

An aerial view of a green map of London, with the River Thames winding through it. Numerous small figures of people are scattered across the map, some walking alone, some in groups, and some pushing a stroller, suggesting a busy urban environment.

Young Londoners' mental health and wellbeing

March 2021

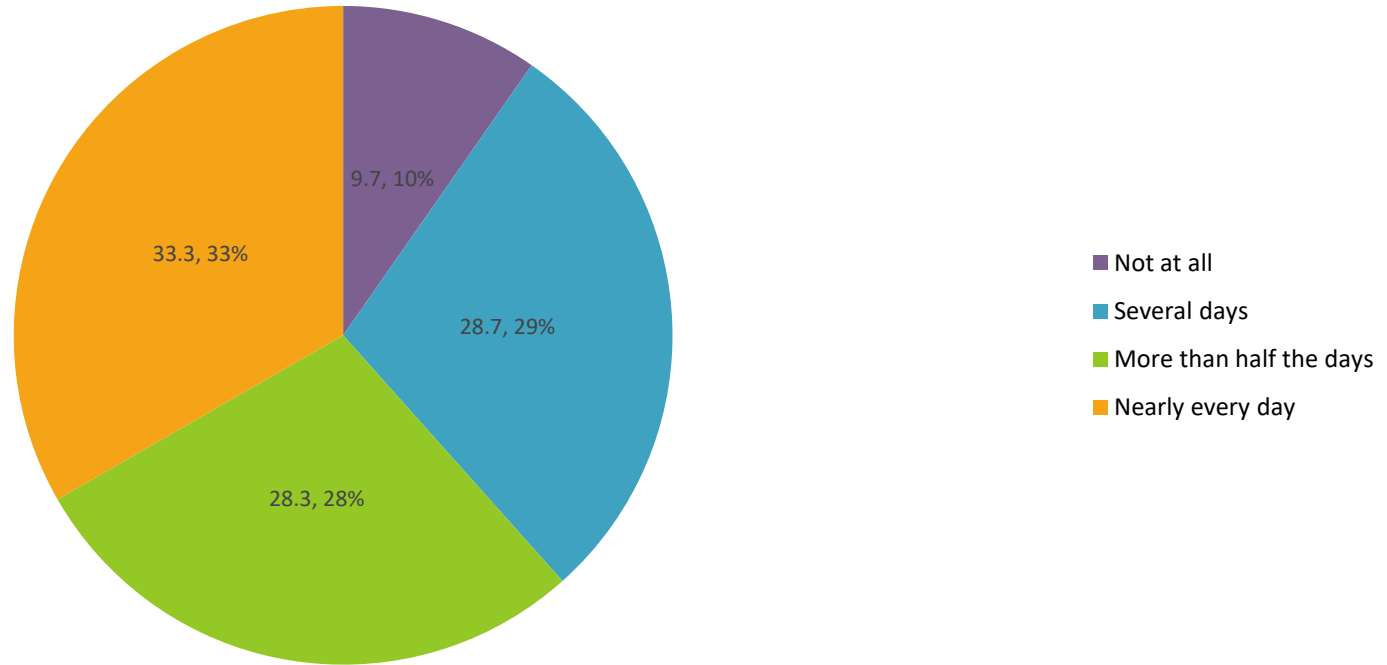
LONDONASSEMBLY

Response Statistics

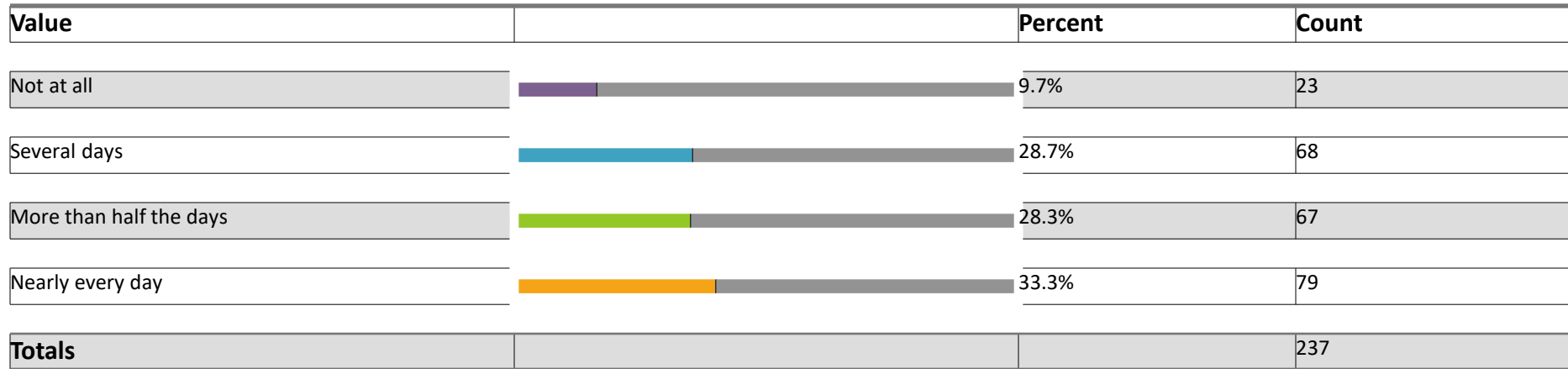
- The survey was conducted between the 25 January and the 8 February 2021. 307 people responded. Due to the sensitive nature of the survey, respondents were encouraged to answer the most relevant questions to them.
- The survey was conducted online and advertised on social media and the London Assembly newsletter. Data has not been weighted and subgroups are not representative of Londoners.

How have you been feeling over the past two weeks?

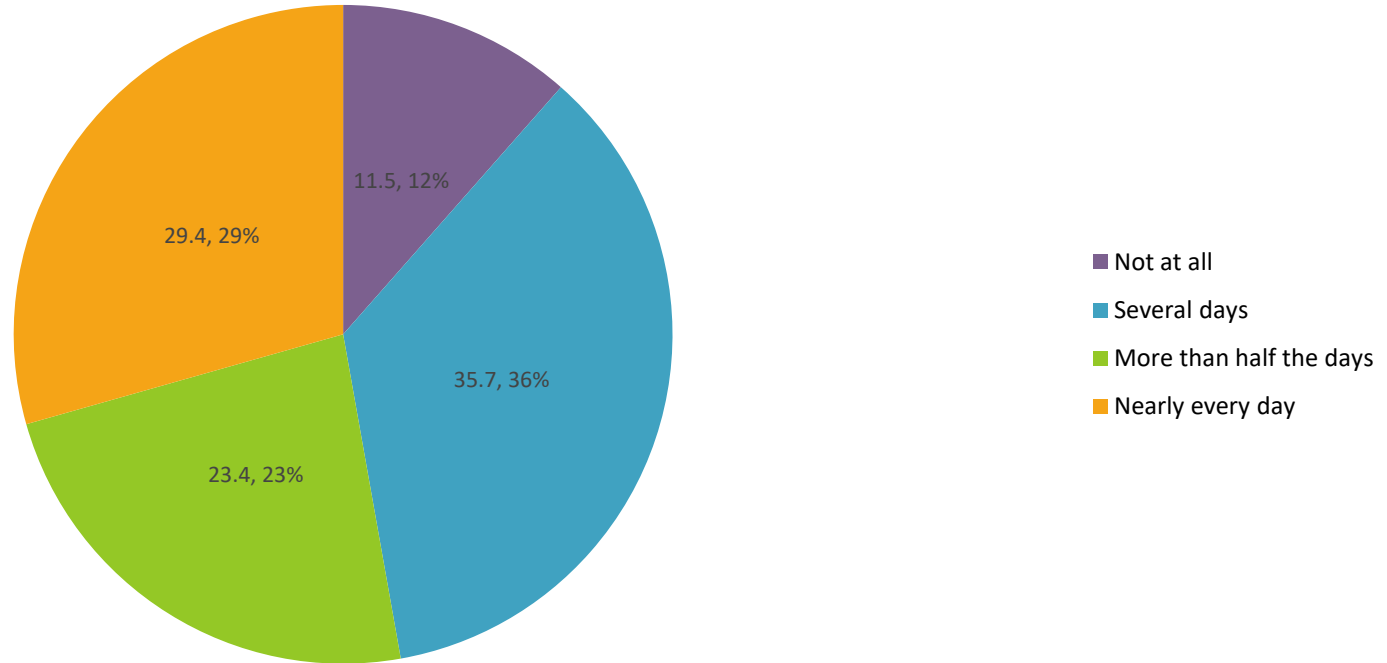
1. Little interest or pleasure in doing things







1. Little interest or pleasure in doing things



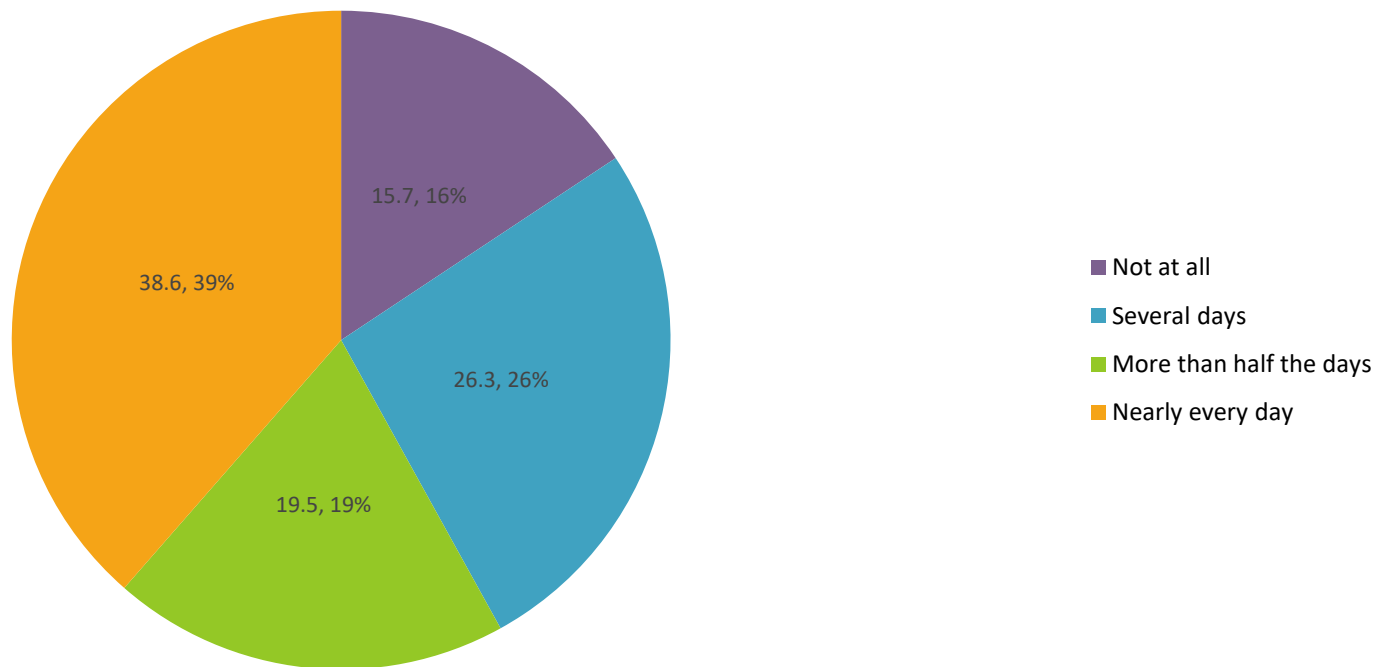
2. Feeling down, depressed, or hopeless



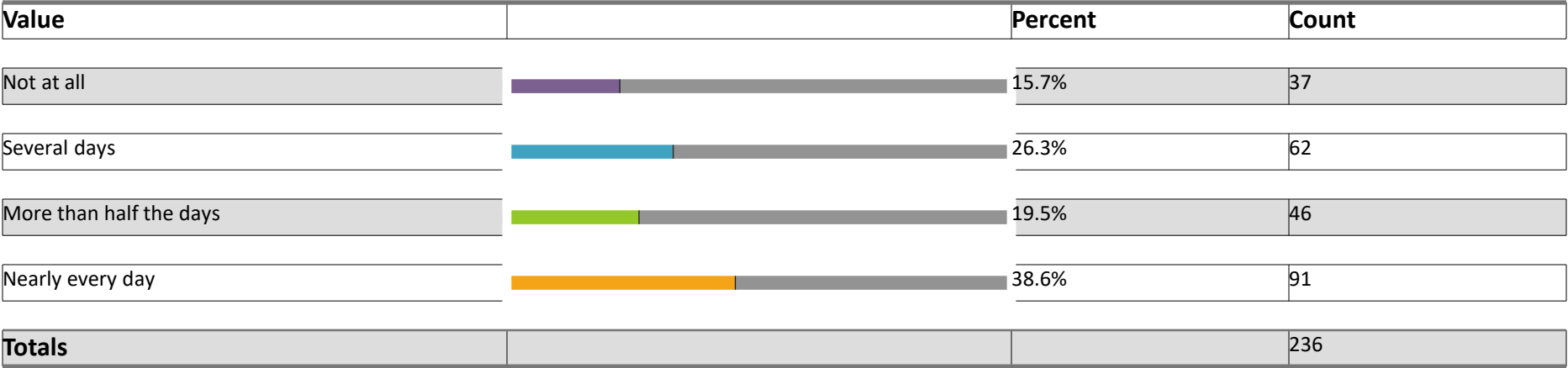
2. Feeling down, depressed, or hopeless

Value		Percent	Count
Not at all		11.5%	27
Several days		35.7%	84
More than half the days		23.4%	55
Nearly every day		29.4%	69
Totals			235

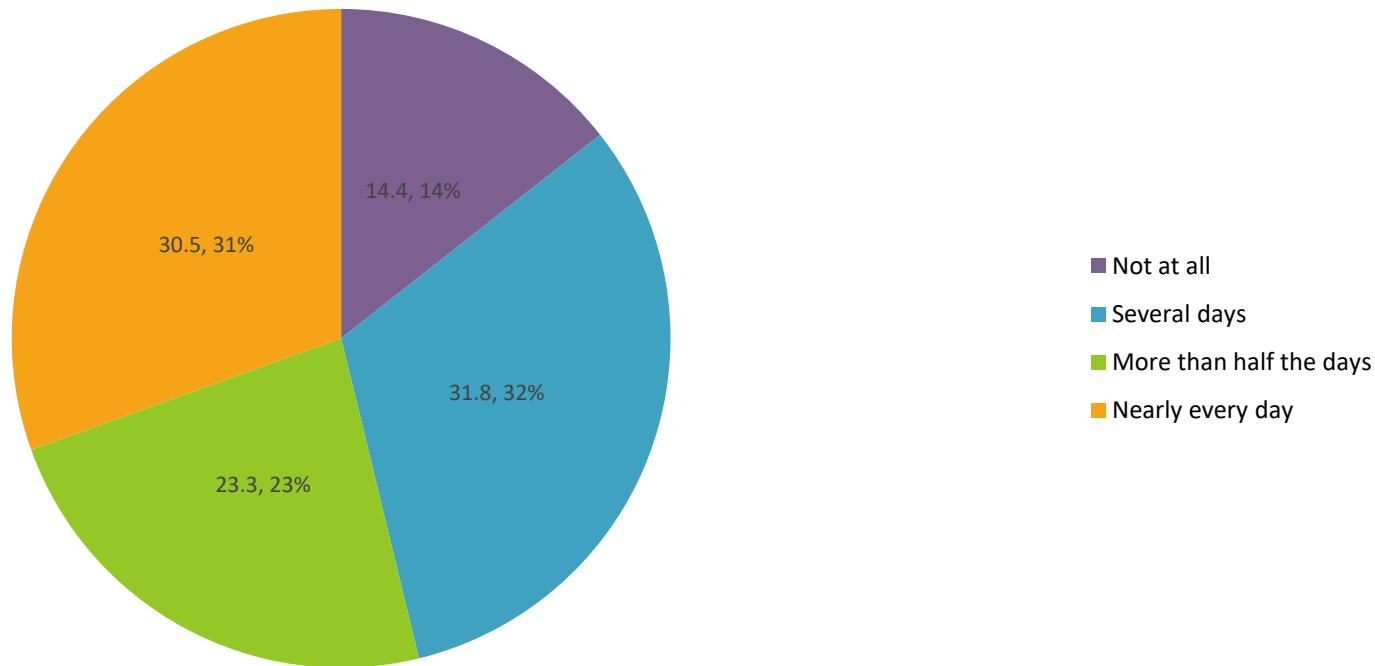
3. Trouble concentrating on things, such as reading the newspaper or watching television



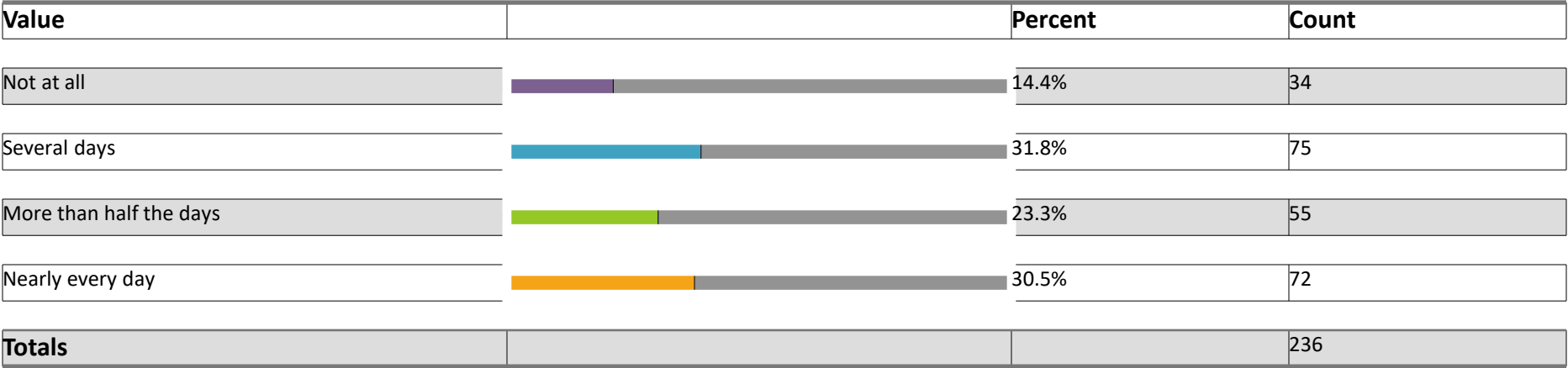
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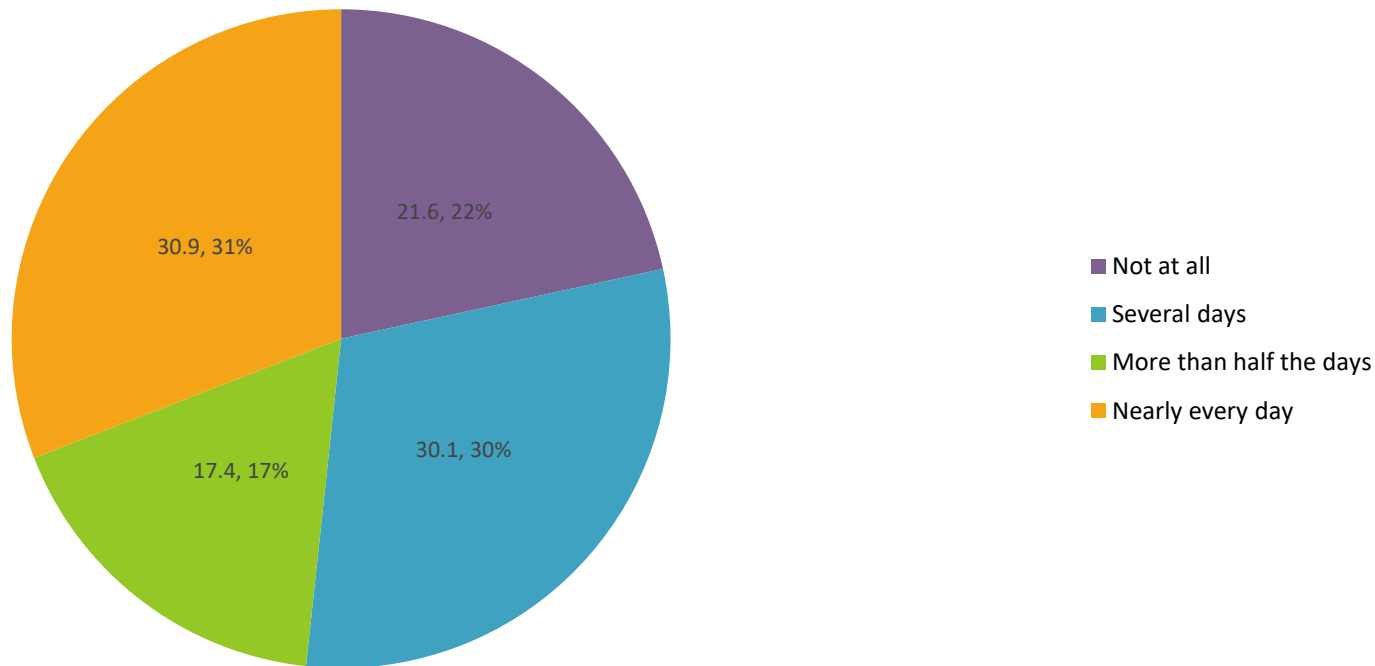
4. Feeling nervous, anxious or on edge



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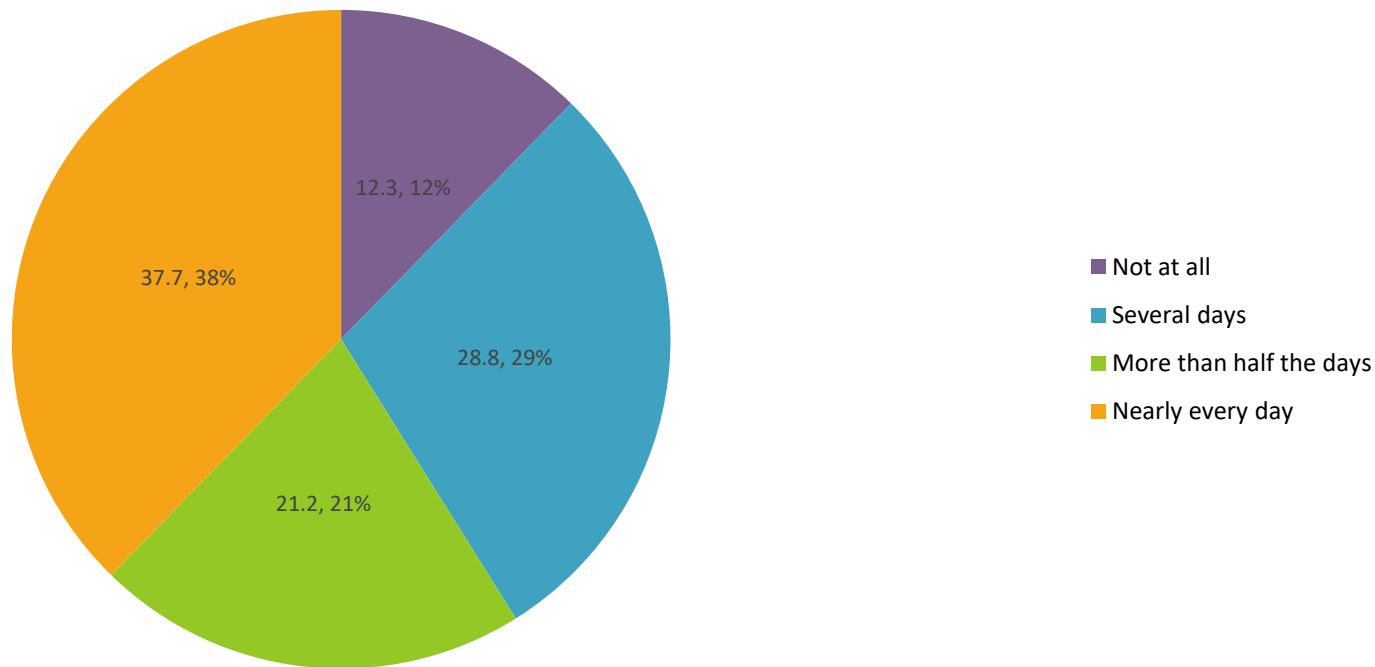
5. Not being able to stop or control worrying



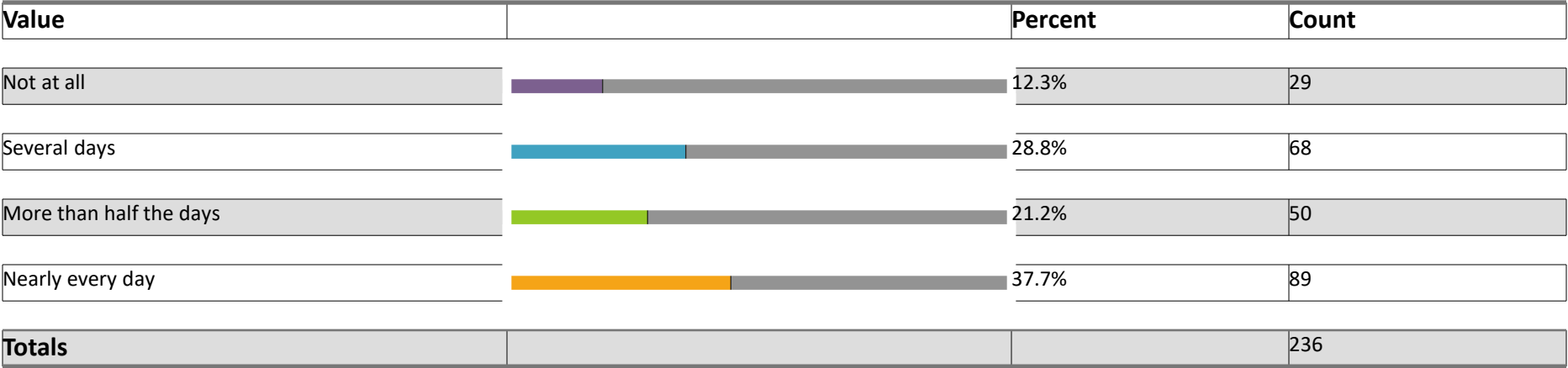
5. Not being able to stop or control worrying

Value		Percent	Count
Not at all	<div><div></div></div>	21.6%	51
Several days	<div><div></div></div>	30.1%	71
More than half the days	<div><div></div></div>	17.4%	41
Nearly every day	<div><div></div></div>	30.9%	73
Totals			236

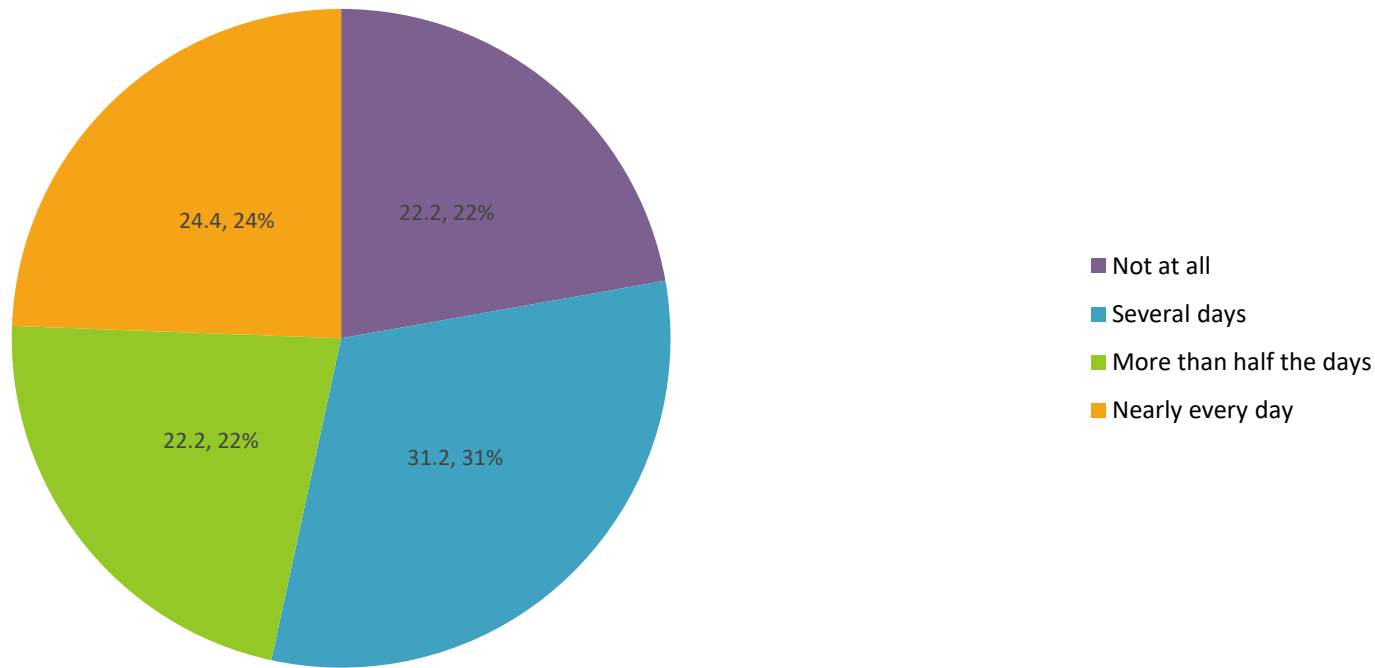
6. Worrying too much about different things



6. Worrying too much about different things



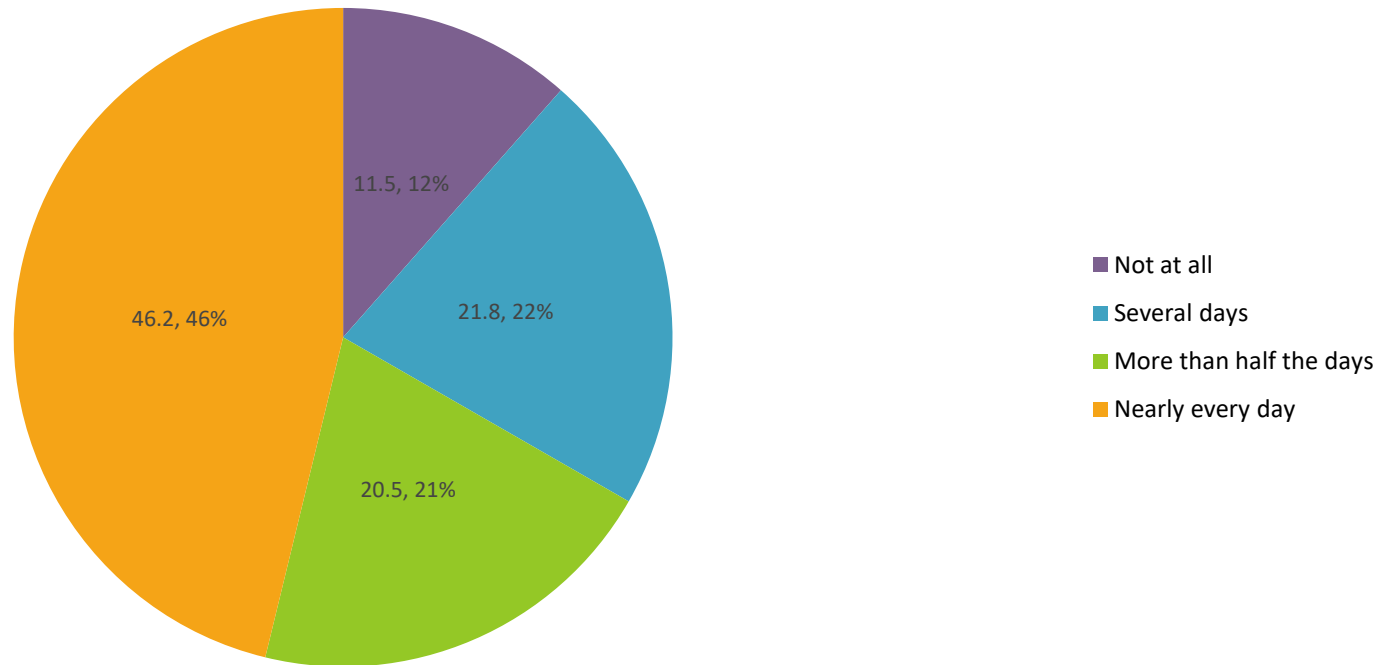
7. Trouble relaxing



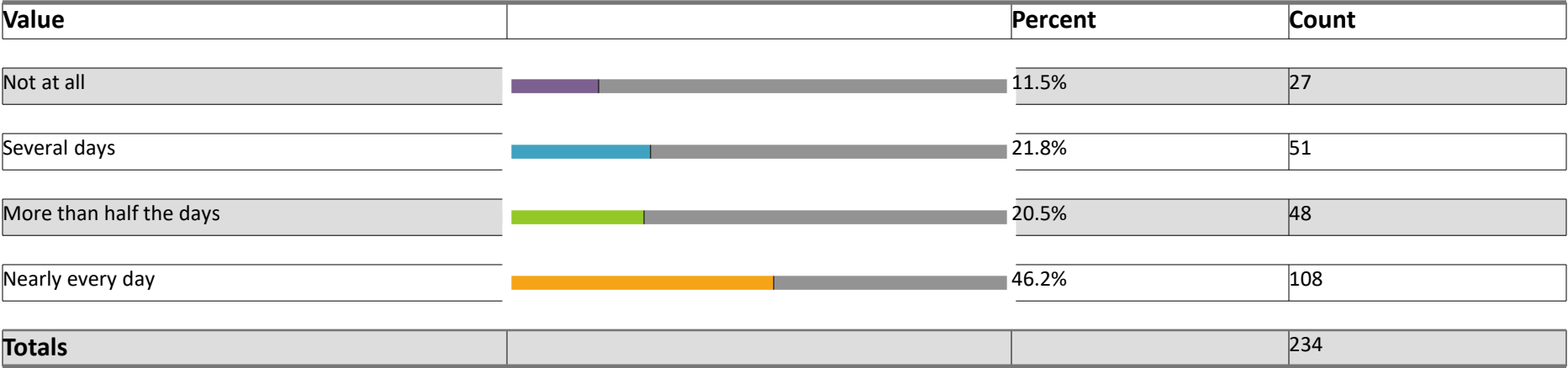
7. Trouble relaxing

Value		Percent	Count
Not at all	<div><div></div></div>	22.2%	52
Several days	<div><div></div></div>	31.2%	73
More than half the days	<div><div></div></div>	22.2%	52
Nearly every day	<div><div></div></div>	24.4%	57
Totals			234

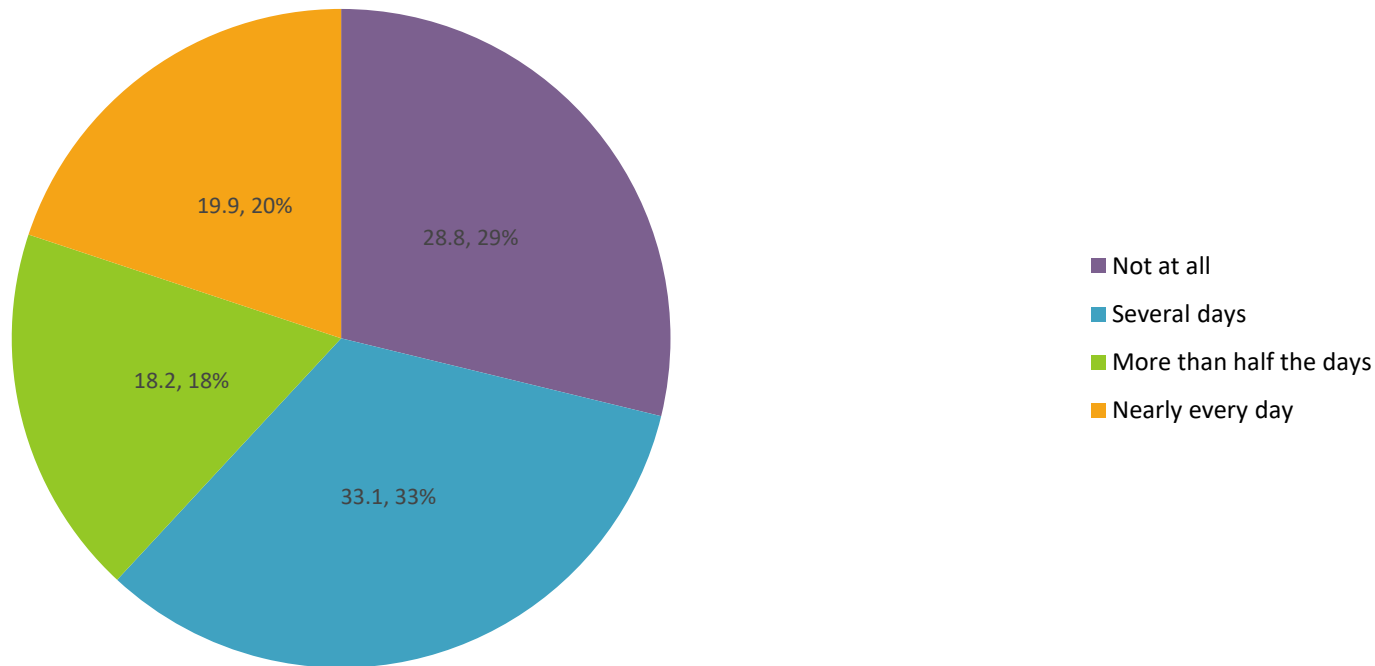
8. Because of the way you feel, your ability to do work is impaired



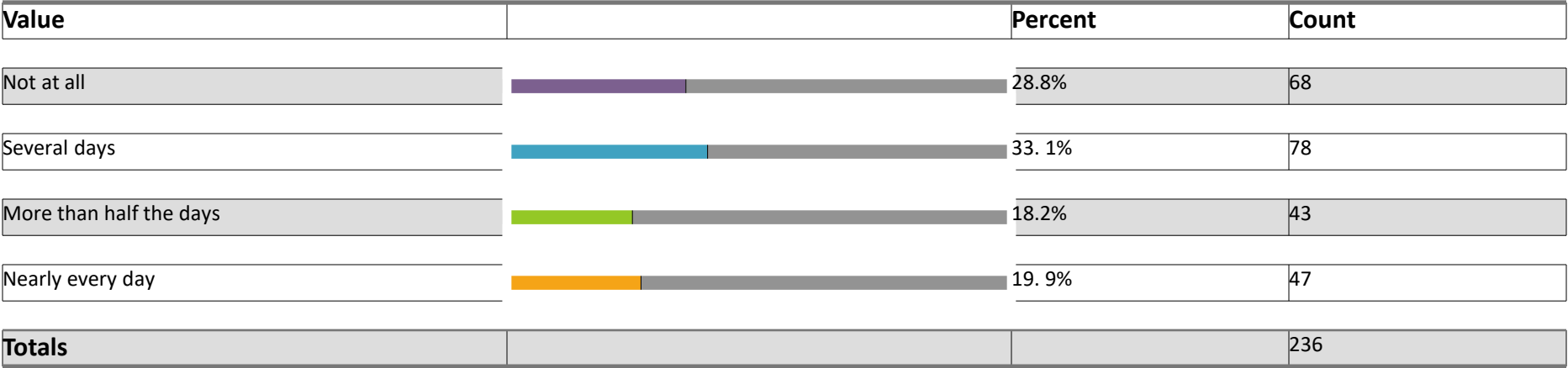
8. Because of the way you feel, your ability to do work is impaired



9. Because of the way you feel, your ability to form and maintain close relationships with others, including those you live with, is impaired

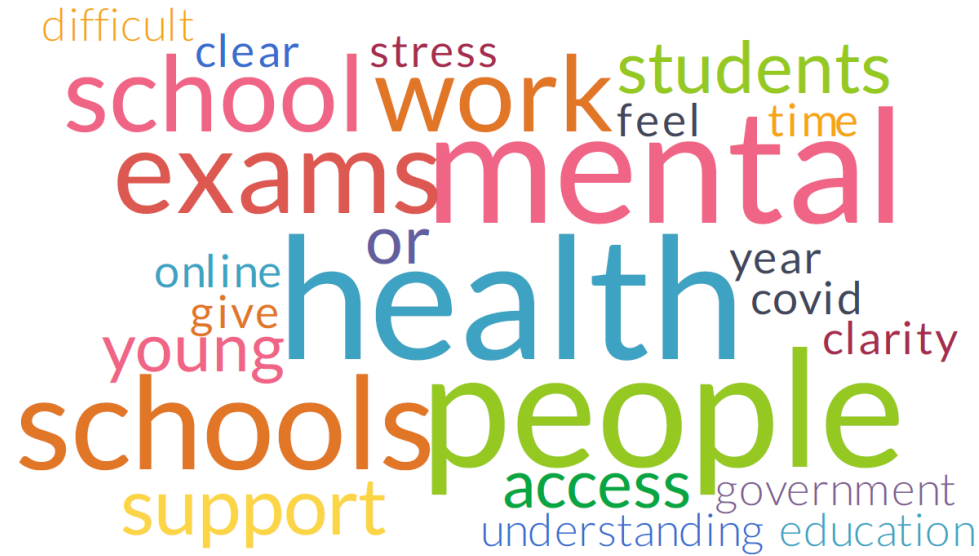


9. Because of the way you feel, your ability to form and maintain close relationships with others, including those you live with, is impaired

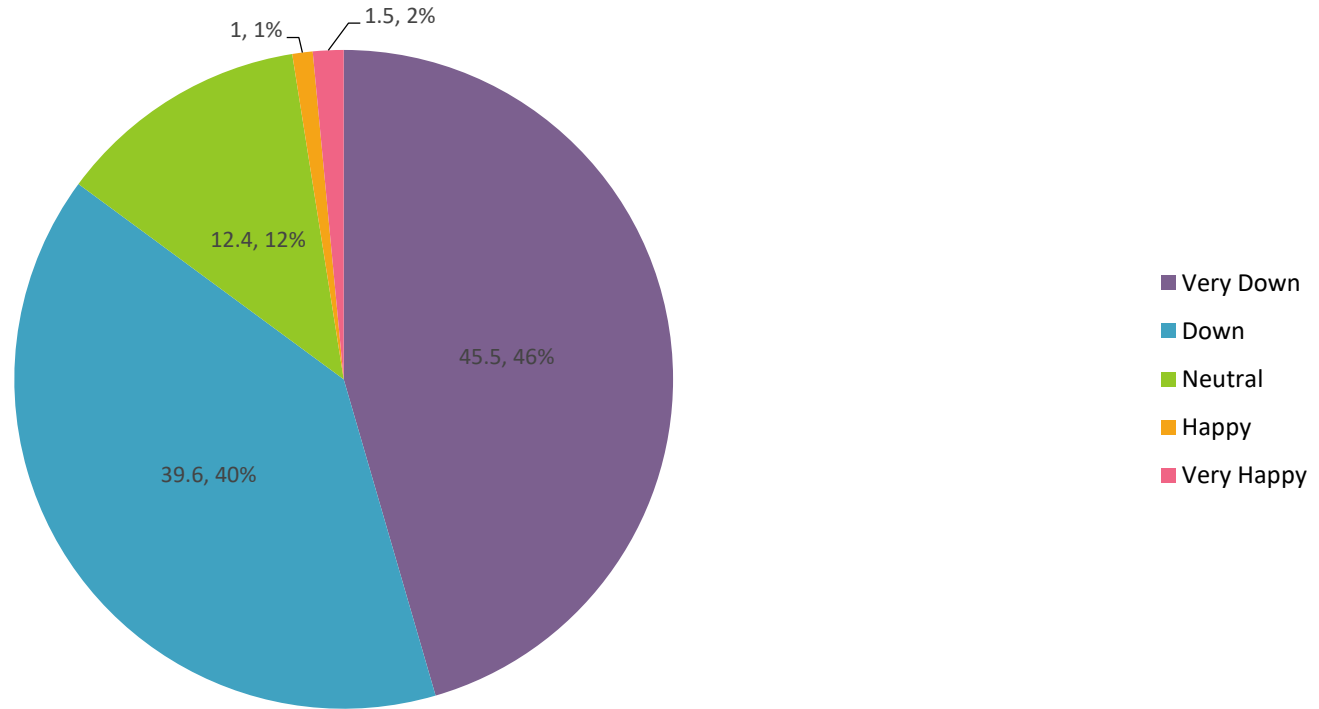


Your experience since COVID-19 began






10. What could be done to better support children and young people at this difficult time?



11. How has the pandemic made you feel overall?



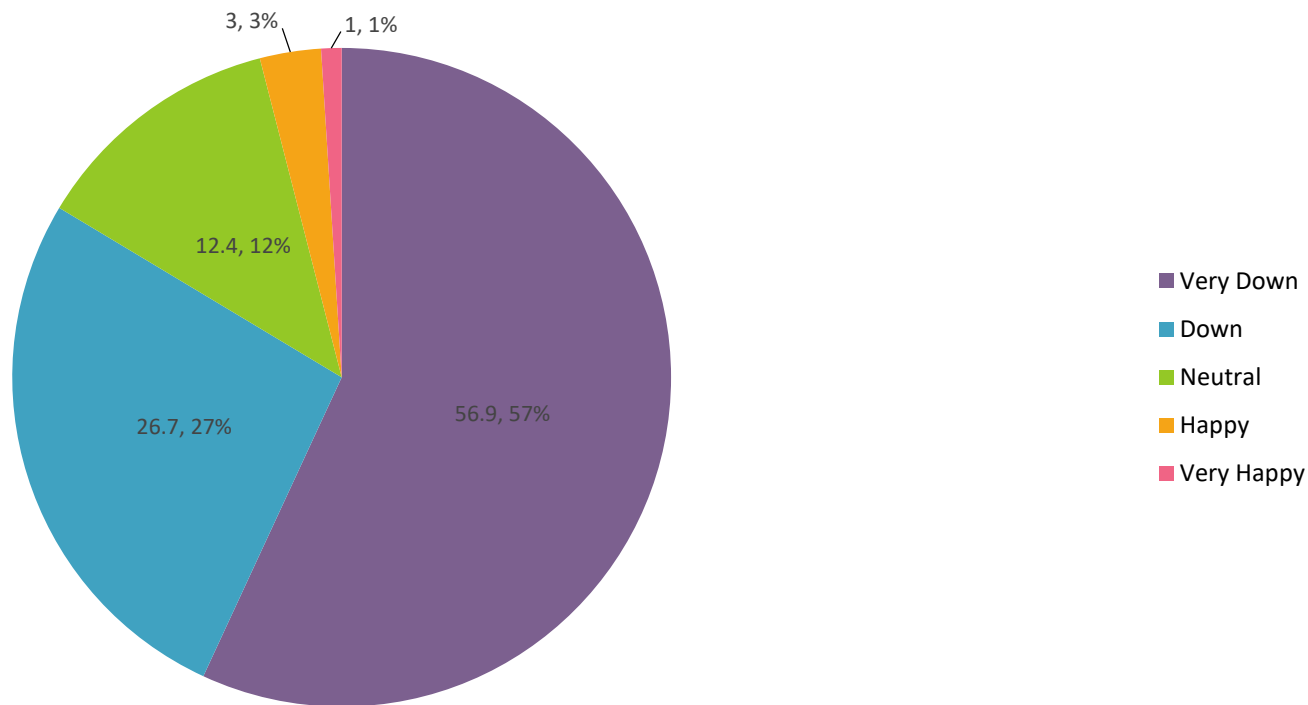
11. How has the pandemic made you feel overall?

Value		Percent	Count
Very Down		45.5%	92
Down		39.6%	80
Neutral		12.4%	25
Happy		1.0%	2
Very Happy		1.5%	3
Totals			202






12. Why do you think it has made you feel this way?



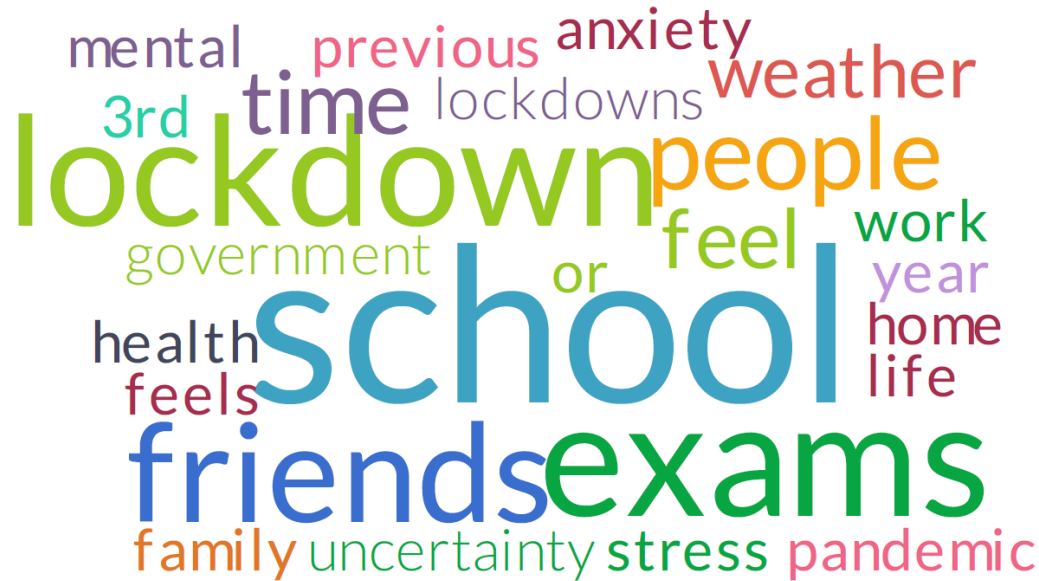
13. How has the third lockdown made you feel?



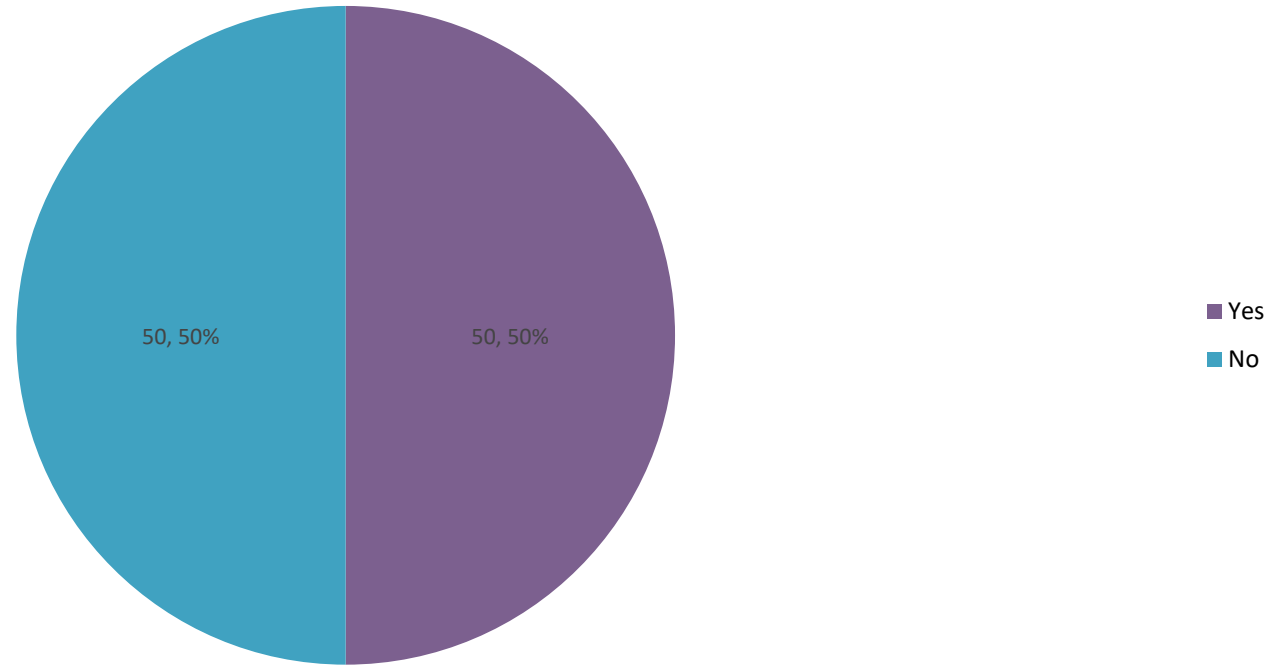
13. How has the third lockdown made you feel?

Value		Percent	Count
Very Down		56.9%	115
Down		26.7%	54
Neutral		12.4%	25
Happy		3.0%	6
Very Happy		1.0%	2
Totals			202

14. Why do you think it has made you feel this way?



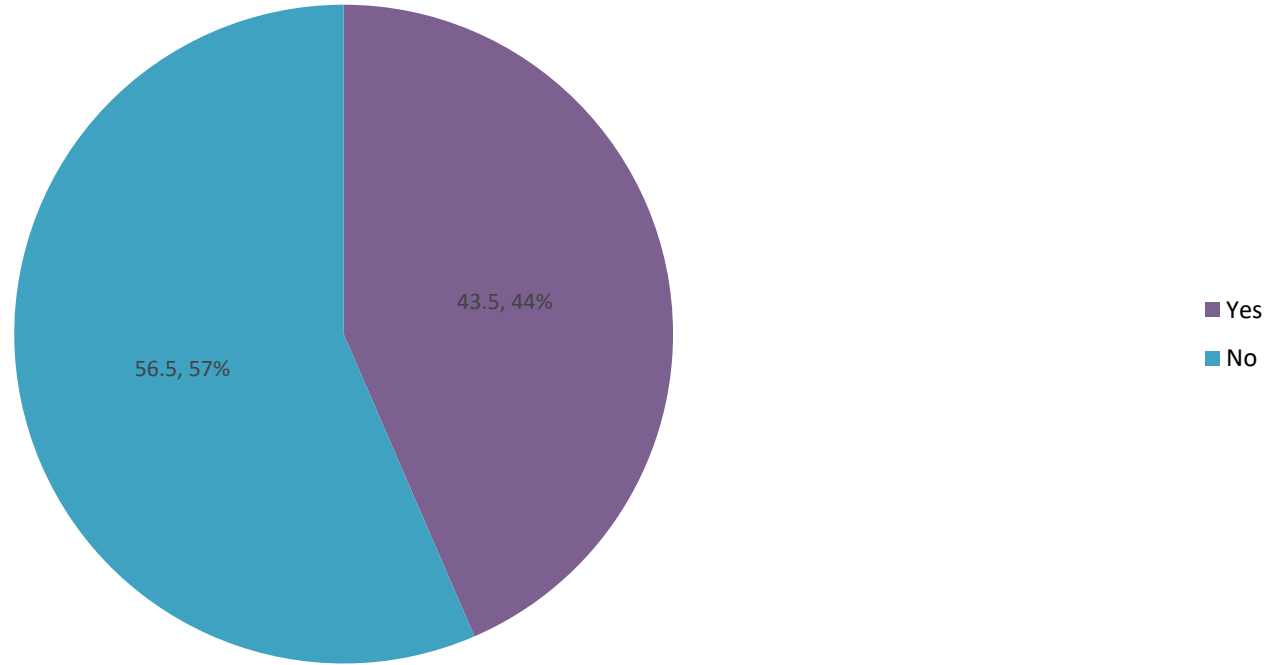
15. Has anyone asked you about your mental health and wellbeing?



15. Has anyone asked you about your mental health and wellbeing?

Value		Percent	Count
Yes	<div><div></div></div>	50.0%	101
No	<div><div></div></div>	50.0%	101
Totals			202

16. Has your school, university or workplace asked their students or employees about their mental health and wellbeing?



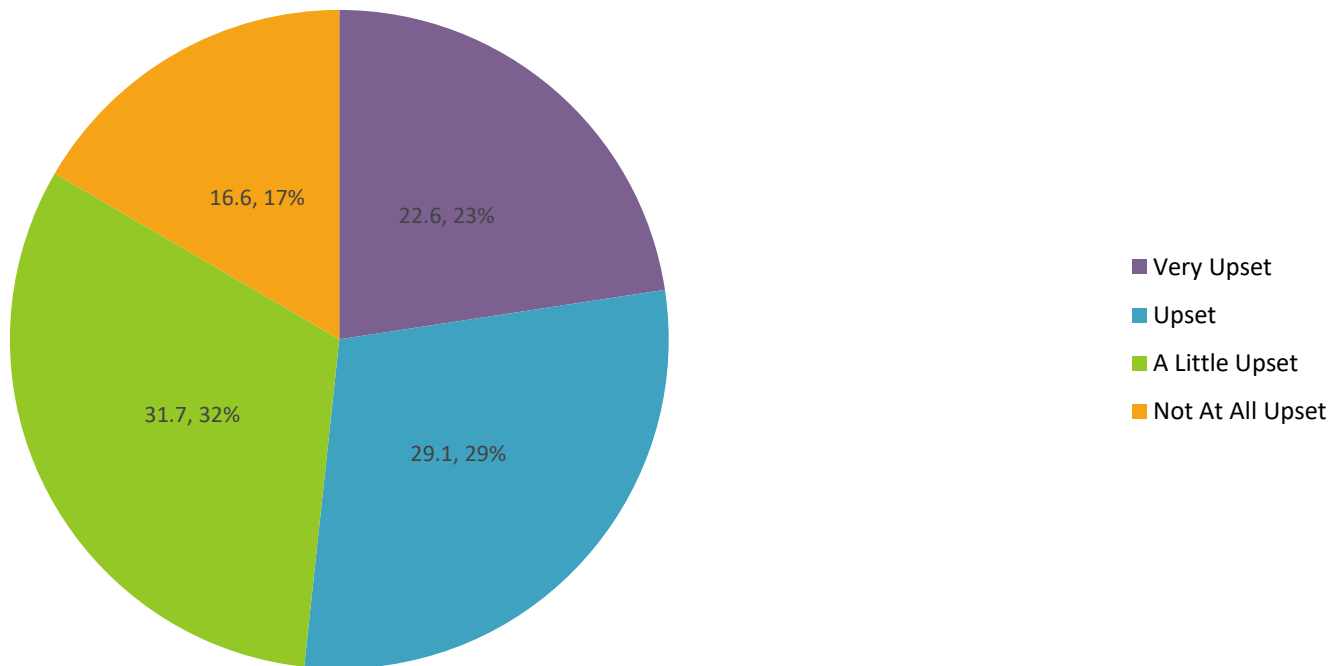
16. Has your school, university or workplace asked their students or employees about their mental health and wellbeing?

Value		Percent	Count
Yes	<div><div></div></div>	43.5%	87
No	<div><div></div></div>	56.5%	113
Totals			200





17. What support has been offered?



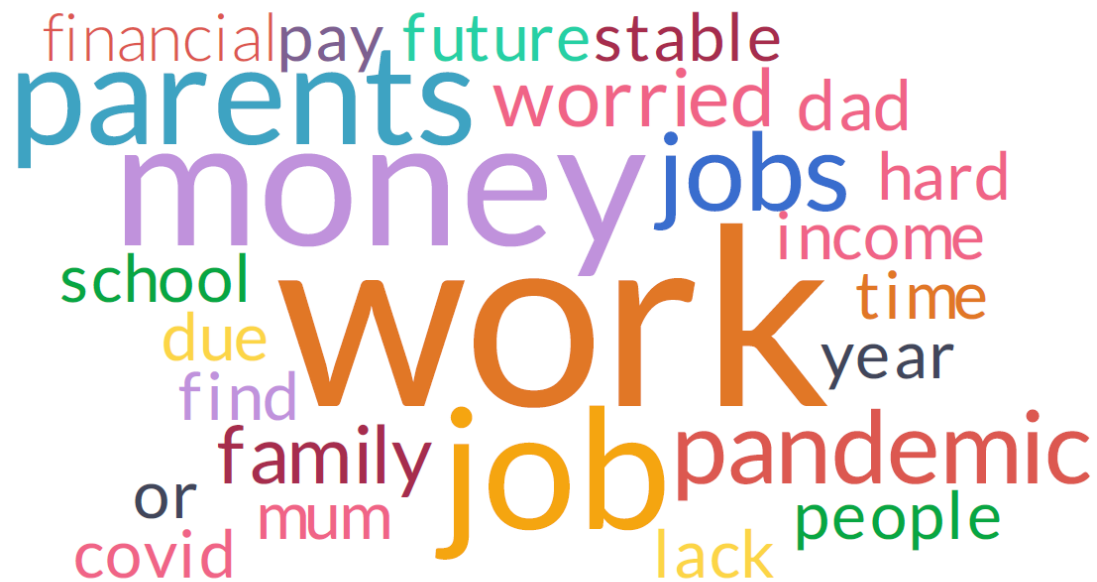
18. Have you worried or been upset about money or work because of the pandemic – about yourself, your family or those close to you?



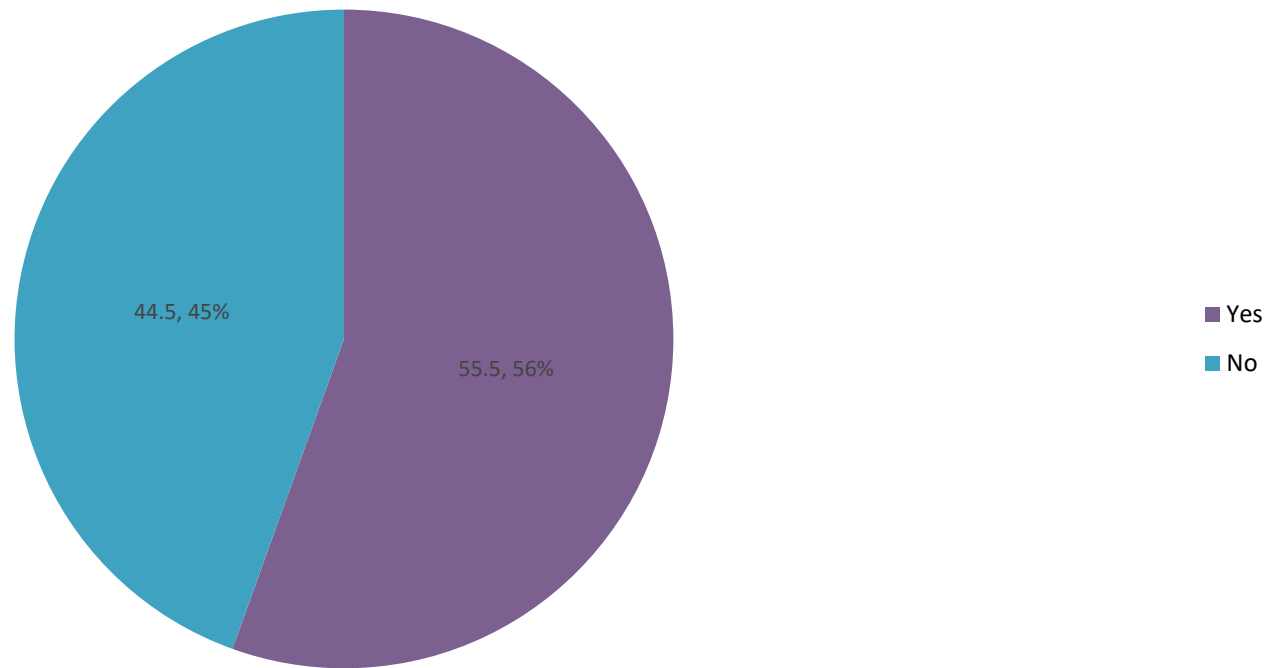
18. Have you worried or been upset about money or work because of the pandemic – about yourself, your family or those close to you?

Value		Percent	Count
Very Upset		22.6%	45
Upset		29.1%	58
A Little Upset		31.7%	63
Not At All Upset		16.6%	33
Totals			199

19. What about this made you feel this way?



20. Have you felt able to speak to anyone about your mental health and wellbeing?



20. Have you felt able to speak to anyone about your mental health and wellbeing?

Value		Percent	Count
Yes	<div><div></div></div>	55.5%	111
No	<div><div></div></div>	44.5%	89
Totals			200

21. If yes, who have you talked to?



A word cloud visualization of responses to the question '21. If yes, who have you talked to?'. The words are arranged in a cluster, with 'friends' and 'family' being the most prominent. Other words include 'teachers', 'partner', 'talk', 'girlfriend', 'therapist', 'counsellor', 'boyfriend', 'staff', 'mum', 'amp', 'mother', 'friend', 'school', 'parents', 'mental health', 'nhs', 'close', 'briefly', 'bestfriend', 'uncle', and 'people'. The words are in various colors and sizes, with 'friends' and 'family' being the largest.

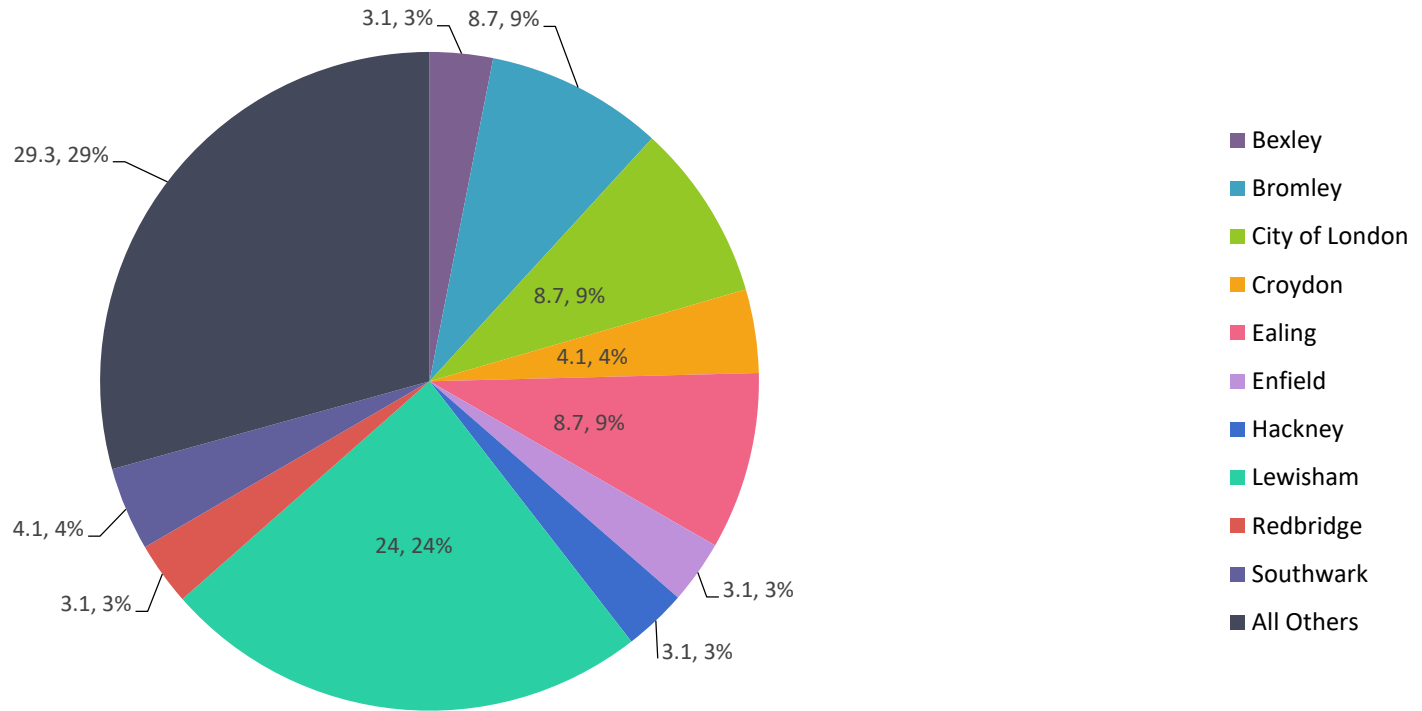
teachers partner talk girlfriend
therapist counsellor boyfriend
staff mum family amp
mother
friends
friend school parents
mental health nhs close
briefly bestfriend uncle people

22. If not, why not?














A bit about you

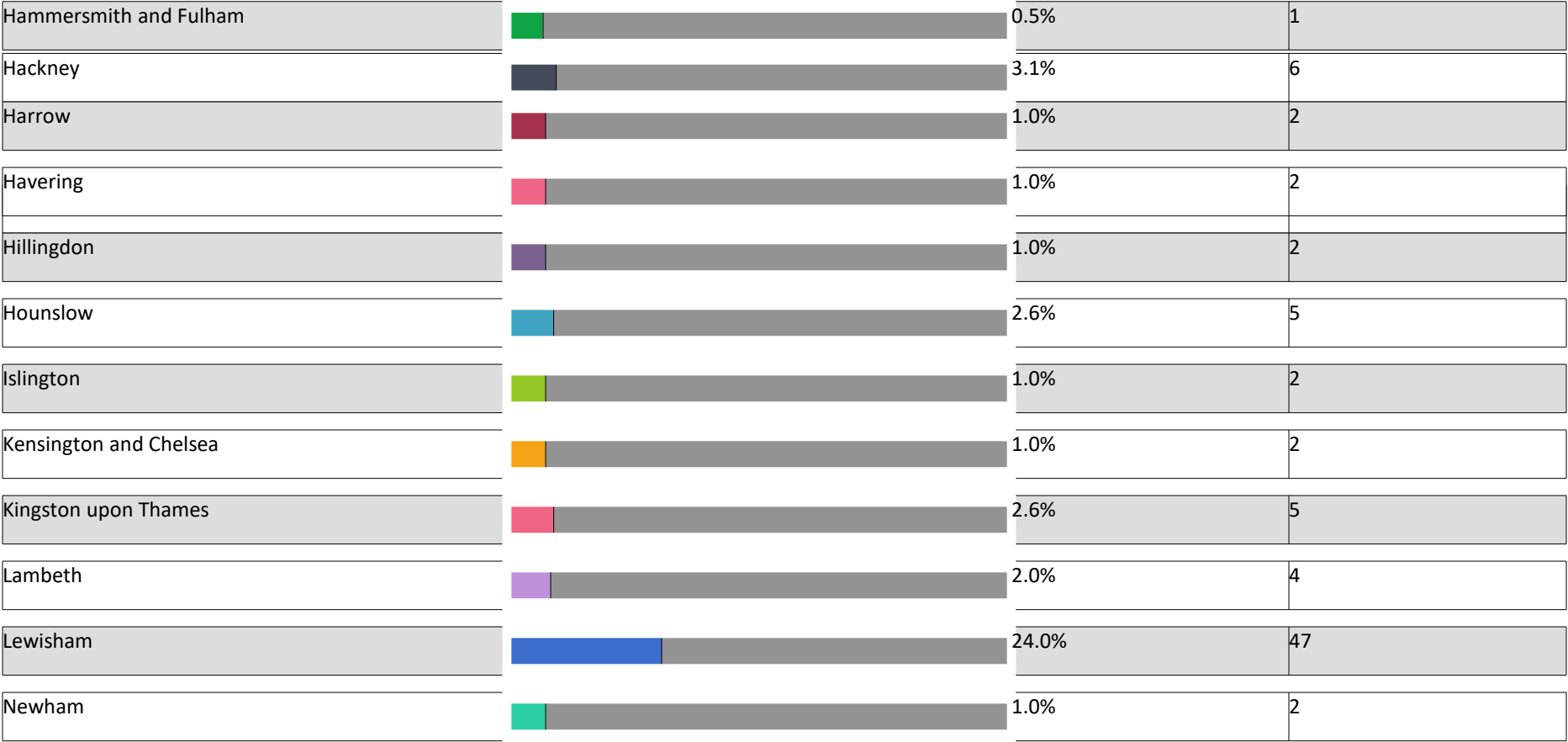
23. Where do you live?











23. Where do you live?

Value		Percent	Count
Barking and Dagenham		1.0%	2
Barnet		2.0%	4
Bexley		3.1%	6
Brent		1.5%	3
Bromley		8.7%	17
Camden		1.0%	2
City of London		8.7%	17
Croydon		4.1%	8
Ealing		8.7%	17
Enfield		3.1%	6
Greenwich		2.0%	4

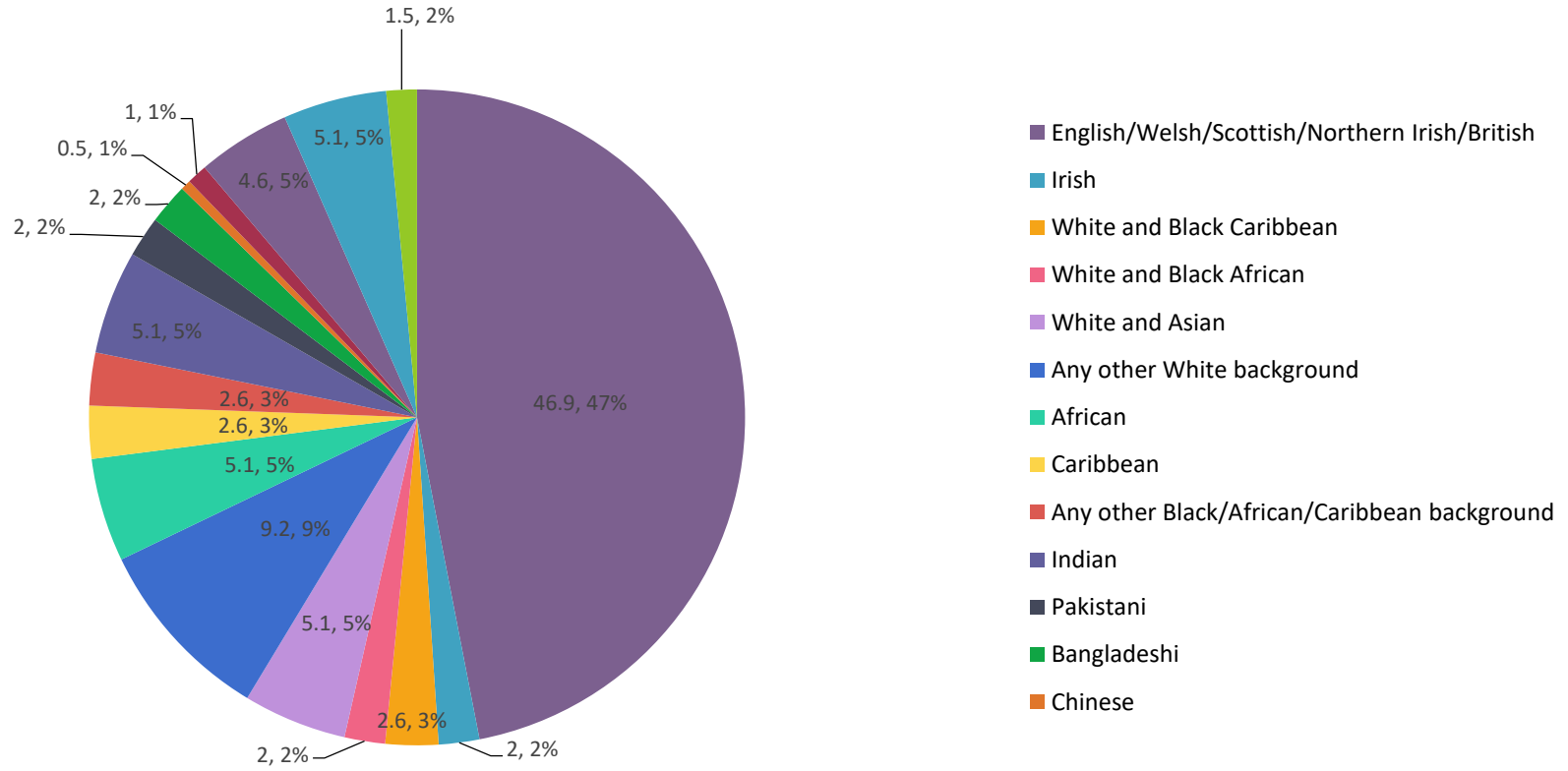
23. Where do you live?



23. Where do you live?

Redbridge		3.1%	6
Richmond upon Thames		0.5%	1
Southwark		4.1%	8
Sutton		2.0%	4
Tower Hamlets		1.0%	2
Waltham Forest		0.5%	1
Wandsworth		1.0%	2
Westminster		2.6%	5
Totals			196

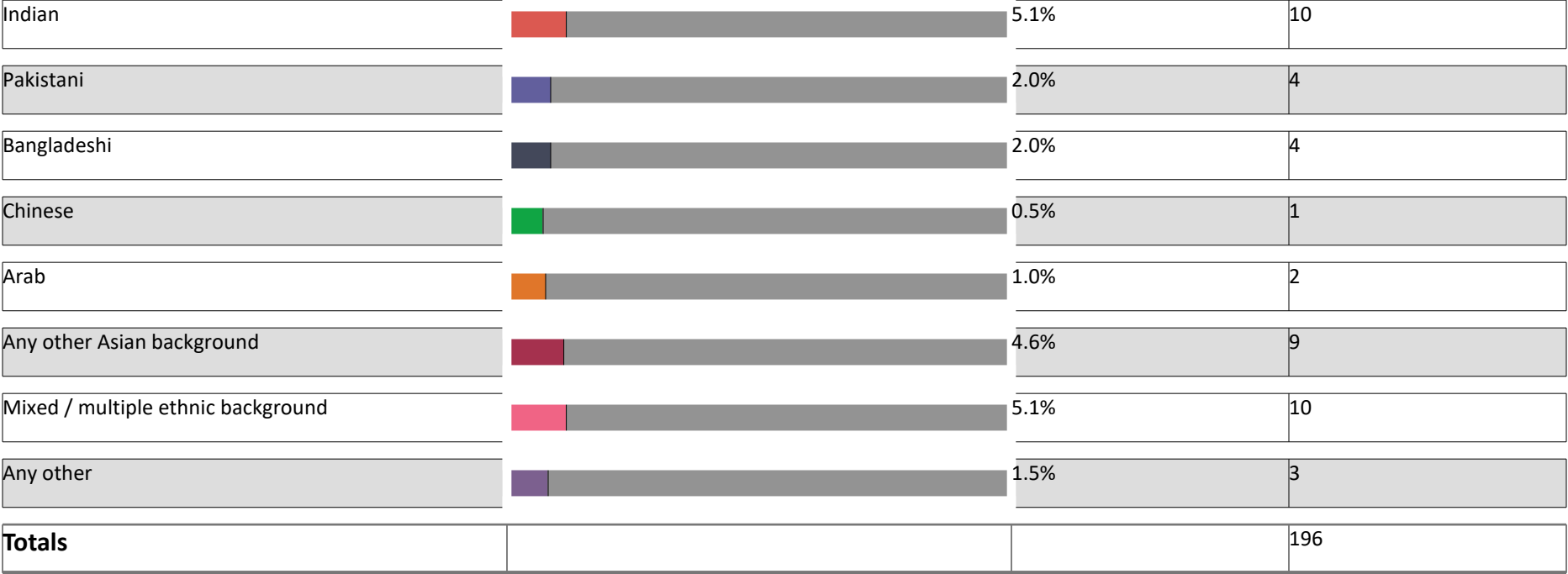
24. Are you:



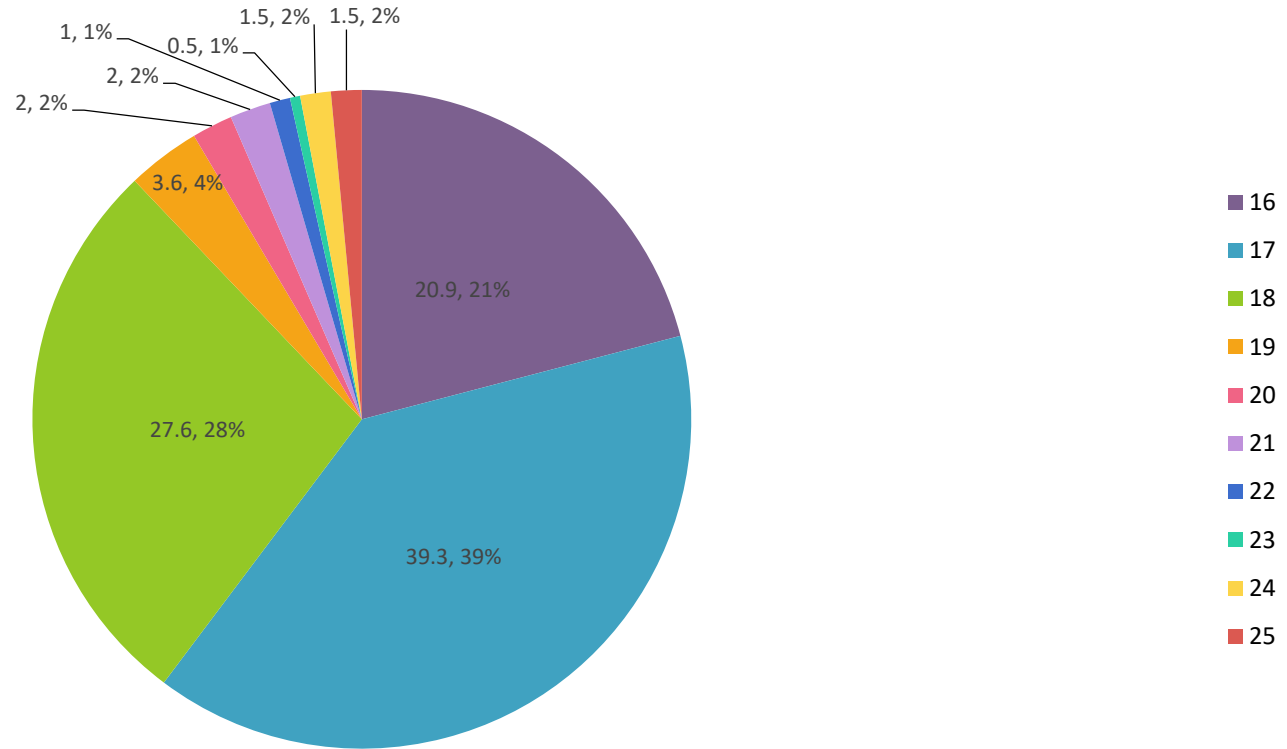
24. Are you:

Value		Percent	Count
English/Welsh/Scottish/Northern Irish/British	<div><div></div></div>	46.9%	92
Irish	<div><div></div></div>	2.0%	4
White and Black Caribbean	<div><div></div></div>	2.6%	5
White and Black African	<div><div></div></div>	2.0%	4
White and Asian	<div><div></div></div>	5.1%	10
Any other White background	<div><div></div></div>	9.2%	18
African	<div><div></div></div>	5.1%	10
Caribbean	<div><div></div></div>	2.6%	5
Any other Black/African/Caribbean background	<div><div></div></div>	2.6%	5

24. Are you:



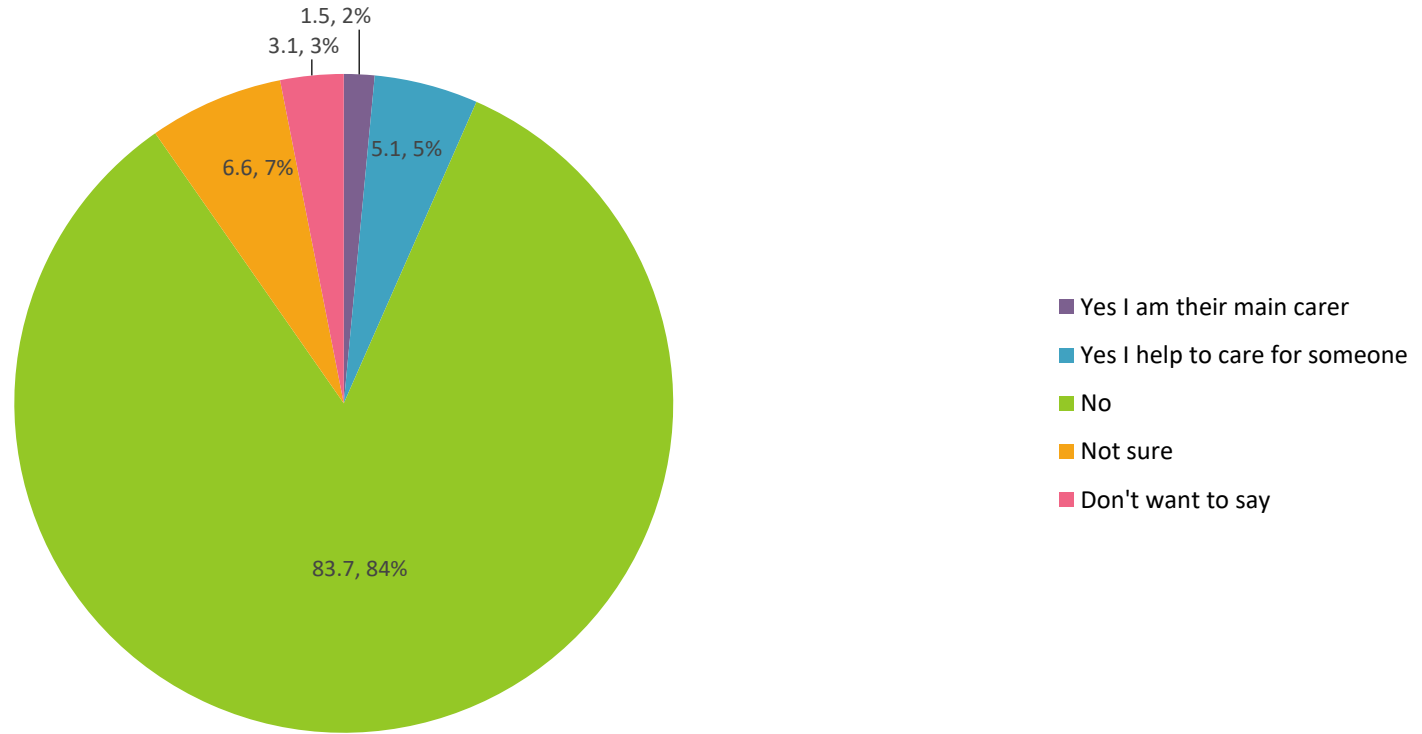
25. How old are you?








25. How old are you?

Value		Percent	Count
16	<div><div></div></div>	20.9%	41
17	<div><div></div></div>	39.3%	77
18	<div><div></div></div>	27.6%	54
20	<div><div></div></div>	2.0%	4
21	<div><div></div></div>	2.0%	4
22	<div><div></div></div>	1.0%	2
23	<div><div></div></div>	0.5%	1
24	<div><div></div></div>	1.5%	3
25	<div><div></div></div>	1.5%	3
Totals			196

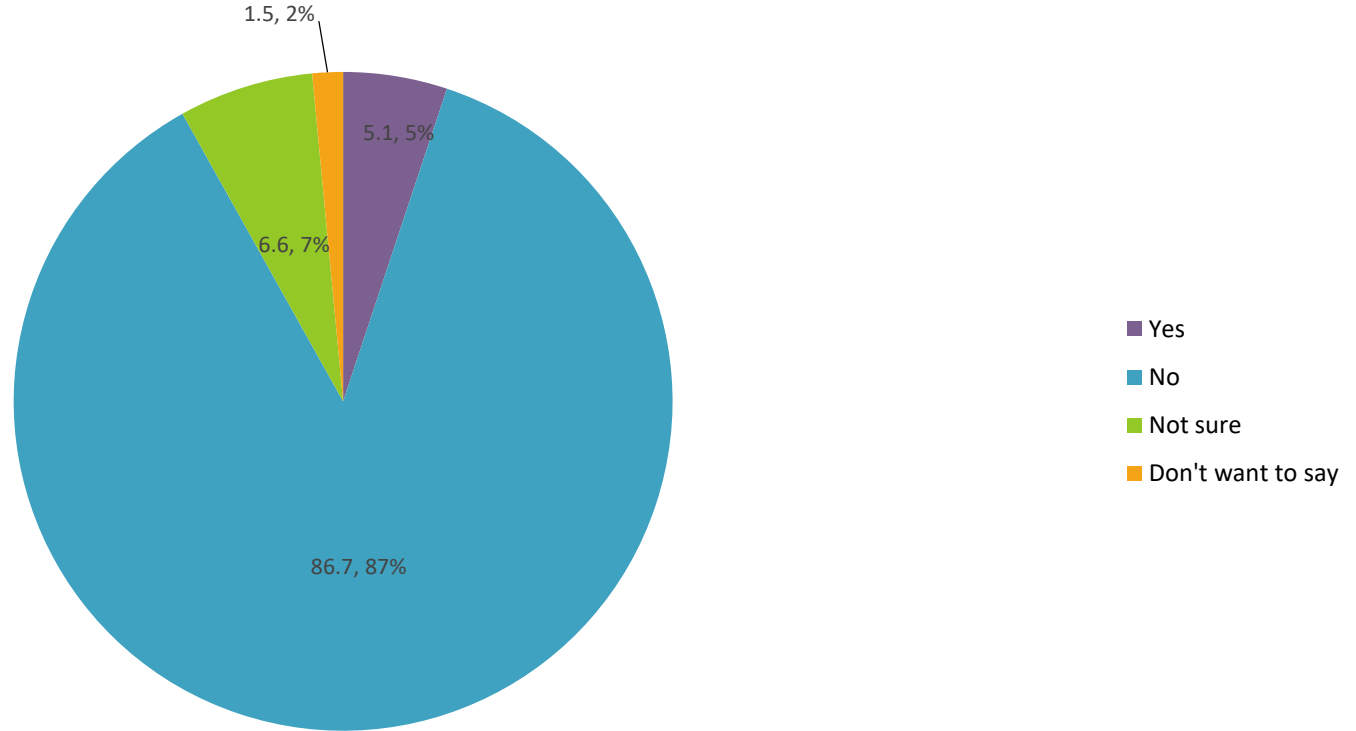
27. Do you help to care for anyone?







27. Do you help to care for anyone?

Value		Percent	Count
Yes I am their main carer		1.5%	3
Yes I help to care for someone		5.1%	10
No		83.7%	164
Not sure		6.6%	13
Don't want to say		3.1%	6
Totals			196

29. Would you classify yourself as disabled?



29. Would you classify yourself as disabled?

Value		Percent	Count
Yes		5.1%	10
No		86.7%	170
Not sure		6.6%	13
Don't want to say		1.5%	3
Totals			196

LONDON ASSEMBLY

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Survey results – Health Committee

Suggested key statements

Statements from the mental health & wellbeing survey results

What could be done to better support children and young people at this difficult time?

"Schools and workplaces need to improve their outreach and resources on mental health to show young people that it is okay to experience problems, and how they can better manage their mental health... Mental health charities (both Mind and more local ones) are struggling financially due to loss in donations, there needs to be proper funding of these charities so young people can seek help."

Aged 25, from Bexley

"Simply, this age group has been forgotten about. We have been faced with the challenge of online learning and it's been a struggle especially since I share a room with siblings and don't have access to laptop devices each, screen time has also been an issue and I feel like I am constantly losing focus as the day progress with each lesson I undertake, and on top of that the uncertainty of exams is another burden, it's very hard to learn necessary and challenging content online and as a year 12 student I definitely feel behind as a result which further affects my anxiety. Young people should be given support about the exams in 2022, with the consideration of our mental health's [sic] too."

Aged 16, from Lewisham

*"Not put **so** much emphasis on education since education is affecting us the most, expectations are put up **so** high and we don't essentially have all the support we need, the virus has been dismissed and everyday is truly a struggle. Focusing on helping societies [sic] health is one thing but being cooped up in a home, that's full of people can be tiring and make you angry!"*

Aged 18, a young carer from Lewisham

"I am working [toward exams] constantly but is it all worth it? I don't spend time with family when I want to."

Aged 17, from Kensington & Chelsea

"I don't really know, I just feel hopeless sometimes so I am not the best one to give better support. Maybe a free psychologist appointment for every teen between 16-25?"

Aged 17, from City of London

"Personally I think educating children on dealing with stress from school along with the fears of covid and constant changing circumstances with lockdown, but then again no one knows what's happening so there is nothing to do. I think there could be a really cool programme where one day everyone that signs up to it receives an email and in it it has one task or challenge or do for the day - it's something to look forward to and make time for instead of being alone and bored which is very dangerous especially when you're already struggling."

Aged 17, from Bromley

"I caught covid at sixth form and it's changed so many things for me."

Aged 17, from Westminster

"I think the NHS is doing the very best it can and having helplines in place is more than enough. It's a very difficult time for everybody."

Aged 16, from Harrow

"Firstly, it feels like children and young people in general are not getting enough support? Whether that be because we're not particularly vulnerable to covid compared to others, or whatever it is, there isn't much out there which could help us. We're getting overloaded with work because we have "loads of extra free time", yet with no help or motivation... Of course, adults will be affected. But they can just focus on getting that job. For us, we will get awful grades [that] clearly don't respect what we can achieve, and we won't even be able to get our preferred job or a job at all in some cases."

Aged 16, from Hounslow

"Some of us are depressed and anxious, some living in abusive households, feeling trapped because we cannot go anywhere. The last thing anyone wants is school ringing up parents saying their kids haven't handed anything in, it's hard to be motivated and everyone's sleep schedule isn't the best."

Aged 17, from City of London

How has the pandemic made you feel overall? Why do you think it has made you feel this way?

"The pandemic has made me feel down for the following reasons: - The wide disruption to society and highlighting of inequalities has greatly increased my anxiety and frustration over the past year. I feel not enough consideration is being given to young people as we are assumed we'll recover from COVID, and that the disruption to our lives isn't taken seriously. - I am also greatly concerned for the future. COVID-19 is as much a story of environmental destruction (due to close human contact to nature) as it is of global health. The disruption has delayed important commitments on climate change and biodiversity, COVID-19 recovery efforts are locking in climate emissions and failing to futureproof the economy against upcoming risks, and young people's futures continue to have more and more financial and other societal pressures placed upon it. However, there is a lack of recognition of these problems. - I have also been isolated from those I know. Most of my friends are scattered around London rather than local, so I haven't been able to see them. I also haven't seen my partner in over 6 months and I don't expect to see them anytime soon, which makes the isolation particularly noticeable."

Aged 25, from Bexley

"People are dying everyday and I can't do anything about it and I am forced to continue as normal (eg going to school, etc). Also, being away from friends for so long, especially as meeting socially distanced outside in winter isn't preferable."

Aged 17, from Ealing

"Constant negative environment - News/Deaths. It's the word on everyone's lips and there is now an overwhelming sense of fatigue now we are in the 3rd national lockdown after months of restrictions. Lack of face to face interaction - an 'all work, no play' experience which is never good for anyone's mental health."

Aged 19, from Hammersmith & Fulham

"A time where new friendships, relationships and hobbies are supposed to be discovered is being tarnished. It's no one's fault, but there simply is very little hope for the near future - concern about relatives is also on my mind."

Aged 21, from Haringey

"I can't see anyone or do anything I like. My job has gotten infinitely harder and i'm stressed about my next year at university."

Aged 19, from Croydon

"It has good and bad points. It's a pandemic, so that's bad, but I get to spend time with my family, so that's better."

Aged 16, from Bromley

"I think it is because of the unknown. We all want to know what is going to happen - now we don't - and people need information, deadlines, structure in their lives now it is all so up in the air that others are starting to despair about any of us ever going back to normal life again. Things have changed so dramatically over the past few months that I think we are wondering whether we will ever see the end of this virus."

Aged 16, from Wandsworth

"Positives such as working from home and increased flexibility and sensitivity towards mental health issues from employers and generally. But fear for future and feel like don't have the opportunities that previous generations have had."

Aged 25, from Lambeth

"I haven't been able to see those close to me, I lost my grandad who I wasn't able to see. My routine has been broken up. My room is the place I relax but it has been forced into the place where I have to study."

Aged 18, from Lewisham

"I've lost a lot due to the pandemic and feel as if I will lose more, the situation is getting worse and I fear for my safety and others in my life."

Aged 18, from Lewisham

"I think it's just had a toll on my learning, and I guess I've had to stay at my home quite a lot which is small and overcrowded and has affected me negatively."

Aged 16, from Lewisham

"Has affected every part of my life, I've found libraries closing to be particularly difficult especially during half term when cafes and schools are shut so I have no workplace."

Aged 17, Greenwich

"I feel useless just being at home. I'm struggling to concentrate on school and find that online lessons aren't helping me. I don't want to fall behind in school. I can't fail."

Aged 16, Lewisham

"Because I'm scared that everyone I love will die and leave me alone."

Aged 16, Lewisham

"Everything has changed...I'm demotivated, my mood is always off, increased stress and anxiety, feeling under constant pressure from my teachers, and not being able to go out like normal."

Aged 17, Tower Hamlets

"I've been very stressed due to uncertainty about a level exams as well as an unpleasant home environment."

Aged 18, Hackney

"I am in Year 13. My education has been severely disrupted and I am now in a perpetual state of anxiety as I have no idea what will happen to my grades and there is only speculation as of yet. I mostly feel down due to the lack of interaction with people my own age and complete lack of routine. Zoom and online messaging is not enough."

Aged 17, Ealing

"It has really taken a toll on my education and affects my motivation to get through the day. Also I am a Carer of my disabled brother so I have to balance a lot of house chores with looking after him whilst prioritising my education."

Aged 18, Hackney

"Being trapped at home, in a toxic environment, on top of the unknowns of school, and the learning and exams still going ahead, whether they be public or school decided. Not being able to see family and friends or have any way of release. Plus little help with university preparations for next year in terms of portfolio and personal statements. Not to mention looking at unis themselves in terms of open days."

Aged 17, Ealing

"Stopped me getting into uni, so was forced to do a gap year in which I can't see my friends or even go outside. Already had been diagnosed with depression previously and it was finally starting to get better but now it's worse than ever."

Aged 18, Barking & Dagenham

"First lockdown was fine, but after a third and not being able to meet one person from outside the household is very suffocating. Living with only one other person can get stressful and cause issues being together all day."

Aged 18, City of London

How has the third lockdown made you feel? Why do you think it has made you feel this way?

"Despite the fact I am not happy about being in a 3rd/4th lockdown and worried about new strains of virus despite the vaccine I can say my mental health has improved not fully happy but better than I was last year that's for sure."

Aged 18, Newham

"The winter has made it even worse because not only can we no longer see people or do anything we like, it's now too cold to go outside and enjoy the weather and this time i've lost all motivation to eat healthier or even play video games. Workplaces are now even more stressful with staffing issues, people are either pregnant or off with Covid and customers rarely listening to or understanding the rules."

Aged 19, Croydon

"I mean, not seeing friends and not being at school has impacted my mental health, but I am with my family and have lots of friends, so as bad as it is I am trying to stay positive."

Aged 16, Bromley

"Because I was hopeful to go back to school and see my friends but instead I'm worried."

Aged 16, Bromley

"Because I haven't been negatively or positively affected by the pandemic."

Aged 16, Bromley

"Because I feel alienated from my friends and like I am slowly losing them just by trying to protect them and myself."

Aged 16, Lewisham

"[I] Haven't met anyone on my course at uni."

Aged 20, Enfield

"Too much focus on cancelled exams so schools are overlooking students' mental health."

Aged 17, Ealing

"I feel safer as I know I'm less likely to catch and pass on covid as we do not have to attend school. But, school related stress remains: exams."

Aged 17, Hounslow

"I do not have to risk my family's health by going to schools and it protects my family due to them shielding and the hospitals no breaking down. If we did not I doubt my grandparent would have been able to do his cancer treatment worsening their health."

Aged 16, Bexley

"I'm getting set ridiculous amounts of work. I'm doing 10 hours of productive work everyday and I'm still behind. I'm a straight A student so I can't even begin to imagine how others are feeling."*

Aged 17, Waltham Forest

"...with mental health issues it's difficult to catch up and be motivated to even do the simplest of things. It has caused major stressed leading to crippling anxiety, depression follows along and feeling trapped. I don't want to constantly tell my teachers that I'm not handing something in"

again because it's embarrassing and it seems like they've given up on me. So overall, it's just been a depressing mess."

Aged 17, City of London

What support has been offered?

"Feels quite surface level - asking the right questions. But expectations still very much present. Pressures and lack of social interactions mean that not much can be done."

Aged 19, Hammersmith & Fulham

"I'm lucky enough to go to a school that really cares about mental health. They offer mental health support and have councillors easily available. However my previous secondary school offered no mental health support during the first lockdown, which I believe was especially needed for (year 11 students which I was at the time) as our year did not sit our gcse's and faced a lot of disappointment regarding our predicted grades. The first lockdown was also extremely long yet we received no contact from the school regarding mental health or wellbeing. The school did not even have mental health counsellors or safe guarding people available to us throughout the entirety of my education there."

Unknown

"There's not really much they can do. It's our problem."

Aged 16, Lewisham

"Not enough. As a uni student, we get sent quizzes what seems like every day asking us about our mental health but then nothing gets offered to us. Virtual game nights once a blue moon or something like that. It's ridiculous."

Aged 20, City of London

"Free calls with the school nurse and counsellor, and I can always email my form tutor at anytime and about anything."

Aged 18, Bexley

Have you worried or been upset about money or work because of the pandemic – about yourself, your family or those close to you?

"One of my parent's workplaces is at risk of closing due to the pandemic. On a minor note, the graduate scheme I am on has failed to adapt to virtual working and so isn't delivering what was promised."

Aged 25, Bexley

"I started a new job at the start of lockdown. The salary was decent but the job was such a nightmare - largely because of the pandemic - (I was never trained properly, had long COVID for the entire time I was there and could never meet my coworkers in a social way) - that I ended up quitting in September. Since then I've been freelance but never knowing where my next paycheck is coming from is very anxiety-inducing."

Aged 22, Greenwich

"Worried about financial situation a lot because we are working class family also worried because my mother comes under The at risk group and she goes out to meet others very often."

Aged 18, Newham

"Work isn't fantastic. My family and I work on the "front line "we are all worried about colleagues who are shielding and the lack of staff we have."

Aged 18, City of London

"I started work again after furlough in May and now i've been furloughed again since october as we were not able to open after lockdown 2. I'm worried my work will close down. I have been paid fair amounts and I credit them for that but I am a little worried for the company and haven't heard from them in months."

Aged 18, City of London

"I have felt very stressed with the volume of work I have had, which makes me anxious and makes me struggle with my OCD (this makes me too worked up to relax)."

Aged 16, Bromley

"I have been worried about one of my parents as they have had to work during the pandemic as they had no other alternative. People have had no other alternative but to work during the pandemic throughout all three lockdowns. Now it is extremely evident that people are not even self isolating because they cannot afford to. This makes me worried for the safety of the populations as people with symptoms can not afford to self isolate so they are possibly spreading the virus but also worried as these people have no alternative and are struggling financially."

Aged 16, Enfield

"The risk of losing my home or worse, is probably the biggest factor. The pandemic has meant for me a lot of uncertainty this year and for the next too."

Aged 18, Lewisham

"I wanted to find work soon as I just turned 18 but now I'm stuck inside with no income and no experience to aid in my future."

Aged 18, Lewisham

"Mum was scared she'd lose her job as they were letting people go."

Aged 17, Greenwich

"My dad was made redundant which has triggered so many problems and even I expected myself to have a job by now."

Aged 16, Lewisham

"My mum not being able to afford food or rent."

Aged 18, Ealing

"My dad lost his job and moved countries. Both of my parents got really sick and my mum went to the hospital which means we had less income as well."

Aged 19, Ealing

"My mother works in a GP surgery so for the past year we have been really worried about her health. The family business has suffered."

Aged 17, Ealing

"Family members have died, and my own dad has been on the brink of death so we are constantly on guard to make sure we don't catch covid so my dad doesn't die."

Aged 18, Harrow

"My dad has been struggling with work to pay the bills and there has been times there there was tension between us and I have to take a lot of responsibility around the house especially because my brother is vulnerable due to his special educational needs."

Aged 18, Hackney

"Mum was on maternity leave during the pandemic and when due back to work was made redundant. I haven't been able to see my dad as he was working everyday so I stayed with my mum where her partner was out of work for a while too."

Aged 17, Ealing

"I'm only a year away from employment. And with this whole pandemic affecting jobs, will may of us even have a job by the summer next year? How will we survive?"

Aged 16, Hounslow

Have you felt able to speak to anyone about your mental health and wellbeing? If not, why not?

'No' answers:

"I know I can deal with the way I'm feeling by myself and I don't feel the need to worry people."

Aged 17, Ealing

"I want to but it never seems like the right time so I often downplay what's going on."

Aged 18, City of London

"Everyone's in the same boat, we all have the same problems and everyone has slowly become much more unsociable."

Aged 19, Croydon

"Worried my parents will be upset."

Aged 16, Bromley

"I feel as if it's stupid to feel the way I do and there isn't any support I can receive unless from a professional that will help."

Aged 17, Enfield

"I would like to go to the doctors but they under to[sic] much pressure so I don't feel like I can."

Aged 18, Enfield

"There are much bigger issues and I think a lot of people will be either too busy to listen or would rather not."

Aged 17, Ealing

"Well who is there to speak to about it other than my family who already have their own worries and problems due to lockdown."

Aged 18, Brent