



Why focus on children's mental health at this time?

Research emerging from over this period has reported increases in worrying, stress, loneliness and low mood. In many ways

unprecedented times. Young people have

them, they have experienced significant

contact, and many have missed significant

milestones such as transitions from primary to secondary school, leaving school or joining university. Many have experienced financial uncertainty, either through economic pressures facing their family or

Life feels very different from last year, and

and protecting those most vulnerable to the coronavirus, those of us who live and

have been only too aware of the huge impact

the least affected by the virus in terms of symptom severity, it's clear that the threat

measures have had a significant impact on children and young people's mental

The disproportionate impact of the
been widely reported, with a recent
report from Public Health England

and mortality for Black and Asian people.
It has become clear that the spread of
the virus and the impact of the
associated lockdown measures have
amplified existing inequalities.

In particular, parents and carers from
minority ethnic groups are both more
likely to be key workers, and more likely
to work in shut-down sectors. They

exposure to the virus while also being
more likely to experience loss of
household income. Both of these

an adverse psychological impact for

Some positives? Young people of colour

4. Have open conversations



