The ‘COVID generation’

Understanding Student Mental Health ‘after’ the Pandemic

Dr Dominique Thompson

Former university GP, author and

mental health expert.

RCGP/ NICE Clinical Advisor/ FRSA

@drdomthompson

The kids were not alright pre COVID

- Rising demand for mental health support (eg children/ students)
- Rise in **complexity**/ **risk**
- NHS struggling (underfunding)
- Media interest
- Rising expectations of care/ support
- COVID19- *Anxiety and isolation*

Mental health: One in four young women struggling

Nick Triggle
Health correspondent

3 hours ago | Health

Nearly one in four young women have a mental illness, with emotional problems such as depression and anxiety the most common, figures for England show.

The official NHS report found young women aged 17 to 19 were twice as likely as young men to have problems, with 23.9% reporting a disorder.

COVID 19 was not an easy time on campus or at home

Impact on specific conditions

- Anxiety/ OCD
- Tics
- Mood- depression/ bipolar
- Trauma – PTSD (flashbacks)
- Addiction/ misuse
- Eating disorders
- Self-harm/ suicidality

News

Covid-19: Suicidal thoughts increased in young adults during lockdown, UK study finds

BMJ 2020 ; 371 doi: https://doi.org/10.1136/bmj.m4095 (Published 21 October 2020)
Cite this as: *BMJ* 2020;371:m4095

Read our latest coverage of the coronavirus outbreak

Article | Related content | Metrics | Responses

Jacqui Wise

Author affiliations

Mental health of students

- ONS report Oct 2021
- **37 percent** of first-year students surveyed in England at university had symptoms of depression and anxiety
- This is statistically higher than the general population of those aged 16-29 where it was **22%**

Main impacts of first year of pandemic (Student Minds report 08/21)

- 74% of students said the pandemic had negatively impacted their mental health
- 49% of students said the pandemic had negatively impacted their financial situation
- Two thirds of students said they had 'often felt isolated or lonely' since March 2020

Not 'all in the same boat'-
worse impact on;
(*Centre for Mental Health report)

+ students from racialised communities
+ students with disabilities
+ international students
+ students from disadvantaged backgrounds

Most of the students got vaccinated… and this is how some arrived at our clinic!

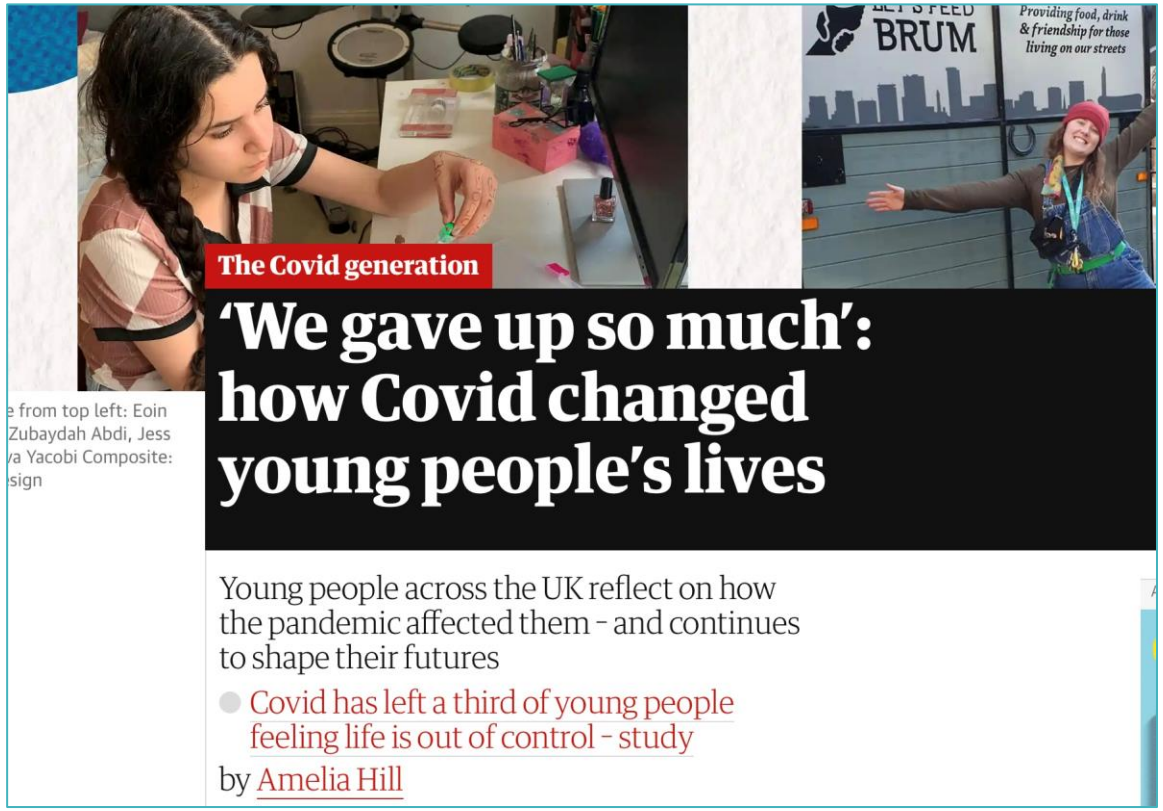
News > Education > Education News

Nine in 10 university students have received at least one Covid jab

Students across the UK have returned to university in recent weeks

Eleanor Busby • Friday 22 October 2021 15:48 • Comments

So where are we now?



e from top left: Eoin
Zubaydah Abdi, Jess
va Yacobi Composite:
sign

The Covid generation

'We gave up so much': how Covid changed young people's lives

Young people across the UK reflect on how the pandemic affected them – and continues to shape their futures

Covid has left a third of young people feeling life is out of control – study

by Amelia Hill

UK Students' top concerns

(Student Minds/ Princes' Trust/ Kortext/ TogetherALL/ UCL COVID study/ AdvanceHE/ Unite)

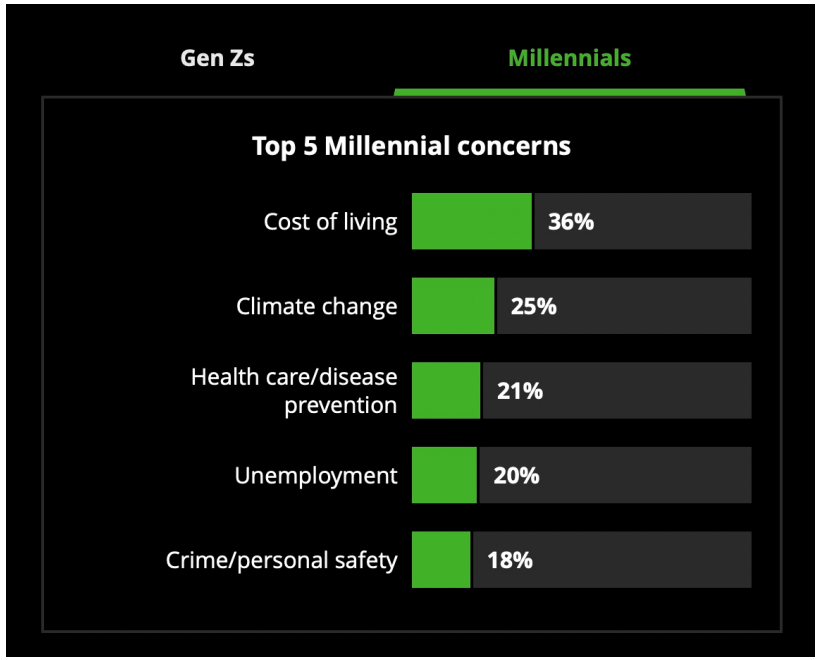
Autumn 2021

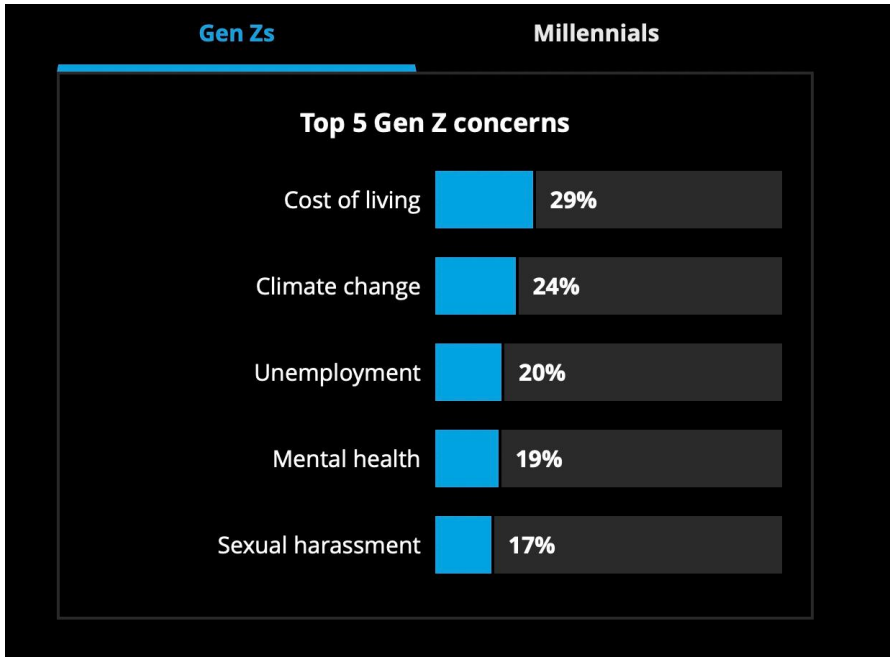
+ Academic gap
+ Social skills gap
+ The future e.g. recession/ climate change/ graduate jobs

Autumn 2022

+ Social connections
+ Money worries (fees/ cost of living)– Blackbullion 2023
+ Transitions (all years)
+ Mental health issues (commonest reason for leaving uni)
+ Academic achievement (biggest % of complaints to OIA 2022- online learning?)
+ Racism/ sexual violence/ discrimination
+ Climate change
+ Getting a job

International view-
Deloitte Gen Z (11-25) and Millenial (26-40) 2022 Survey (14k people in 46 countries)





And the next intake?
16% increase in referrals to CAMHS in 2021 & 5% in 19-64yo

HEPI

Those applying to higher education are more anxious than ever. What can we do to tackle the problem?

HEPI Guest Post
Jul 22

Students are anxious.

This was one of the key findings of the Advance HE / HEPI *2022 Student Experience Survey*, but one that may not immediately stand out against the other headline findings.

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Record 4.3 million referrals to specialist mental health services in 2021

Press release

15 March 2022

How can we help?

- **Belonging** -Support **social** connections/ build networks
- **Financial** - advice/ education and hardship funding access
- **Transition** -Support at every stage
- **Issues that concern students** - Work to improve climate change/ race / gender/ sexuality/ sexual violence
- **Better access to mental health support** (NHS not resourced well enough to cope)
- **Partnerships-** Work with local NHS /other sectors to improve student specific support/ pathways
- **Tackle suicide risk factors** (e.g. academic pressure/ LGBTQ/ isolation)
- **Careers** advice beyond graduation
- **Ask the students!**

Thank you!

- Dominique.thompson@me.com
- @drdomthompson (Twitter/Insta)

- www.buzzconsulting.co.uk
- Download Webinars e.g. self-harm support
- Books
- www.Growingagrownup.com
- Blogs

- Positive Planner student journal with Samaritans
- Aardman Animation ‘What’s Up with Everyone?’ films