Teen Minds: Living through a pandemic & beyond

Key Findings

80% of teens have had symptoms of poor mental health since March 2020

76% have had a physical symptom of poor mental health; from lethargy and tiredness to digestive issues

47% have struggled with being ‘stuck’ in the family home for long periods of time

30% feel the pandemic means they have been missing out on life

Over 70% are concerned about the impact of the pandemic on academic achievement and job prospects

52% have turned to harmful coping behaviours including excessive or restrictive eating, self-harm and hair-pulling

Positive coping mechanisms have been adopted

49% of teens have channelled poor mental health into exercise

68% feel comfortable talking to their parents about their problems

29% still feel their parents wouldn’t understand if they opened up about mental health

45% of parents want more guidance on how to speak to their child about mental health