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Young people's mental health in the wake of the COVID - 19 pandemic: Perspective from England

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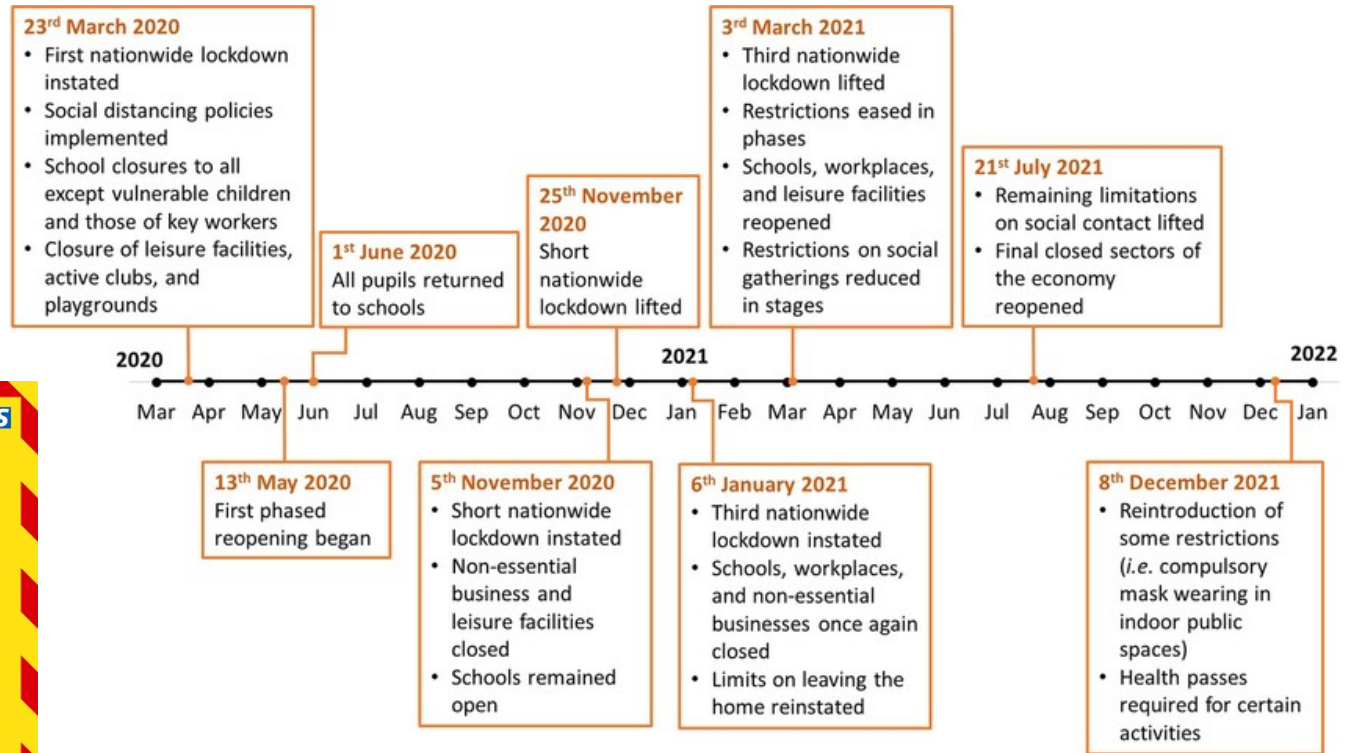
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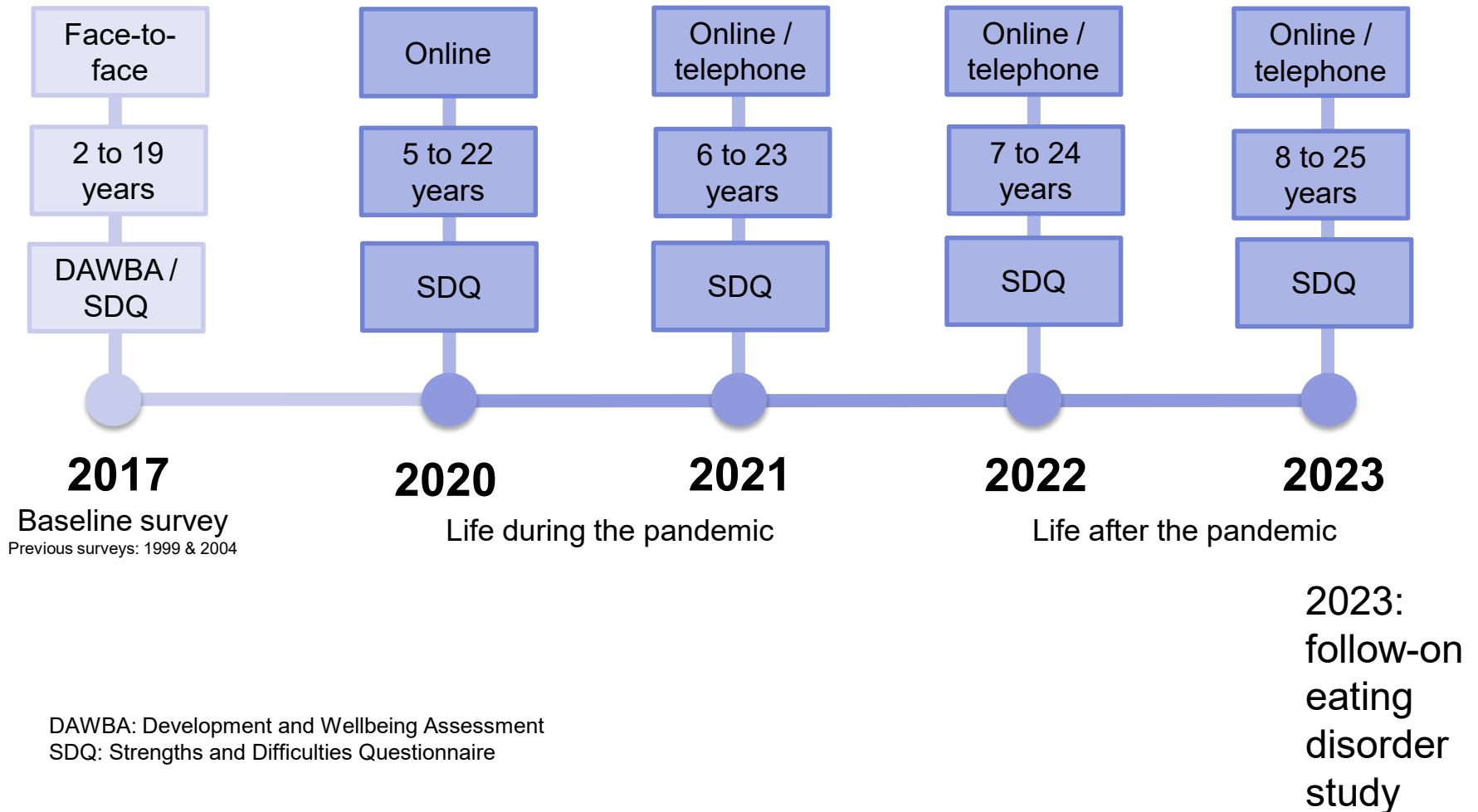
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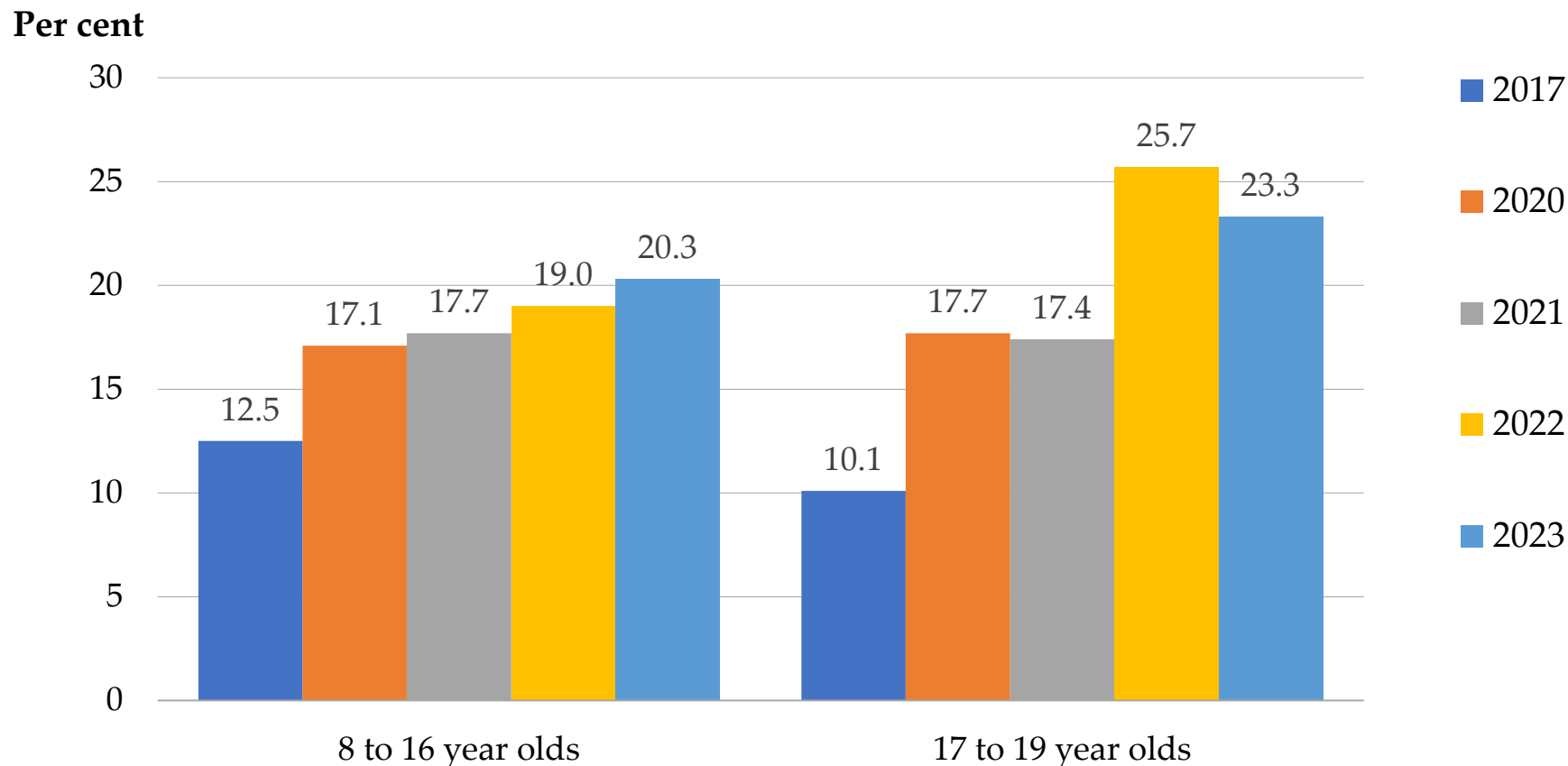
UK Coronavirus restrictions



Mental Health of Children and Young People in England survey series timeline

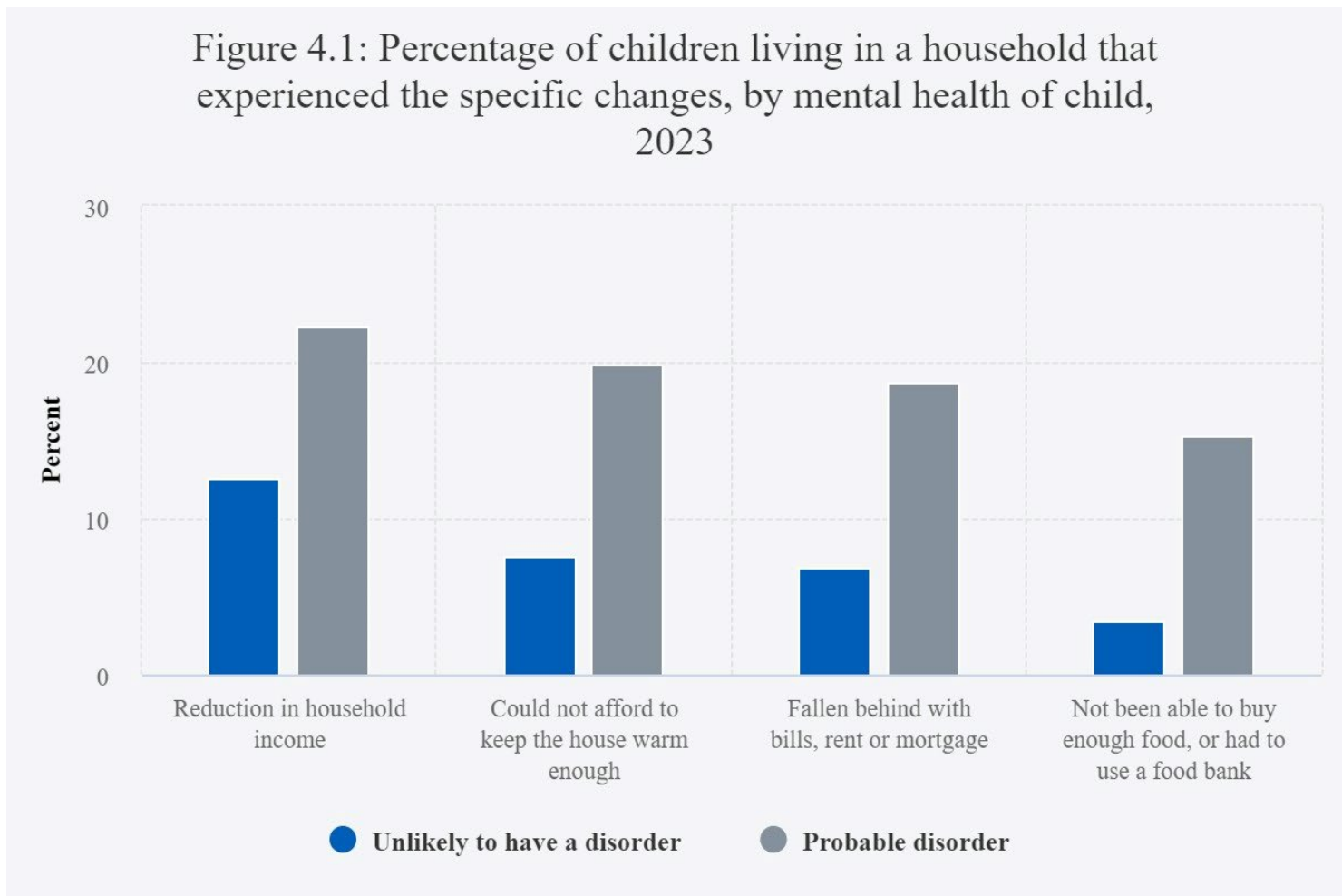


Changes in prevalence of probable disorder between 2017 and 2023



Source: NHS England. 8 to 19 year olds, England, 2023. Figure 1.2 in the report.

Household circumstances, 2023



Widening inequalities

- Average of 20 additional in - person school weeks per pupil were lost between March 2020 and July 2021 due to the pandemic, or about half of a school year (IFS, 2023)
- Children with a probable mental disorder were **7 times more likely** to have missed more than 15 days of school in the Autumn term of 2022 (11.2% compared with 1.5% data from MHCYP 2023)
- Many children with special educational needs and disabilities had their support stopped or disrupted (NHS England, 2021)
- Loss of learning greatest in schools in most deprived areas of UK (IFS, 2023)
- Young people's participation in employment more affected than older people (ONS, 2023)
- Only a few of the multiple examples...

Implications from UK perspective

- Children and young people's interests and voices must be **represented** and **respected** in any planning and policy for future health shocks
- If measures are required that may impact children and young people, these must be proportionate, and include clear and specific plans for timely review, mitigation, and monitoring.
- Avoidance of widening inequalities
- Investment in longitudinal developmental studies and linkages using **education and health** data needed to understand who does better or worse than expected in the longer term; and **inequalities**

References

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- **The views expressed in this presentation are those of the author and not necessarily those of the NIHR, NHS or the UK Department of Health and Social Care.**



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Thank you

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<https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england>