

YOUNG PEOPLE'S DECEMBER 2020 HEALTH AND WELLBEING SURVEY RESULTS:

MENTAL HEALTH AND WELLBEING

Annual survey developed & delivered in partnership:
HCC Public Health, HCC Services for Young People & HCT Public Health Nursing Service

12,923 RESPONSES FROM 42 SCHOOLS

Responses were from young people aged 11-18
1030 had caring responsibilities
1040 identified as LGBTQ+



GENERAL WELLBEING



Overall, 33% of young people felt their wellbeing was worse than before COVID-19, with girls and those identifying as LGBTQ+ most affected.



ATTITUDES TOWARDS MENTAL HEALTH

70% of young people agreed that it was OK to talk about their mental health

WORRIES



Top Five:

1. School work (56%) ↑
2. Appearance (46%) ↑
3. Mental health (40%) ↔
4. COVID-19 (35%) (New)
5. Feeling lonely (35%) (New)

COPING STRATEGIES



1 in 5 (21%) of young people said they would "Do Nothing" if they were struggling to cope.

Boys Top Three:

1. Playing computer games (53%)
2. Doing/listening to music (48%)
3. Talking to a friend (45%) ↑

Girls Top Three:

1. Doing/listening to music (62%)
2. Talking to a friend (55%)
3. Talking to a family member (42%)

BULLYING



10% said they are currently being bullied

46% have been bullied at school at some point (LGBTQ+ 67%)

18% have been bullied online

SELF HARM



Never: 72%
Prefer not to say: 14%
Yes: 14%*
(*17% female and 9% male)

41% of young people identifying as LGBTQ+ reported that they had self harmed.

KNOWLEDGE OF MENTAL HEALTH INFORMATION/SUPPORT

Do you know where to find reliable mental health and wellbeing information?

Yes: 63%
No: 16%
Not sure: 21%



SCHOOL SUPPORT

Does your school support your emotional wellbeing?

Yes: 37%
Somewhat: 35%
Unsure: 7%
No: 21%

