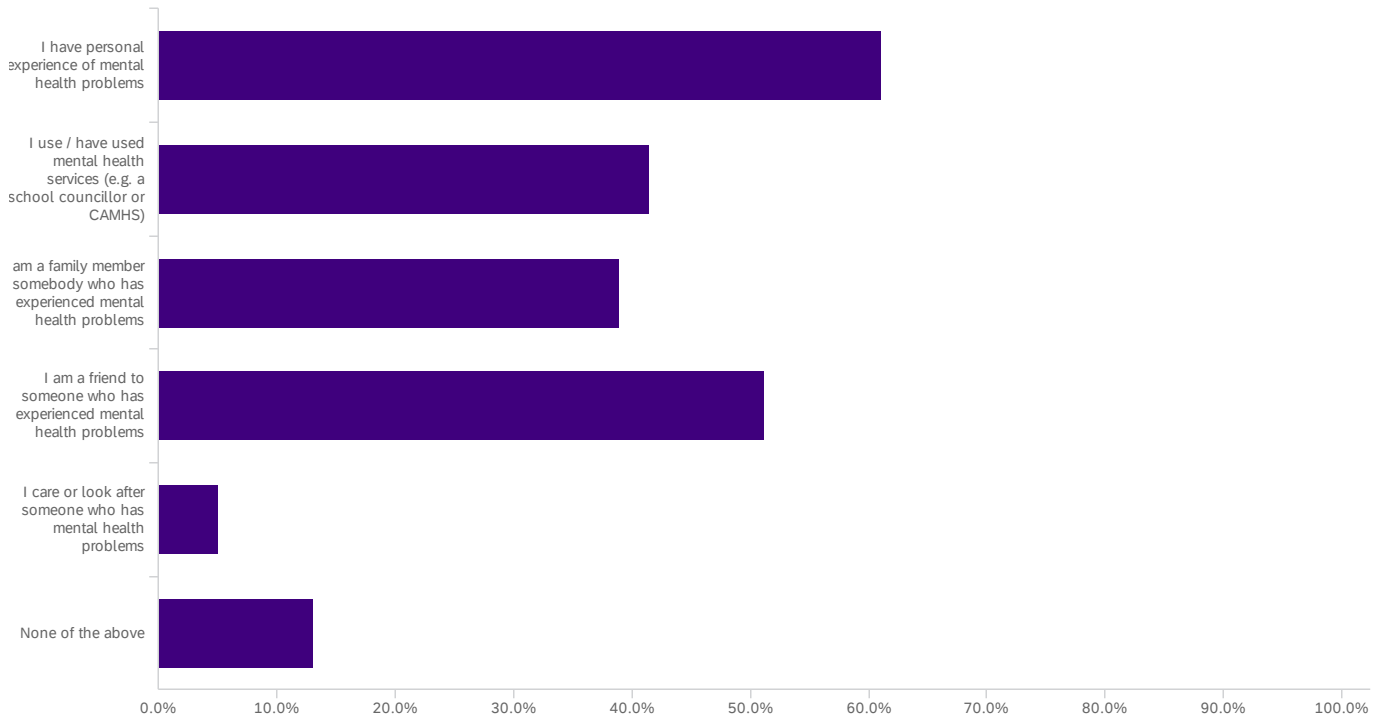


#	Field	Choice Count
1	Asian	6.5% 31
2	Black	3.5% 17
3	Mixed	6.7% 32
4	White	80.0% 383
5	Another/prefer to self describe* *If how you think of yourself is missing from this list, or you prefer to use your own term to describe your ethnic background you can write this here	1.3% 6
6	Prefer not to say	2.1% 10

479

Q9 - Which of the following best represents your experience of mental health problems?

Please select all that apply



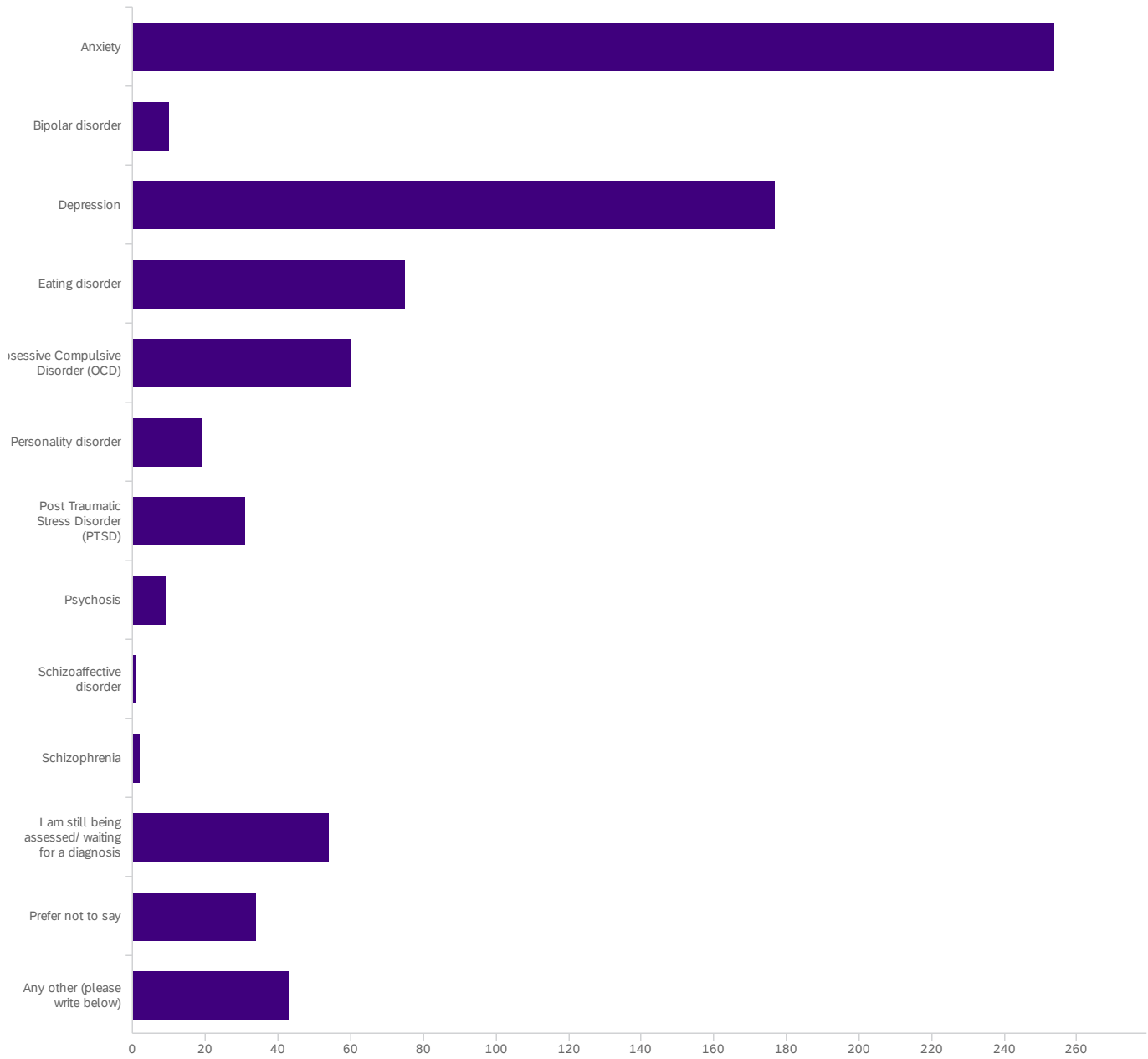
#	Field	Choice Count
1	I have personal experience of mental health problems	29.0% 290
2	I use / have used mental health services (e.g. a school councillor or CAMHS)	19.7% 197
3	I am a family member of somebody who has experienced mental health problems	18.5% 185
4	I am a friend to someone who has experienced mental health problems	24.3% 243
5	I care or look after someone who has mental health problems	2.4% 24
6	None of the above	6.2% 62

1001

Showing rows 1 to 7 of 7

Q46 - Which of the following best describes your mental health experiences? Please

select all that apply



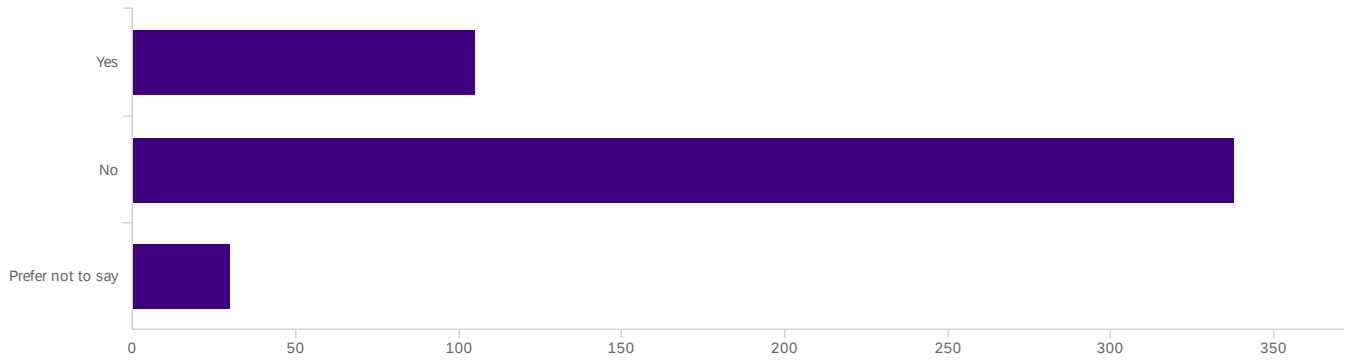
#	Field	Choice Count
10	Schizophrenia	0.3% 2
9	Schizoaffective disorder	0.1% 1
8	Psychosis	1.2% 9
13	Prefer not to say	4.4% 34

#	Field	Choice Count
7	Post Traumatic Stress Disorder (PTSD)	4.0% 31
6	Personality disorder	2.5% 19
5	Obsessive Compulsive Disorder (OCD)	7.8% 60
11	I am still being assessed/ waiting for a diagnosis	7.0% 54
4	Eating disorder	9.8% 75
3	Depression	23.0% 177
2	Bipolar disorder	1.3% 10
14	Any other (please write below)	5.6% 43
1	Anxiety	33.0% 254
		769

Showing rows 1 to 14 of 14

Q8 - Do you have a long-term health problem or learning difference? Examples of long term health problems and learning differences include epilepsy, depression, Autism

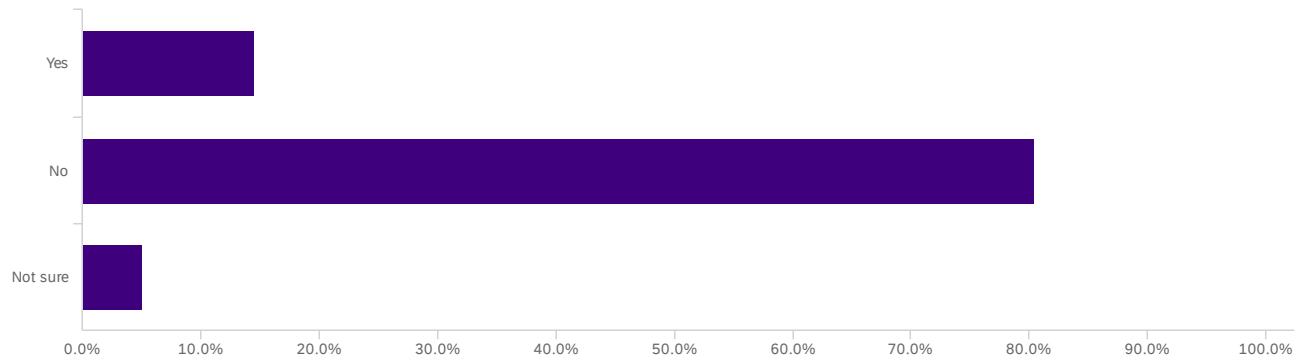
Spectrum Condition or deafness



#	Field	Choice Count
1	Yes	22.2% 105
2	No	71.5% 338
3	Prefer not to say	6.3% 30
		473

Showing rows 1 to 4 of 4

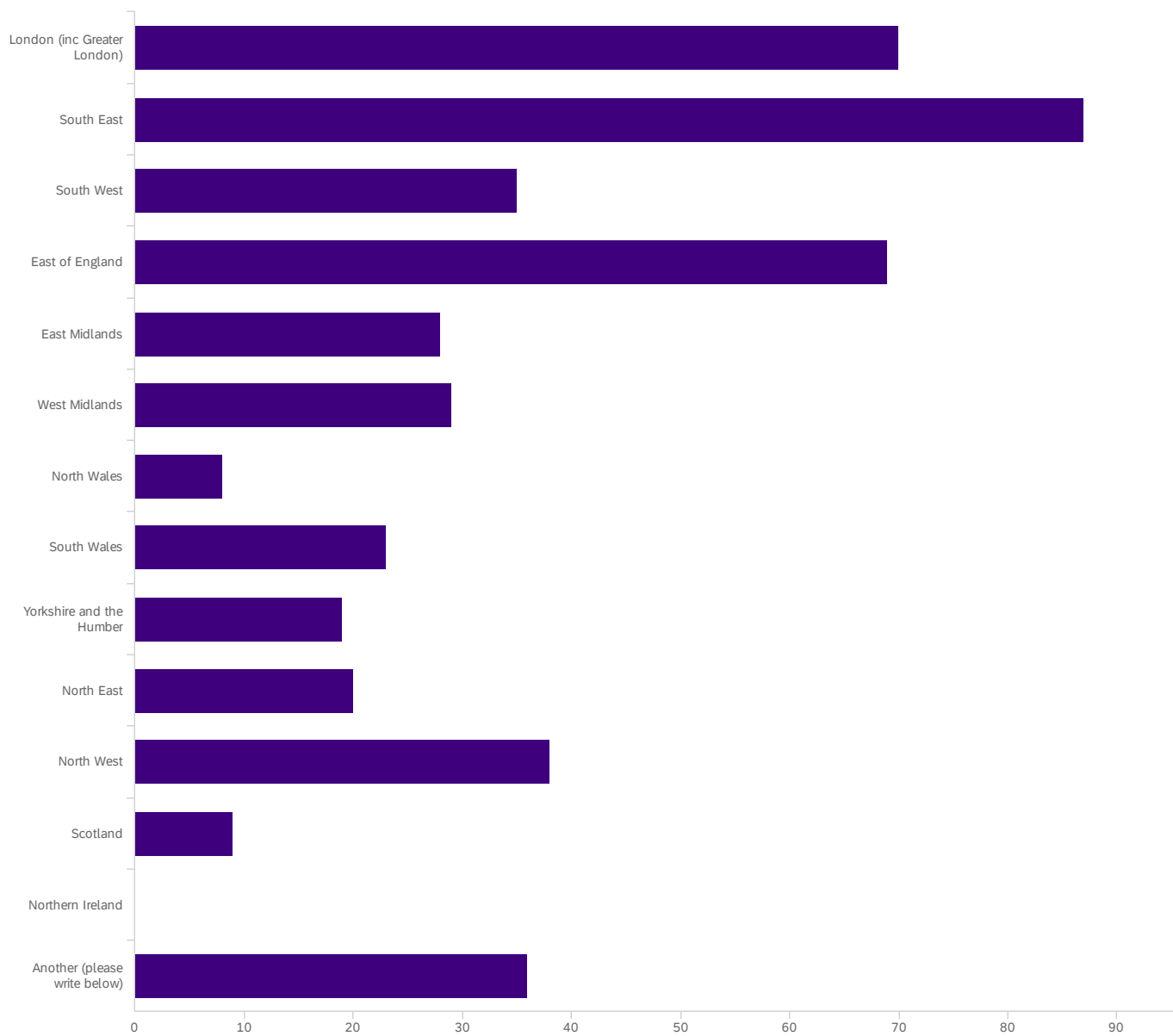
Q51 - Do you / did you get free school meals at school?



#	Field	Choice	Count
1	Yes	14.5%	69
2	No	80.5%	383
3	Not sure	5.0%	24
			476

Showing rows 1 to 4 of 4

Q52 - Where do you live?



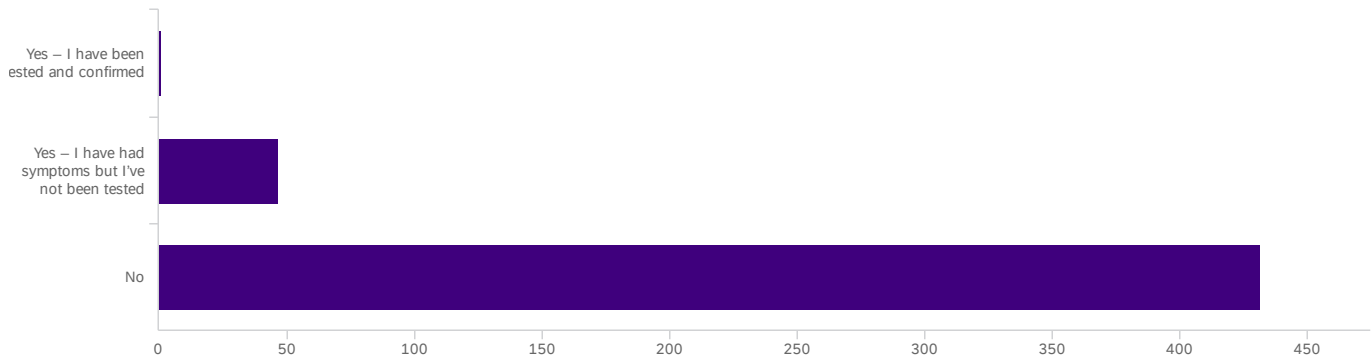
#	Field	Choice Count
1	London (inc Greater London)	14.9% 70
2	South East	18.5% 87
3	South West	7.4% 35
4	East of England	14.6% 69
5	East Midlands	5.9% 28
6	West Midlands	6.2% 29

#	Field	Choice Count
7	North Wales	1.7% 8
8	South Wales	4.9% 23
9	Yorkshire and the Humber	4.0% 19
10	North East	4.2% 20
11	North West	8.1% 38
12	Scotland	1.9% 9
13	Northern Ireland	0.0% 0
14	Another (please write below)	7.6% 36

471

Showing rows 1 to 15 of 15

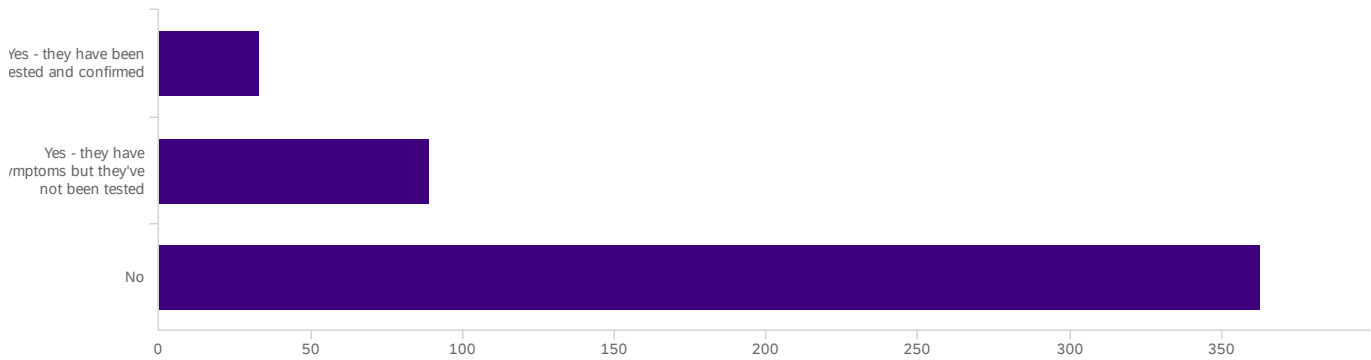
Q53 - Have you had coronavirus symptoms?



#	Field	Choice	Count
1	Yes - I have been tested and confirmed	0.2%	1
2	Yes - I have had symptoms but I've not been tested	9.8%	47
3	No	90.0%	432
			480

Showing rows 1 to 4 of 4

Q54 - Has anyone in your family had coronavirus symptoms?



#	Field	Choice	Count
1	Yes - they have been tested and confirmed	6.8%	33
2	Yes - they have symptoms but they've not been tested	18.4%	89
3	No	74.8%	363
			485

Showing rows 1 to 4 of 4

End of Report