How does poverty affect children's mental health

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#solveukpoverty

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Poverty and mental health are closely intertwined

The grip of poverty affects every aspect of a child's life

Parents: stressed, tired, anxious

Children: worried, ashamed

Strained relationships

Restrictions: Social networks, relaxation, fun, variety, learning

Services: quality, access

Housing: insecure, damp, expensive

Child poverty is rising

- Three in ten children live in poverty
- Over 400 000 more since 2011/12
- Two thirds in working families
- Likely to rise even more in the next few years

Pay rises and tax cuts outweighed by changes to tax credits

Earnings have increased at the bottom, but **changes to tax credits** have pulled in the other direction

Source: JRF Analysis Unit

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Price increases putting pressure on shrinking family budgets

Bus & coach prices up 14%: £116 more per year

Fuel costs up 6% (electricity 11%): £62 more per year

Food prices up 4%: £68 more per year

Housing costs a particular driver of poverty

- Just under half (47%) working-age adults in the poorest fifth of the population spend more than 1/3 income on housing costs
  - 3.2 million people
  - Up from 39% in 1994/5

- More than 1/3 working age adults receiving Housing Benefit have to top it up out of other income
  - 90% of low income private renters

Swimming against the tide…

Thank you

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