

HOW DID THE COVID-19 PANDEMIC IMPACT YOUTH MENTAL HEALTH AND WHAT CAN TEACHERS DO?

The **CHOOSE study** – Children and young people psychiatric diagnoses before and during the COVID-19 pandemic

What impact did the COVID-19 pandemic have on young people's mental health?

We looked at the electronic health records of children and young people up to the age of 24 in the UK. These are records from UK primary care (such as GPs and nurses).

We looked at young people's:

- Mental health diagnoses
- Mental health prescriptions
- Mental health referrals

Would you like to shape mental health research?

Get involved here!

WHAT DID WE FIND?



Fewer young people sought help from their GPs at the start of the COVID-19 pandemic.



There was an increase in the recording of eating disorders, self-harm and attention deficit hyperactivity disorder (ADHD) in females during the pandemic in people's medical notes.



The number of young males seeking help from their GPs is lower than it was pre-pandemic.

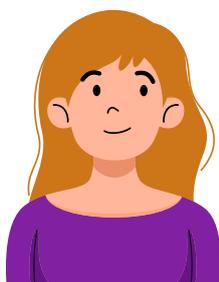
WHAT CAN TEACHERS DO?

Be aware of the possibility of mental health issues in young people and how this may be different in males and females.

Have discussions with pupils about what 'good support' looks like for them and how the school can assist.

Be open to listen and work with children and young people - you could be the only person they are reaching out to. A short chat after a lesson can go a long way.

What may be supportive for male students may be very different to female students. If in doubt, ask them what would be helpful.



REMEMBER

Know where to suggest the young person can get help from and how you can support them with accessing it. Reaching out for support can be scary for a young person.

Ensure your school or college has policies and training to support young people with mental health issues and neurodiversity – and offer support to all staff.

Be sure to look after your own mental health; you need to look after yourself to help others.

USEFUL RESOURCES

youngminds.org.uk/media/2csbkvlz/final-the-role-of-gps-in-early-support-for-young-peoples-mental-health.pdf

healthtalk.org/seeing-gp-advice-and-tips-young-people

bjgp.org/content/69/681/168

[More info about the CHOOSE study](#)

[CHOOSE BBC article](#)

[Full findings and journal article](#)



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