

YOUNG PEOPLE, COVID-19 AND MENTAL HEALTH

A research project with St Paul's Cathedral

1

WHAT IS THE RESEARCH ABOUT?

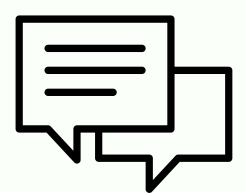
This research is about the health and wellbeing of young people aged 13-17 who live in the City of London, Camden, Islington, Hackney, Tower Hamlets and Westminster. We aim to find out what life has been like during the coronavirus (Covid-19) pandemic that began in the UK in March last year. The aim is to listen to you and find out about your experiences, what you have learnt and what kind of support could be helpful for you.



2

WHAT WILL THE ONLINE SURVEY BE LIKE?

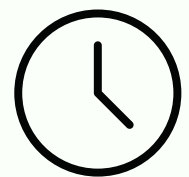
The online survey will ask you questions about how you have felt, what aspects of life have got better and what aspects of life have got worse. It will also ask you about how you've coped and what kind of support you think could be helpful.



3

HOW LONG WILL IT TAKE?

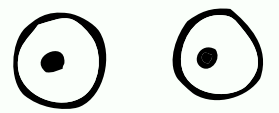
The survey will take around 10 minutes to complete



4

WHO WILL SEE MY ANSWERS?

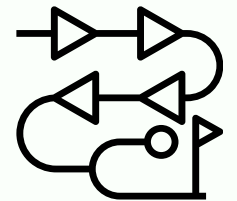
Your answers will be put together with answers from other young people. All the information will be looked at by researchers to help St Paul's cathedral to understand what young people need at this time.



5

IS THE STUDY CONFIDENTIAL?

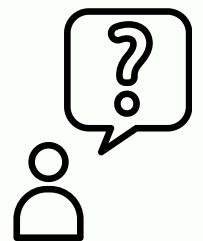
Yes. Any information you give will be treated confidentially and held in accordance with General Data Protection Regulation (GDPR) The data is for research purposes only and the report we publish will not identify you or your household. You can read more about GDPR on the Diocese of London website [london.anglican.org/kb/data-protection](https://www.london.anglican.org/kb/data-protection)



6

DO I HAVE TO TAKE PART?

No. It is up to you if you take part or not. If you decide to take part, then you can also change your mind and decide not to if you want to.



7

WHY SHOULD I TAKE PART?

By taking part you will help St Paul's to come up with a programme of activities and support for young people. The research will help people to understand young people like you better.



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USEFUL CONTACTS

If you are affected by anything that is talked about in the focus group or when you fill in the online survey, here are contact details for organisations that you might find helpful.

YOUR GP

They will be able to provide help and advice. Your GP can also provide access to appropriate specialist services and local organisations.

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. Also available online at 111.nhs.uk

EVERY MIND MATTERS

Every Mind Matters provides simple and practical advice to get a healthier mind and get more out of life - from how to deal with stress and anxiety to boosting our mood or sleeping better. It has been created by Public Health England and will help you spot the signs of common mental health conditions, get personalised practical self-care tips and information on further support. You'll also learn about what you can do to help others. Visit nhs.uk/oneyou/every-mind-matters

CHILDLINE

Free 24 hour counselling service for children and young people up to their 19th birthday. Call **0800 1111**

SHOUT CRISIS TEXTLINE

If you need immediate support, you can text **SHOUT** to **85258** and chat by text. The service is free on most networks and available 24/7. Trained volunteers will listen to you, and work with you to help you take the next steps towards feeling better.

NSPCC

Provides helpline and information on child abuse, child protection and safeguarding children. Call **0808 800 5000** // nspcc.org.uk

CORONAVIRUS INFORMATION

If you are worried about any of the questions in this study relating to the coronavirus (Covid 19) you can get information, advice and support from the UK government at this website: gov.uk/coronavirus.