COVID-19: impact on mental health

22nd January 2021

**Title:** Young people "unable to cope with life" since pandemic, warns Prince’s Trust

The Price's Trust | 19th January 2021  
  
The pandemic has taken a "devastating toll" on young people’s mental health, with the unemployed significantly more likely to feel anxious and depressed, according to a new report from youth charity The Prince's Trust.

The Prince’s Trust Tesco Youth Index finds that one in four young people (26 per cent) admit they feel "unable to cope with life" since the start of the pandemic, increasing to 40 per cent among those not in work, education or training (NEETs). Half of 16 to 25-year-olds (50 per cent) say their mental health has worsened since the start of the pandemic.

The Youth Index, conducted by YouGov, gauges young people’s happiness and confidence levels across a range of areas, from their working life to their physical and mental health. This year’s report, which surveyed 2,180 16 to 25-year olds across the UK, suggests that more young people are feeling anxious than ever in the 12-year history of the Index. More than half of young people (56 per cent) "always" or "often" feel anxious, rising to 64 per cent for NEET young people.

Further detail: [Young people "unable to cope with life" since pandemic, warns Prince’s Trust](https://www.princes-trust.org.uk/about-the-trust/news-views/tesco-youth-index-2021)

Full report: [The Prince’s Trust Tesco Youth Index 2021](https://www.princes-trust.org.uk/Document_Tesco-Youth-Index-2021.pdf)

In the news:

* [Yorkshire young people report decline in mental health](https://www.bbc.co.uk/news/uk-england-55709100#:~:text=More%20than%20half%20of%20young,unable%20to%20cope%20with%20life%22.) | BBC
* [One in four young people ‘unable to cope with life’ since start of Covid pandemic, study finds](https://www.independent.co.uk/news/health/covid-mental-health-young-people-b1788960.html) | The Independent

**TITLE:** SOLIDARITY WITH ALL THOSE WORKING IN HEALTH, CARE AND EDUCATION THROUGH THE PANDEMIC

Association of Mental Health Providers | 19th January 2021

The Association is pleased to sign a joint letter from mental health leaders, expressing solidarity with all those working in health, care and education through Covid-19:

“Right across the UK throughout the Covid-19 global pandemic, people have responded to the challenges with extraordinary determination, creativity and care.

As a group of Mental Health Leaders, we want staff working across health, care and education (both formal and informal) to know that we appreciate you and know how central your contributions are to sustaining the mental health of the nation.

We are grateful for your courage, resilience and humanity in the face of ever-changing circumstances and relentlessly difficult choices. We also acknowledge the pressures on your mental and physical wellbeing. Supporting you must be a national priority over the coming months.

We have been heartened that leaders of organisations have prioritised your wellbeing and mental health, but this has not been a universal experience. It is vital that excellent support is available in all organisations, and that all staff know about the additional mental health support that is available through *Our Frontline*.

*Our Frontline* is for all health, care, emergency, education and key workers. It offers one to one support by call or text as well as resources, tips and ideas to look after your mental health. If you want to talk you can call 0800 069 6222 from 7am-11pm if you are in England or 116 123 from anywhere else in the UK. You can text FRONTLINE to 85258 twenty-four hours a day.

The Covid-19 vaccine provides us with hope, and we will prevail. But there is still a distance to travel and there will be more difficult days ahead. This is a heartfelt message of recognition and solidarity with you and your families. It is important to take the wellbeing of keyworkers seriously both now for a long time to come. We will work tirelessly to ensure your mental health is at the heart of the recovery.

Finally, we urge government, employers and society as a whole to make sure that those who are looking after us have the best possible support, a vital step we cannot afford to ignore.”

Full detail: [Solidarity with all those working in health, care and education through the pandemic.](https://amhp.org.uk/solidarity-letter-workforce/)

**Title:** COVID-19 and mental health

The Lancet Psychiatry | February 2021

While the effects of severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) on the nervous system remain unclear, there is no doubt that the COVID-19 pandemic is bad for mental health. To alleviate the impact of both the virus and the measures taken to control its spread, this editorial explains that we need high quality information about their immediate and long-term effects, and which countermeasures are most effective.

Full editorial: [COVID-19 and mental health](https://www.thelancet.com/action/showPdf?pii=S2215-0366%2821%2900005-5)

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We also produce a range of subject-specific news feeds to ensure our clinical and professional teams stay up to date with developments in their work areas. Please visit our [website](http://www.trftlibraryknowledge.com/) for more information

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