

Week 14: How **Covid-19** is Affecting The Mental Health of Adults in the United Kingdom

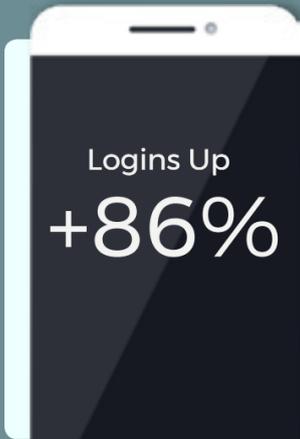
As the lockdown continues, we are seeing in greater detail how it is impacting the mental health of adults coming to our services for support across the country. Sharing this data is critical in deepening our understanding of need. It also allows us to better prepare for different post-lockdown environments when we know many people will need ongoing support.

Never has digital been more important in delivering that help. For those feeling lonely, experiencing suicidal thoughts or suffering with health anxiety - and the raft of other mental health and emotional wellbeing issues we see - knowing that timely, professional help is available online is a lifeline.



! This week, we've also released an in-depth analysis of how mental health is differing for BAME users at the moment. View it at xenzone.com/week14bame

The Headline Statistics



Demand Continues to Rise for Qwell

We are seeing more people than ever looking to Qwell for support. Now that traditional means of support are closed to many, it's clear that digital has a vital role to play in supporting mental health and wellbeing.

Offering anonymity and freedom to access help when it's needed is key; we're there for people when they need us.

Adults are Really Struggling with Health Anxiety at the Moment

Health Anxiety: Issues up 74%

Worrying about their own health as well as the health of loved ones is showing a high increase of presenting issues as lockdown continues within the United Kingdom.



Anxiety

Adults presenting with Anxiety on Qwell
Up 10% from last year



Sadness

Lockdown is showing a large rise in sadness.
Up 30% from last year



Work Concerns

Problems at work are on the rise for Qwell users.
Up 18% from last year



Sleep Issues

Many People are experience sleeping issues.
Up 96% from last year



Family Relationships

Visible strains on families and relationships within them.
Up 2% from last year



Loneliness

Our Users are struggling in isolation.
Up 15% from last year



Depression

Adults demonstrating depression on Qwell
Up 120% from last year



Emotional Abuse

In such close proximity to each other, abuse has seen a rise.
Up 53% from last year



Suicidal Thoughts

Those who are presenting thoughts about suicide
Down 15% from last year

What can the Qwell Data, and Data from Young People Show us?

1. Struggles with **Identity** Issues Under Lockdown: Data Shows 74% Increase in 'Gender Issues' while Greatest Volume of Issues Concern Sexuality
2. **Suicidal Thoughts** as a Presenting Issue Increases for CYP and Adults (16% and 15% respectively)
3. **Self-Harm** sees Rise of 27% Among CYP, while Adults see 8% Decline in Prevalence
4. **Child Abuse** Continues to Rise Under Lockdown; Sexual Abuse as Presenting Issue up 46% on Previous Year
5. **Family Relationships** are Concern for Increasing Numbers of CYP, with 30% Increase in this Presenting Issue
6. **Health Anxiety** Spikes for CYP, with 133% Rise on Last Year
7. Young People Experiencing Increasing **Sadness**, as Presenting Issue Shows 128% Rise on 2019
8. **School and College Issues** Continue to Worry CYP with Data Showing 144% Increase
9. CYP and Adults Experience Continuing Issues with **Sleep** as Presenting Issues Show 161% and 96% Increase Compared to Last Year
10. Young People are Increasingly **Lonely** in Lockdown: Data Shows 63% Increase on Previous Year