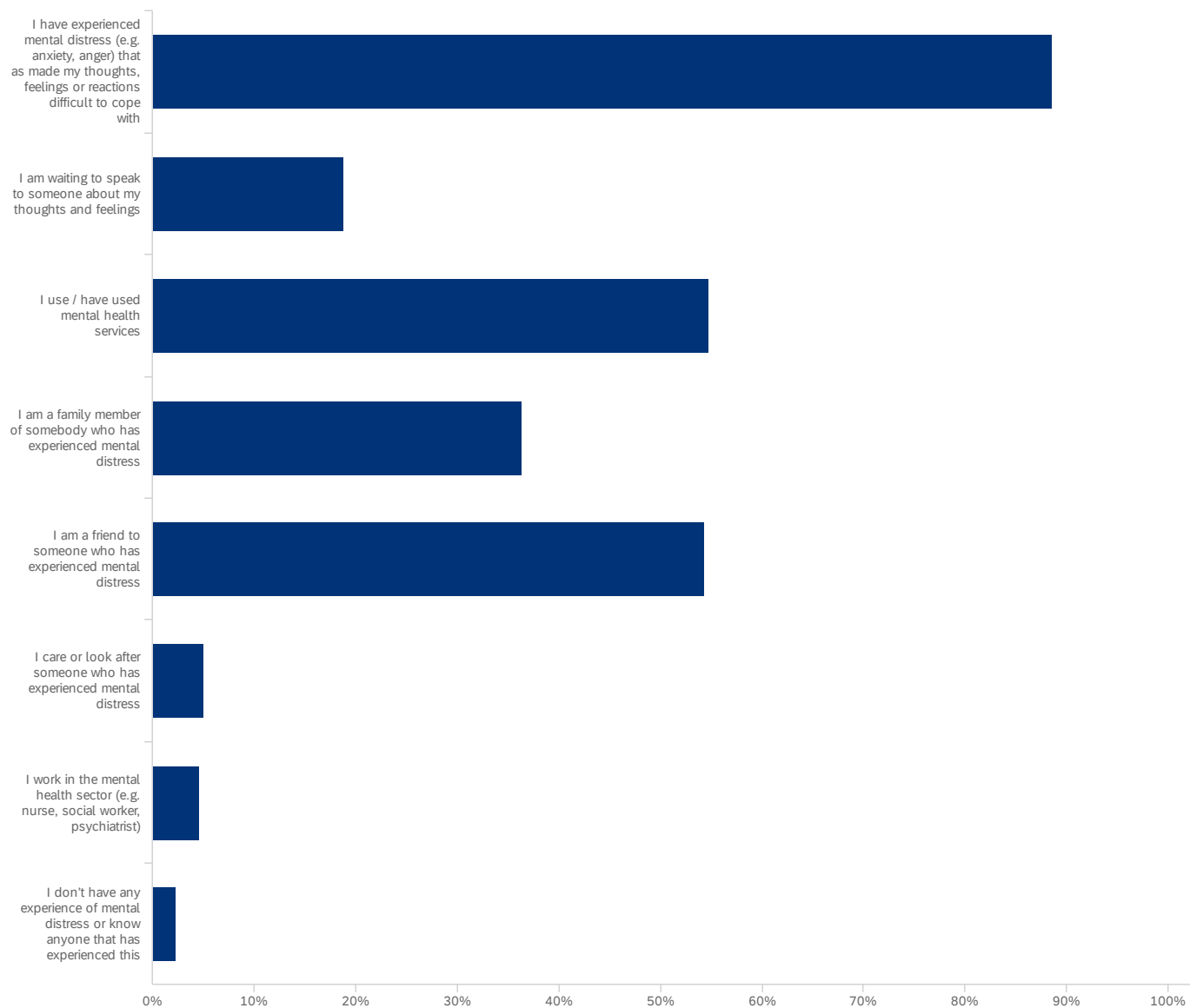


# Appendix: young people's survey

CYP Coronavirus 'one year on' survey

25 June 2021 09:51 BST

Which of the following best represents your experience of managing your thoughts and feelings? Please select all that apply



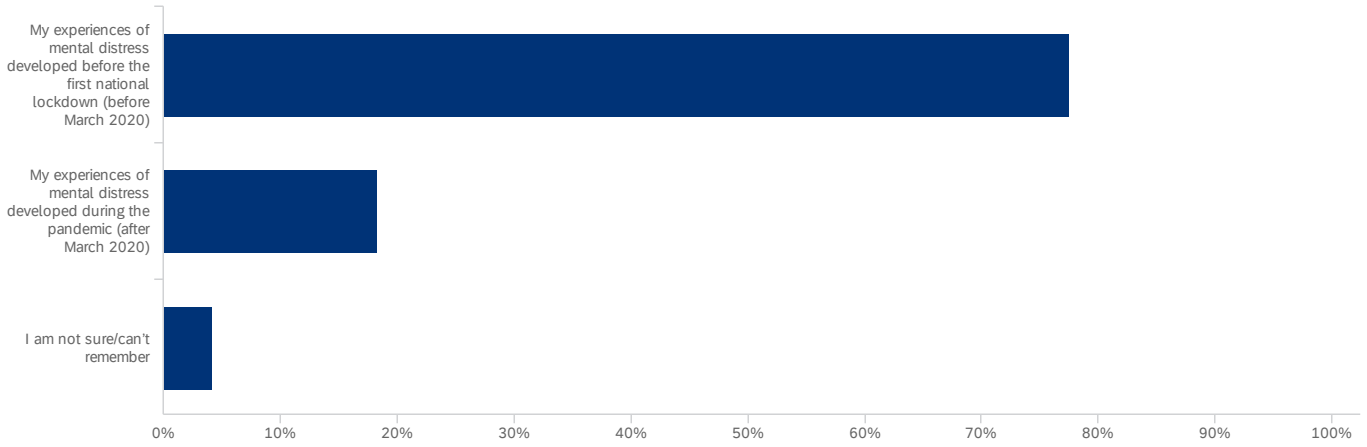
#	Field	Percentage
1	I have experienced mental distress (e.g. anxiety, anger) that has made my thoughts, feelings or reactions difficult to cope with	33%
2	I am waiting to speak to someone about my thoughts and feelings	7%
3	I use / have used mental health services	21%

#	Field	Percentage
4	I am a family member of somebody who has experienced mental distress	14%
5	I am a friend to someone who has experienced mental distress	21%
6	I care or look after someone who has experienced mental distress	2%
7	I work in the mental health sector (e.g. nurse, social worker, psychiatrist)	2%
8	I don't have any experience of mental distress or know anyone that has experienced this	1%

5648

Showing rows 1 - 9 of 9

# When did you first experience mental distress that made your thoughts, feelings or reactions difficult to cope with?

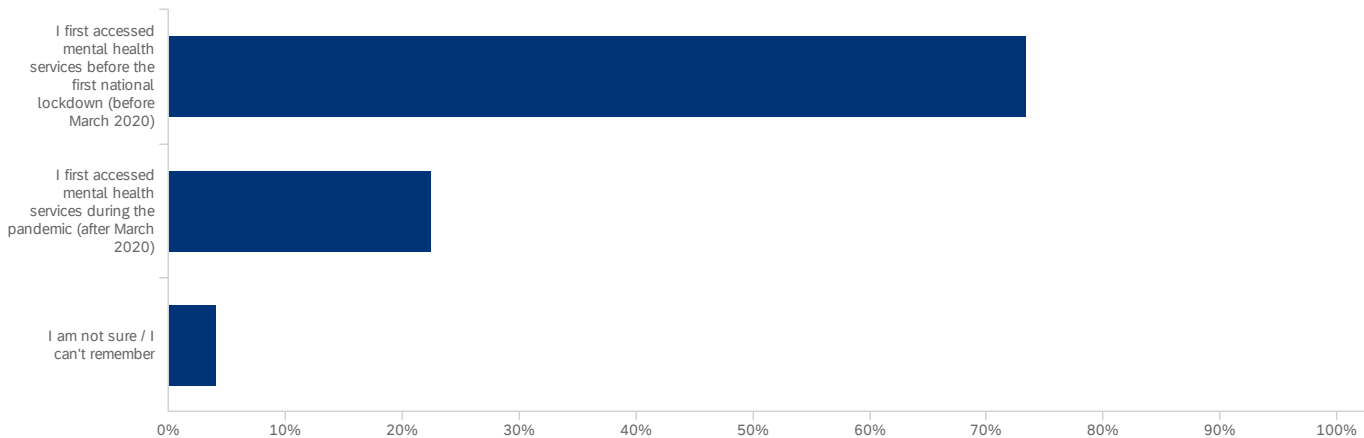


#	Field	Percentage
1	My experiences of mental distress developed before the first national lockdown (before March 2020)	78%
2	My experiences of mental distress developed during the pandemic (after March 2020)	18%
5	I am not sure/can't remember	4%

1814

Showing rows 1 - 4 of 4

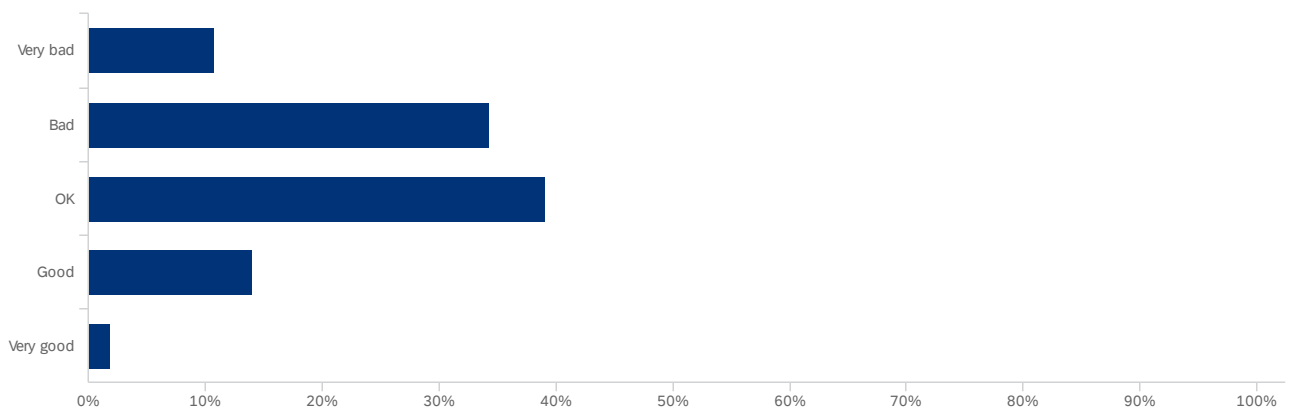
# When did you first access mental health services?



#	Field	Percentage
1	I first accessed mental health services before the first national lockdown (before March 2020)	73%
3	I first accessed mental health services during the pandemic (after March 2020)	22%
4	I am not sure / I can't remember	4%
		49

Showing rows 1 - 4 of 4

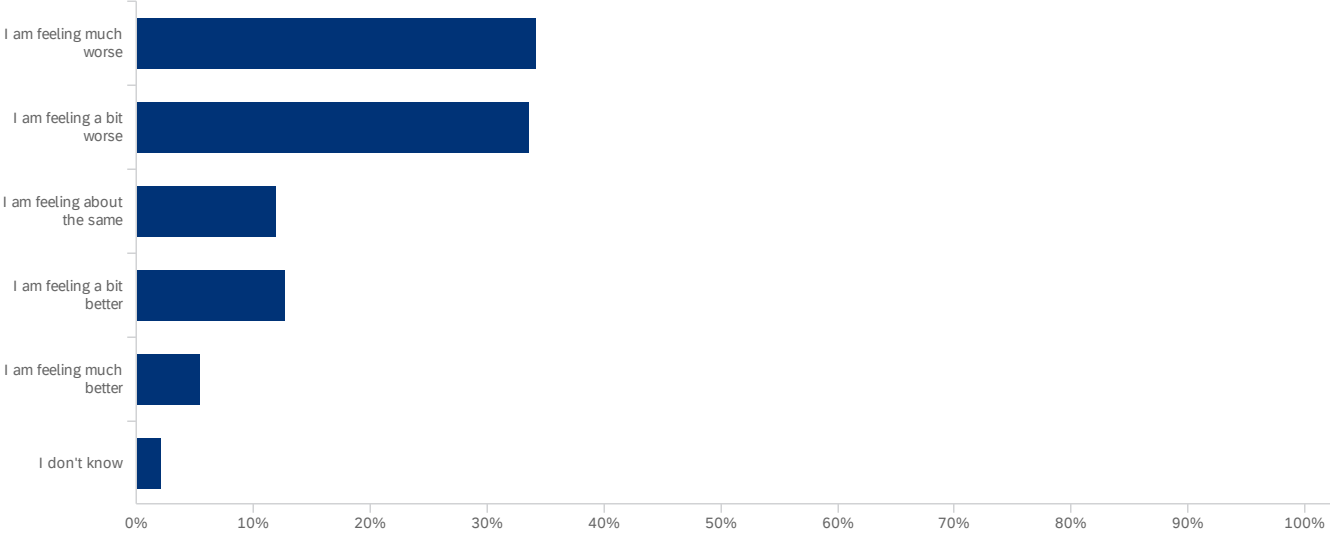
Good mental health means being generally able to think, feel and react in the ways that you need and want to live your life. But if you go through a period of bad mental health you might find the ways you're frequently thinking, feeling or reacting become difficult, or even impossible, to cope with. How would you describe your mental health and wellbeing at the moment?



#	Field	Percentage
1	Very bad	11%
2	Bad	34%
3	OK	39%
4	Good	14%
5	Very good	2%
		2072

Showing rows 1 - 6 of 6

# Overall, how has your mental health and wellbeing changed since the first national lockdown in March 2020?

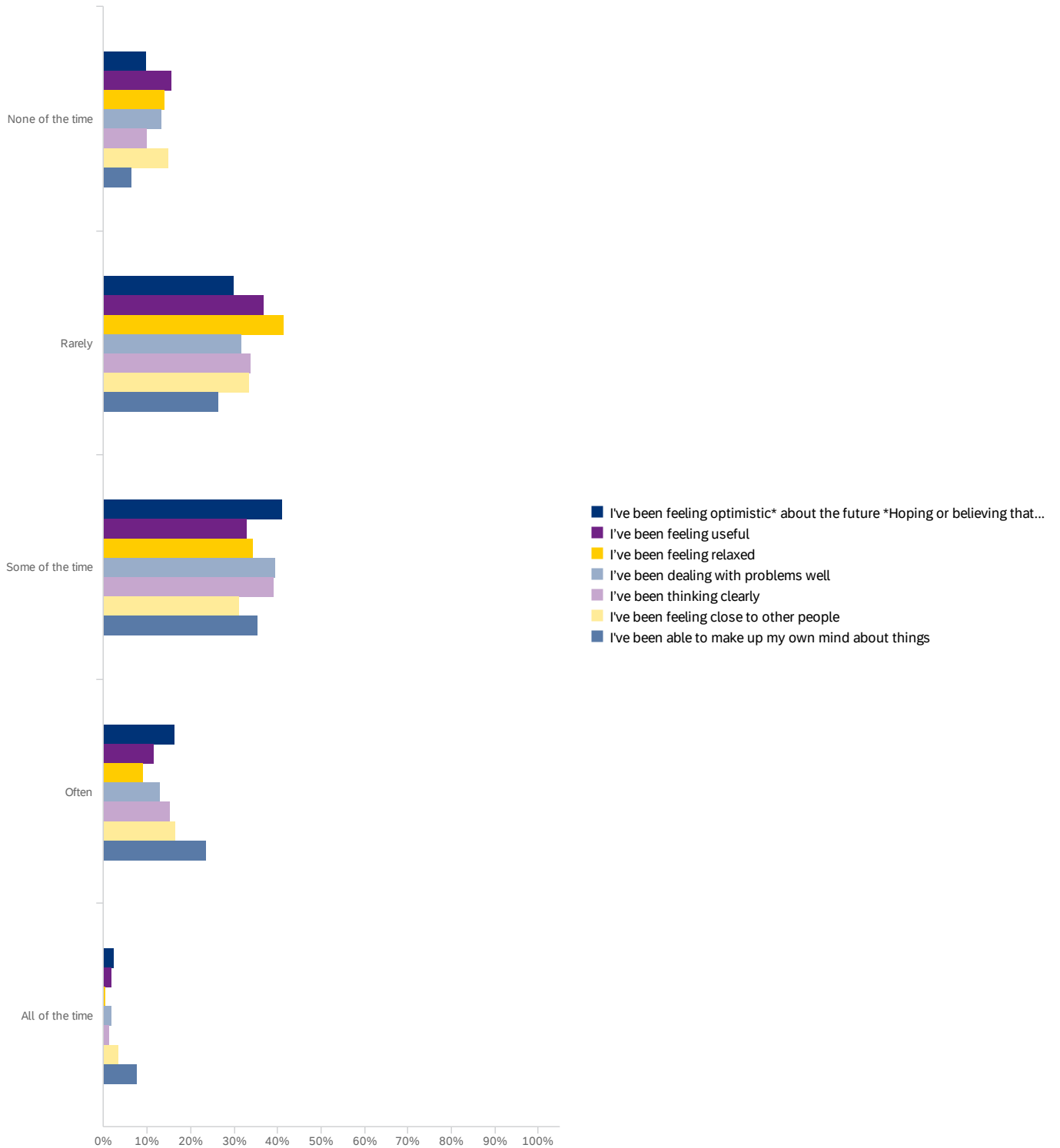


#	Field	Percentage
1	I am feeling much worse	34%
2	I am feeling a bit worse	34%
3	I am feeling about the same	12%
4	I am feeling a bit better	13%
5	I am feeling much better	5%
6	I don't know	2%

2072

Showing rows 1 - 7 of 7

Below are some statements about your feelings and thoughts. Please tick the box that best describes your experience of each over the last two weeks.



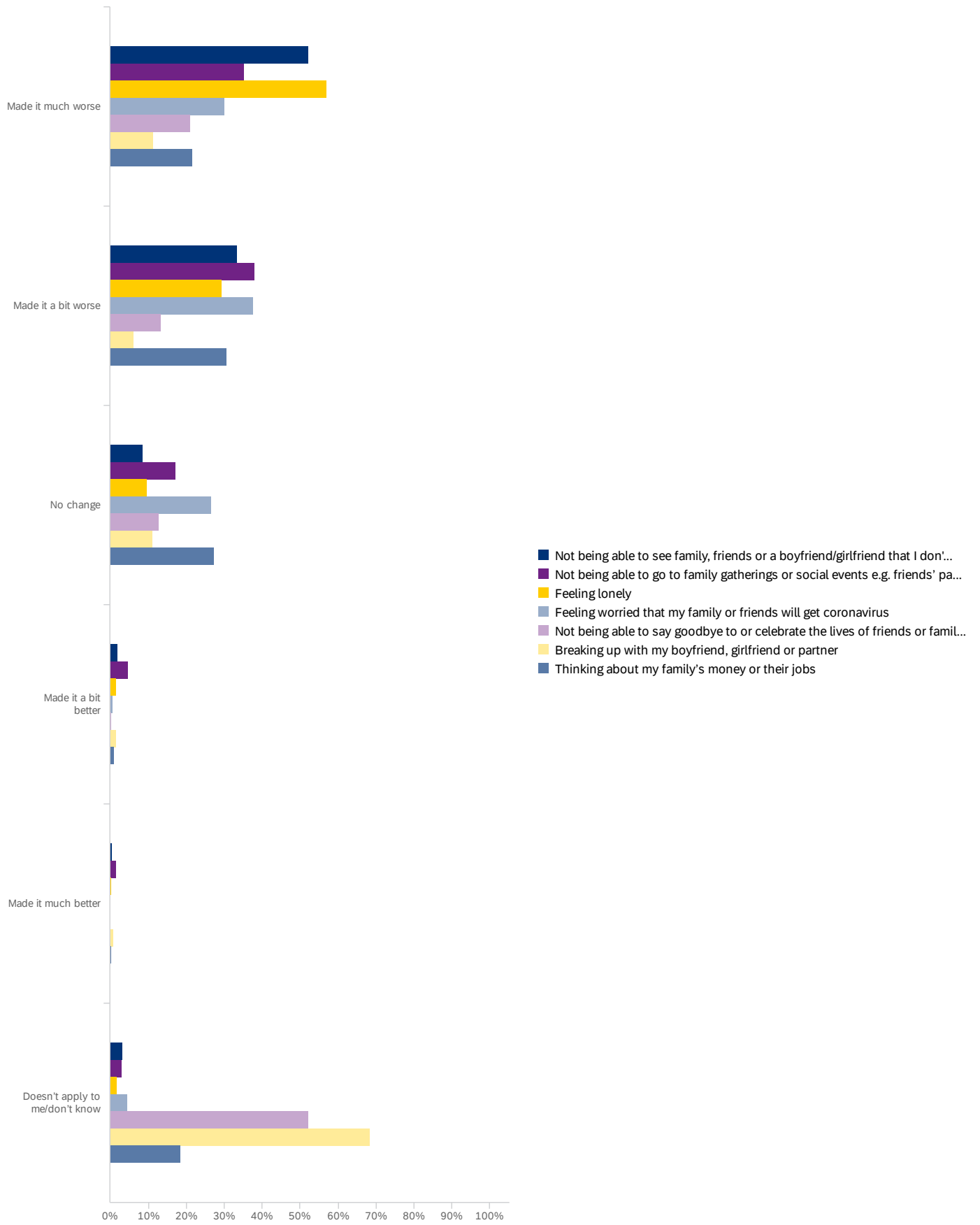
#	Field	None of the time	Rarely	Some of the time	Often	All of the time	Total
---	-------	------------------	--------	------------------	-------	-----------------	-------

#	Field	None of the time	Rarely	Some of the time	Often	All of the time	Total
1	I've been feeling optimistic* about the future *Hoping or believing that good things will happen in the future	10%	30%	41%	16%	2%	1896
2	I've been feeling useful	16%	37%	33%	12%	2%	1888
3	I've been feeling relaxed	14%	42%	35%	9%	1%	1897
4	I've been dealing with problems well	13%	32%	40%	13%	2%	1896
5	I've been thinking clearly	10%	34%	39%	15%	1%	1897
6	I've been feeling close to other people	15%	34%	31%	17%	4%	1896
7	I've been able to make up my own mind about things	6%	27%	36%	24%	8%	1898

Showing rows 1 - 7 of 7



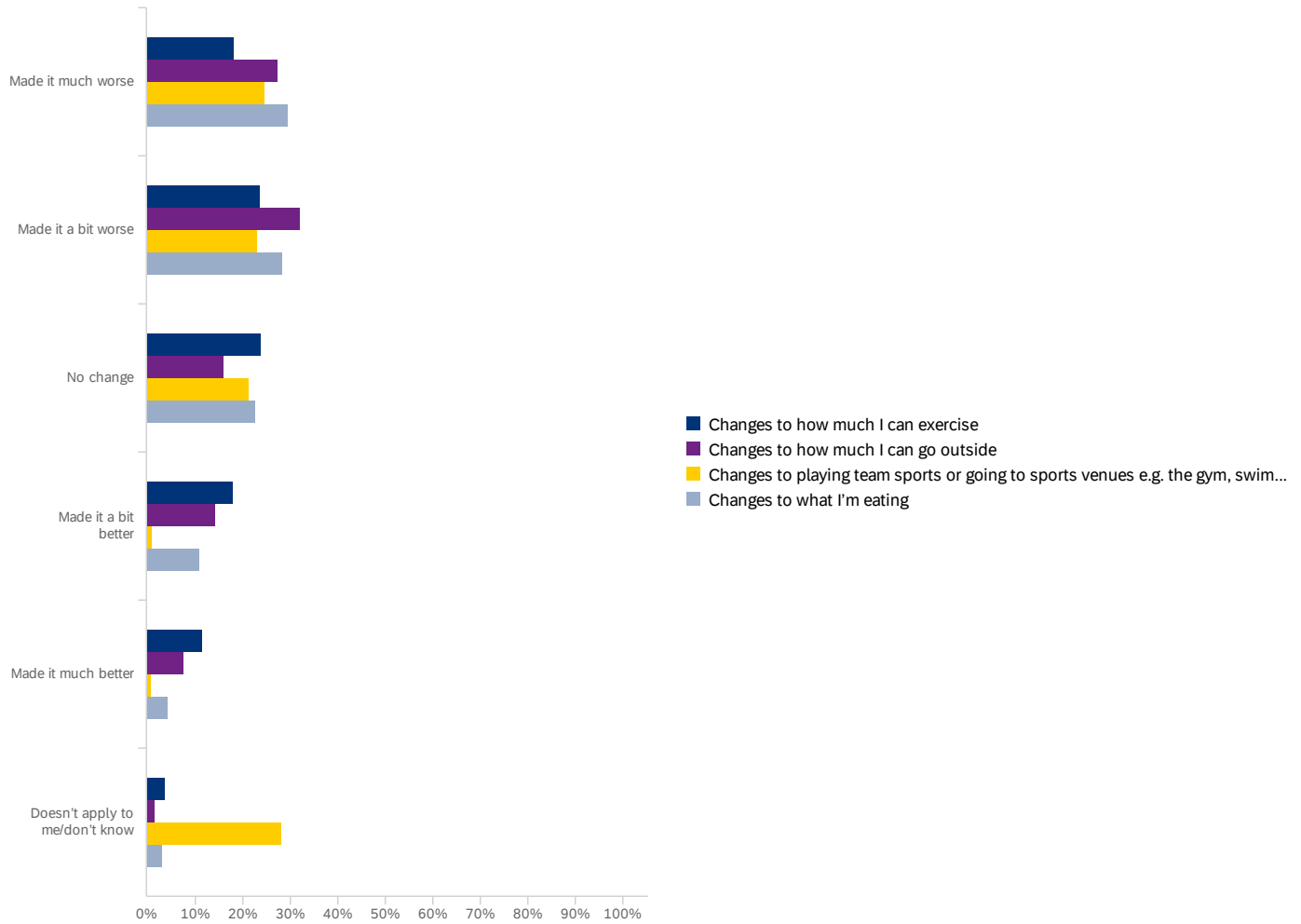
Thinking about your friends and family, have any of the following things had an impact on your mental health and wellbeing since the first national lockdown in March 2020?



#	Field	Made it much worse	Made it a bit worse	No change	Made it a bit better	Made it much better	Doesn't apply to me/don't know	Total
1	Not being able to see family, friends or a boyfriend/girlfriend that I don't live with	52%	33%	9%	2%	1%	3%	1762
2	Not being able to go to family gatherings or social events e.g. friends' parties	35%	38%	17%	5%	2%	3%	1760
3	Feeling lonely	57%	29%	10%	2%	0%	2%	1758
4	Feeling worried that my family or friends will get coronavirus	30%	38%	27%	1%	0%	5%	1758
5	Not being able to say goodbye to or celebrate the lives of friends or family members that have died during the pandemic	21%	13%	13%	0%	0%	52%	1759
6	Breaking up with my boyfriend, girlfriend or partner	11%	6%	11%	1%	1%	69%	1751
7	Thinking about my family's money or their jobs	22%	31%	27%	1%	0%	19%	1751

Showing rows 1 - 7 of 7

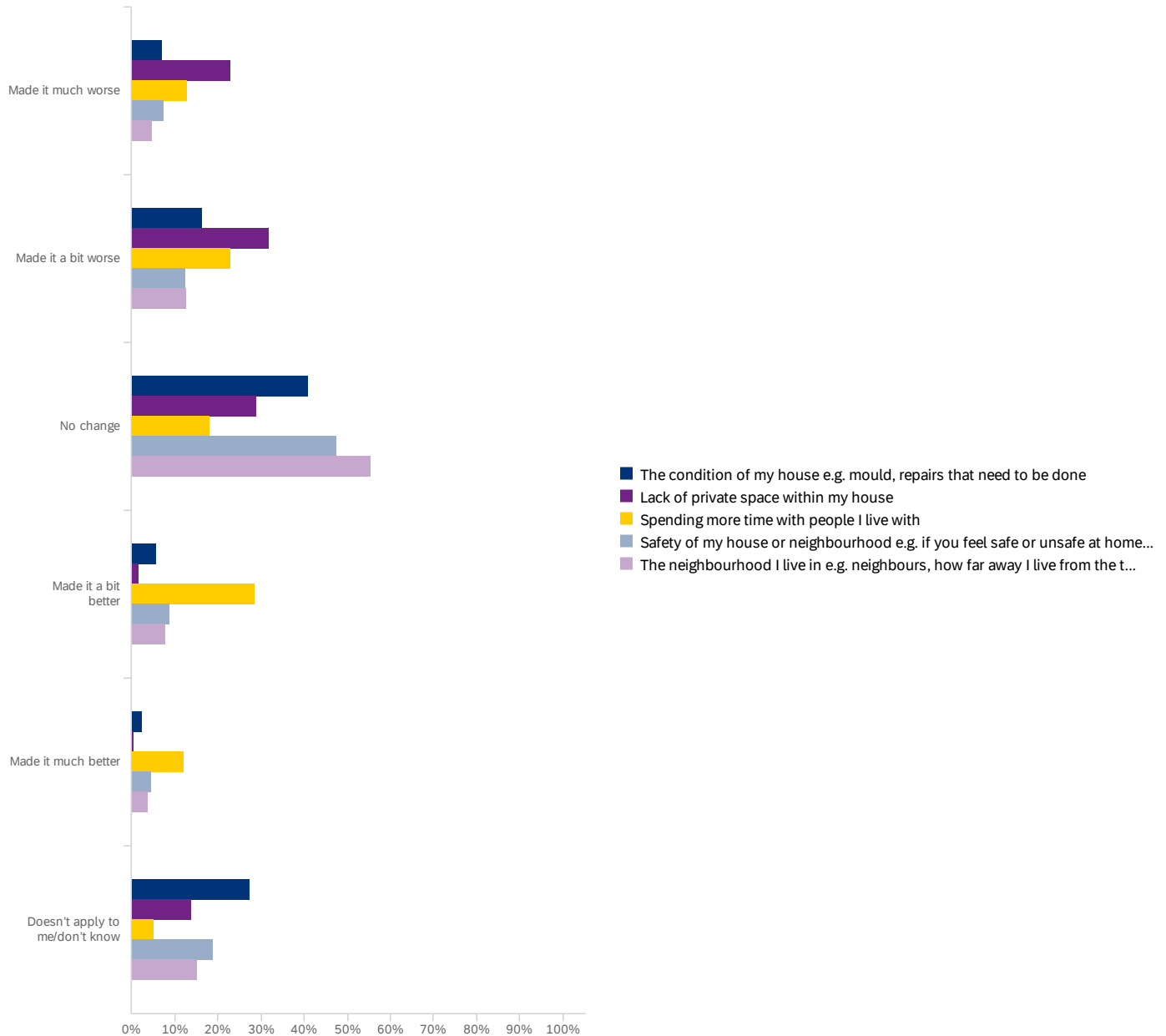
Thinking about your day-to-day activities and your free time, have any of the following things had a positive or negative impact on your mental health and wellbeing since the first national lockdown in March 2020?



#	Field	Made it much worse	Made it a bit worse	No change	Made it a bit better	Made it much better	Doesn't apply to me/don't know	Total
1	Changes to how much I can exercise	18%	24%	24%	18%	12%	4%	1760
2	Changes to how much I can go outside	28%	32%	16%	14%	8%	2%	1760
3	Changes to playing team sports or going to sports venues e.g. the gym, swimming pools	25%	23%	22%	1%	1%	28%	1758
4	Changes to what I'm eating	30%	29%	23%	11%	4%	3%	1756

Showing rows 1 - 4 of 4

Thinking about your house and the area that you live in, have any of the following things had a positive or negative impact on your mental health and wellbeing since the first national lockdown in March 2020?

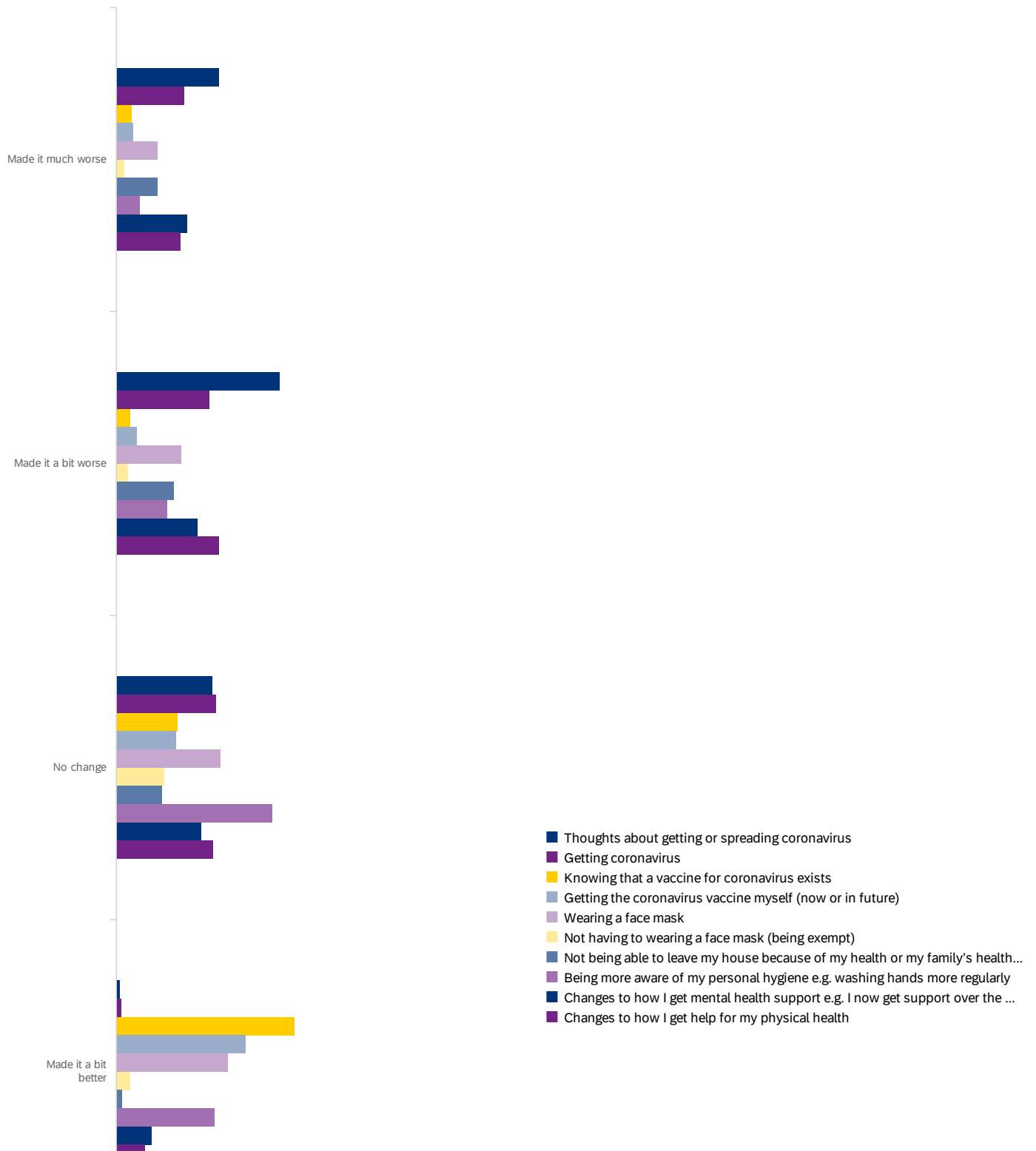


#	Field	Made it much worse	Made it a bit worse	No change	Made it a bit better	Made it much better	Doesn't apply to me/don't know	Total
1	The condition of my house e.g. mould, repairs that need to be done	7%	16%	41%	6%	2%	27%	1760

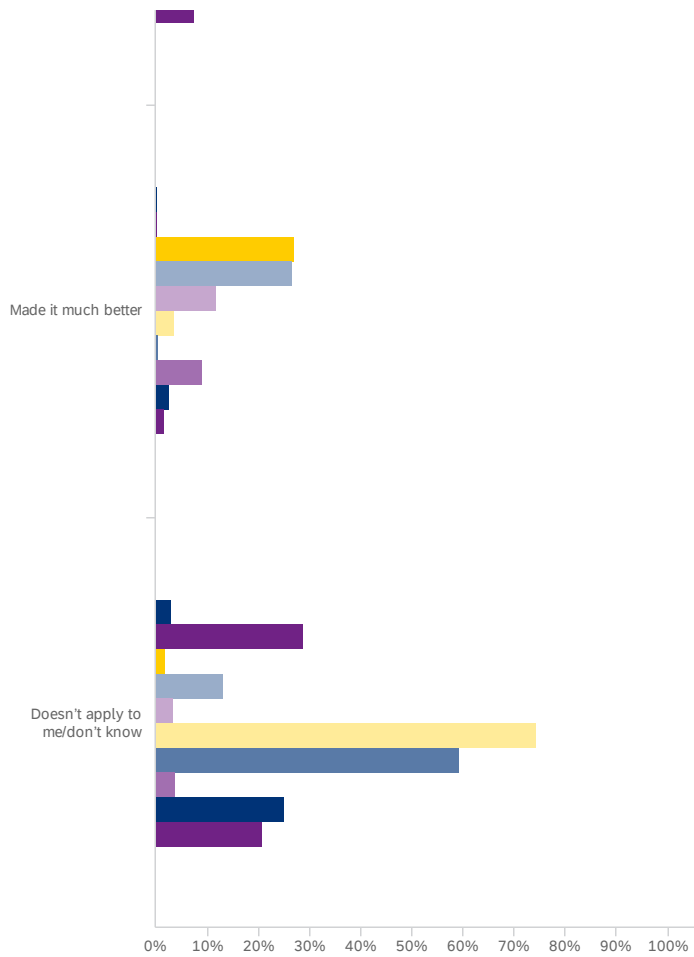
#	Field	Made it much worse	Made it a bit worse	No change	Made it a bit better	Made it much better	Doesn't apply to me/don't know	Total
2	Lack of private space within my house	23%	32%	29%	2%	0%	14%	1758
3	Spending more time with people I live with	13%	23%	18%	29%	12%	5%	1760
4	Safety of my house or neighbourhood e.g. if you feel safe or unsafe at home or when out and about	8%	12%	48%	9%	4%	19%	1757
5	The neighbourhood I live in e.g. neighbours, how far away I live from the things I need	5%	13%	56%	8%	4%	15%	1755

Showing rows 1 - 5 of 5

Thinking about your health and safety, have any of the following things had a positive or negative impact on your mental health and wellbeing since the first national lockdown in March 2020?







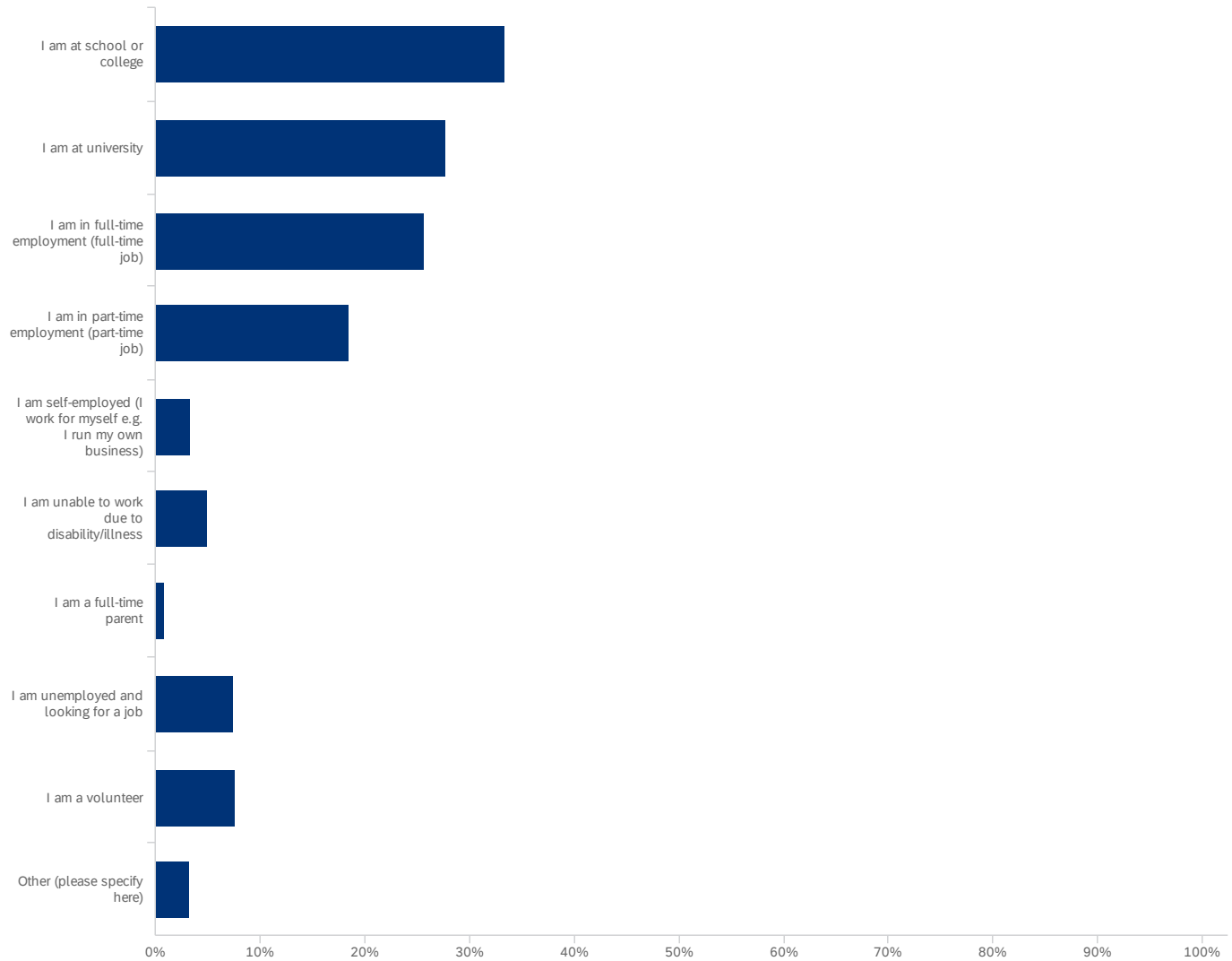
#	Field	Made it much worse	Made it a bit worse	No change	Made it a bit better	Made it much better	Doesn't apply to me/don't know	Total
1	Thoughts about getting or spreading coronavirus	27%	43%	25%	1%	0%	3%	1759
2	Getting coronavirus	18%	25%	26%	1%	0%	29%	1749
3	Knowing that a vaccine for coronavirus exists	4%	4%	16%	47%	27%	2%	1760
4	Getting the coronavirus vaccine myself (now or in future)	4%	5%	16%	34%	27%	13%	1759
5	Wearing a face mask	11%	17%	27%	29%	12%	3%	1761
6	Not having to wearing a face mask (being exempt)	2%	3%	13%	4%	4%	75%	1749
7	Not being able to leave my house because of my health or my family's health (shielding)	11%	15%	12%	1%	1%	60%	1752
8	Being more aware of my personal hygiene e.g. washing hands more regularly	6%	13%	41%	26%	9%	4%	1757

#	Field	Made it much worse	Made it a bit worse	No change	Made it a bit better	Made it much better	Doesn't apply to me/don't know	Total
9	Changes to how I get mental health support e.g. I now get support over the phone or online	19%	22%	23%	9%	3%	25%	1756
10	Changes to how I get help for my physical health	17%	27%	26%	8%	2%	21%	1756

Showing rows 1 - 10 of 10

Thinking about your work or study, which of the following best describe your situation at

the moment? Please select all that apply



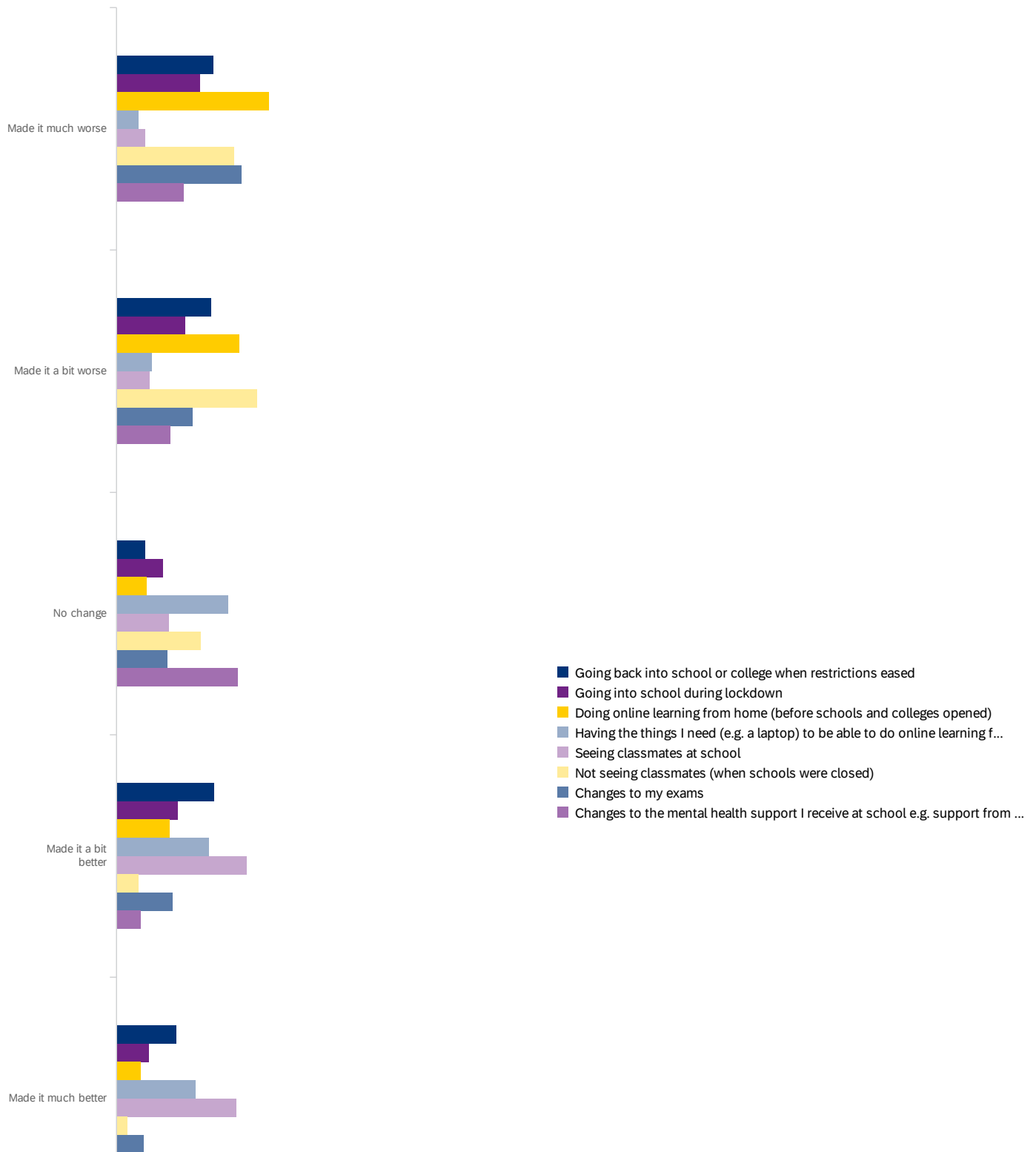
#	Field	Percentage
1	I am at school or college	25%
2	I am at university	21%
3	I am in full-time employment (full-time job)	19%
4	I am in part-time employment (part-time job)	14%
5	I am self-employed (I work for myself e.g. I run my own business)	2%
6	I am unable to work due to disability/illness	4%
7	I am a full-time parent	1%

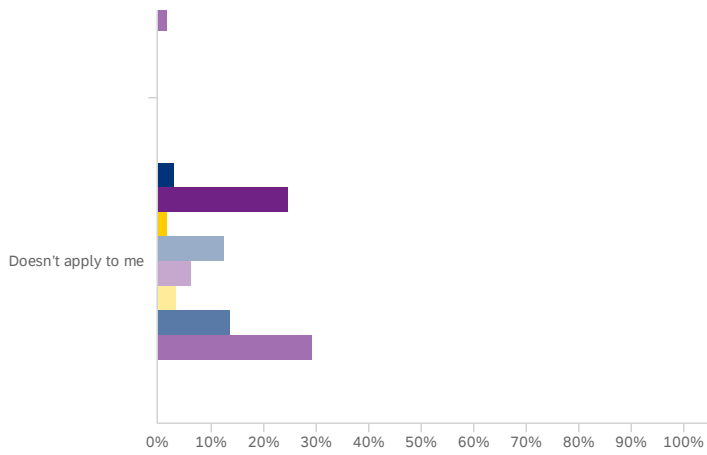
#	Field	Percentage
8	I am unemployed and looking for a job	6%
9	I am a volunteer	6%
10	Other (please specify here)	2%

2332

Showing rows 1 - 11 of 11

Thinking about school or college, have any of the following things had a positive or negative impact on your mental health and wellbeing since the first national lockdown in March 2020?

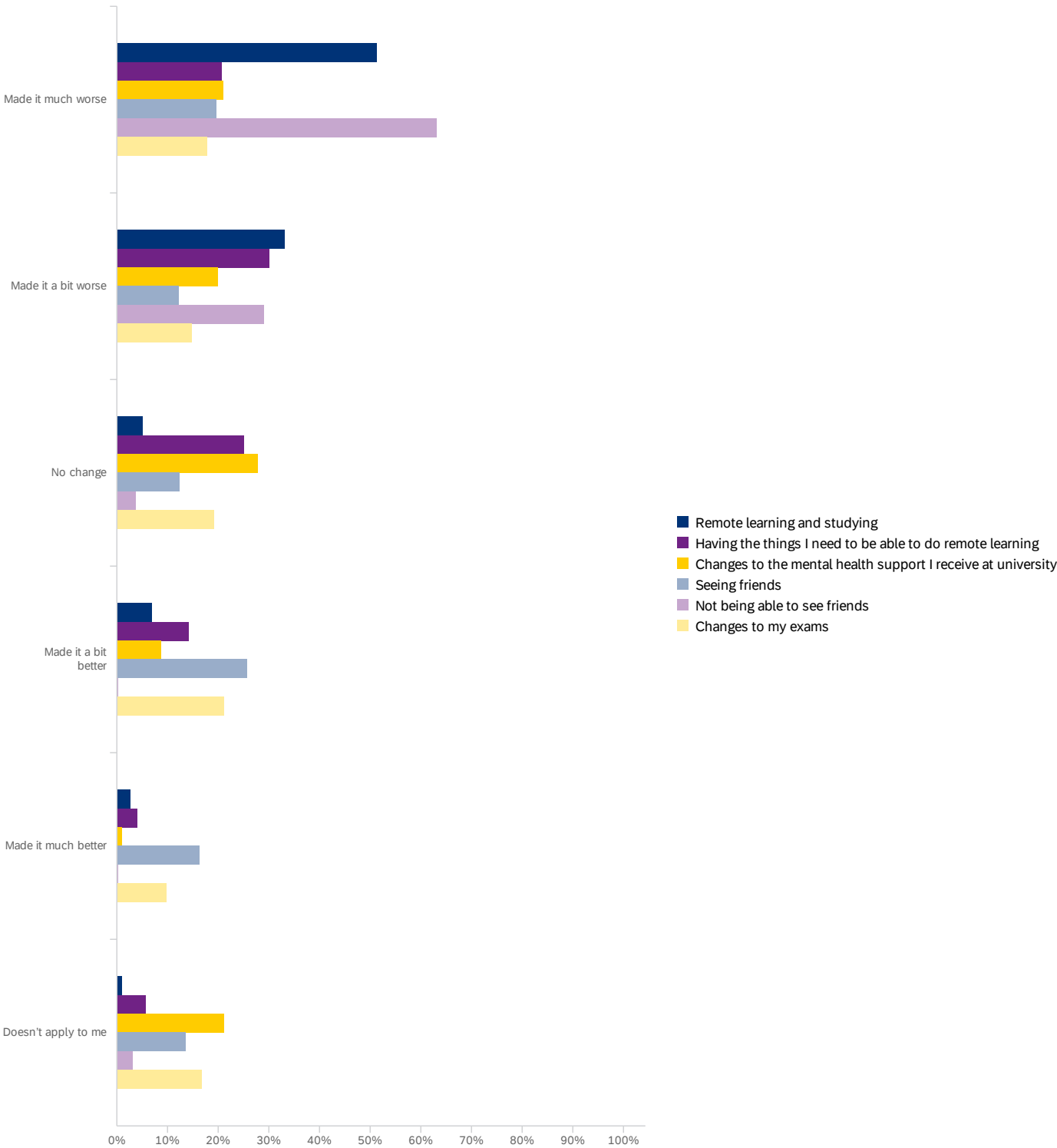




#	Field	Made it much worse	Made it a bit worse	No change	Made it a bit better	Made it much better	Doesn't apply to me	Total
1	Going back into school or college when restrictions eased	25%	24%	7%	25%	15%	3%	561
2	Going into school during lockdown	21%	18%	12%	16%	8%	25%	559
3	Doing online learning from home (before schools and colleges opened)	39%	32%	8%	14%	6%	2%	561
4	Having the things I need (e.g. a laptop) to be able to do online learning from home	6%	9%	29%	24%	20%	13%	561
5	Seeing classmates at school	7%	9%	13%	33%	31%	6%	560
6	Not seeing classmates (when schools were closed)	30%	36%	22%	6%	3%	4%	560
7	Changes to my exams	32%	19%	13%	14%	7%	14%	559
8	Changes to the mental health support I receive at school e.g. support from teachers or school counsellors	17%	14%	31%	6%	2%	30%	559

Showing rows 1 - 8 of 8

Thinking about university, have any of the following things had a positive or negative impact on your mental health and wellbeing since the first national lockdown in March 2020?

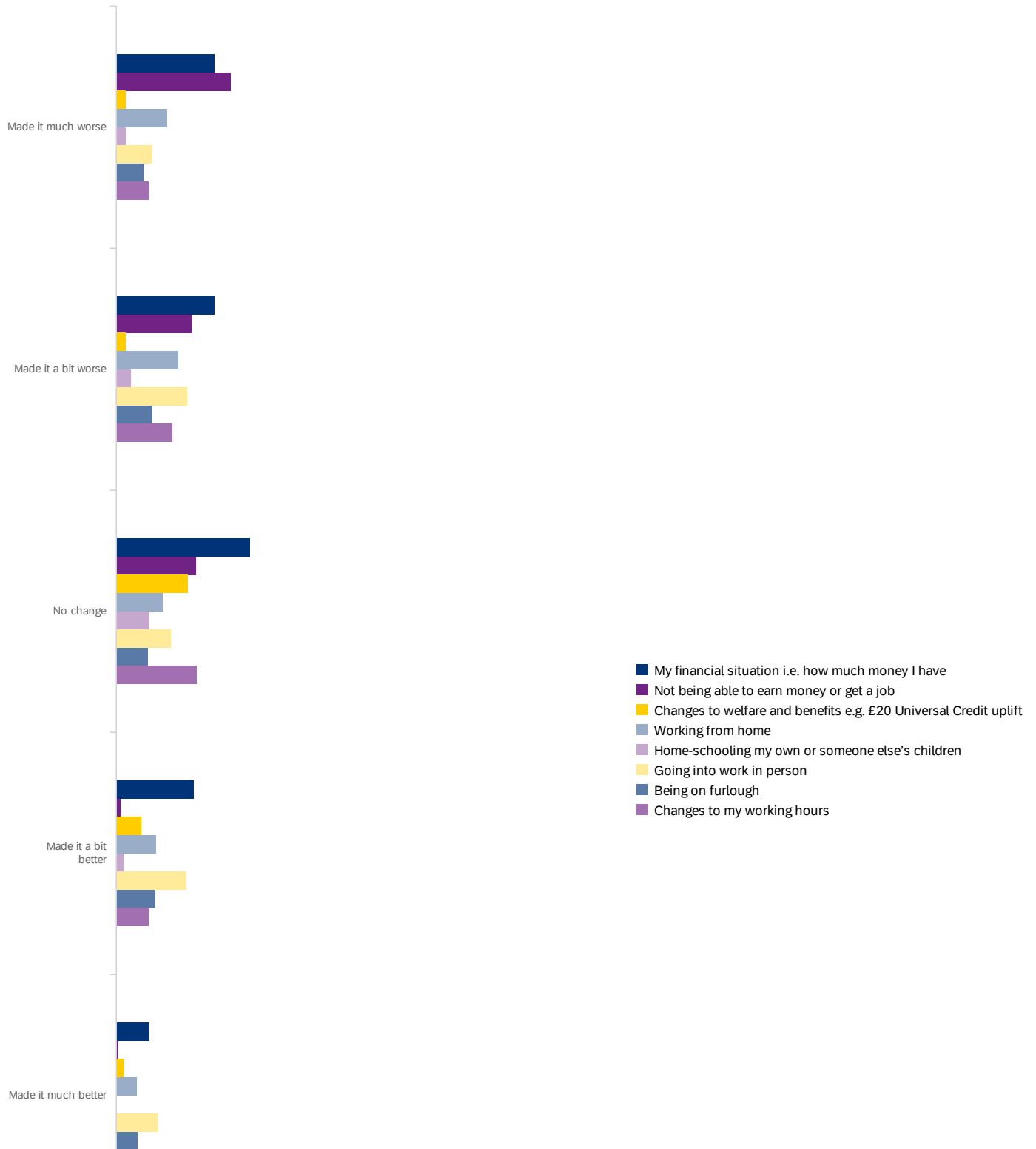


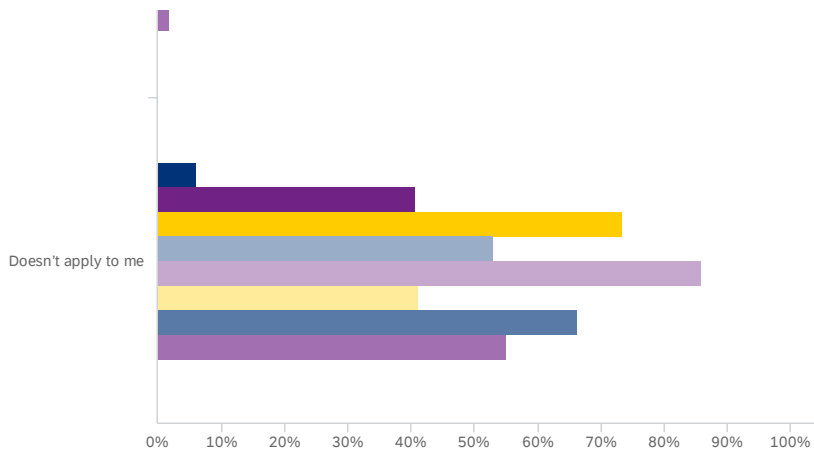
#	Field	Made it much worse	Made it a bit worse	No change	Made it a bit better	Made it much better	Doesn't apply to me	Total
1	Remote learning and studying	51%	33%	5%	7%	3%	1%	478
2	Having the things I need to be able to do remote learning	21%	30%	25%	14%	4%	6%	477
3	Changes to the mental health support I receive at university	21%	20%	28%	9%	1%	21%	476
4	Seeing friends	20%	12%	12%	26%	16%	14%	477
5	Not being able to see friends	63%	29%	4%	0%	0%	3%	476
6	Changes to my exams	18%	15%	19%	21%	10%	17%	476

Showing rows 1 - 6 of 6



Thinking about your money and employment, have any of the following things had a positive or negative impact on your mental health and wellbeing since the first national lockdown in March 2020?

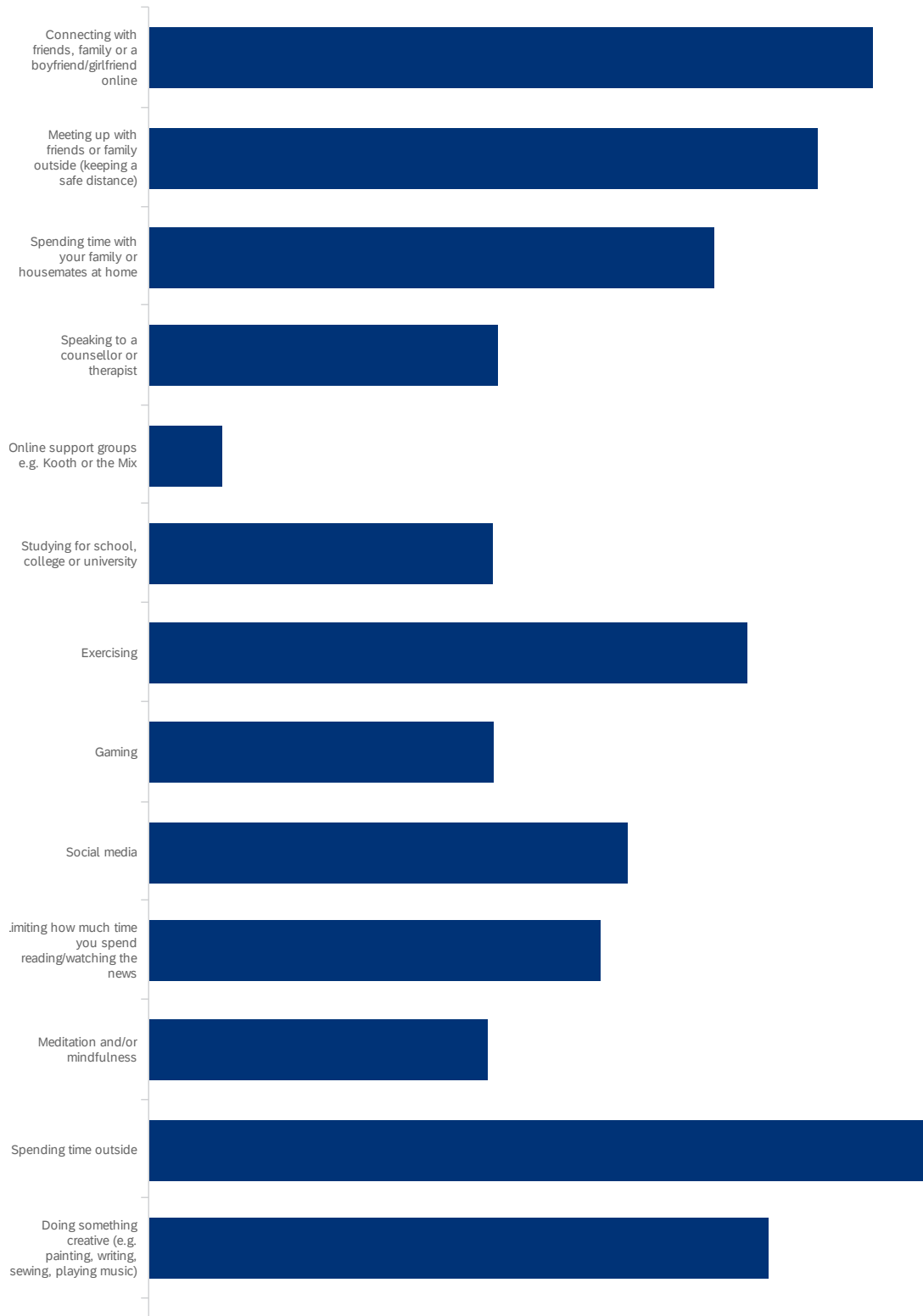


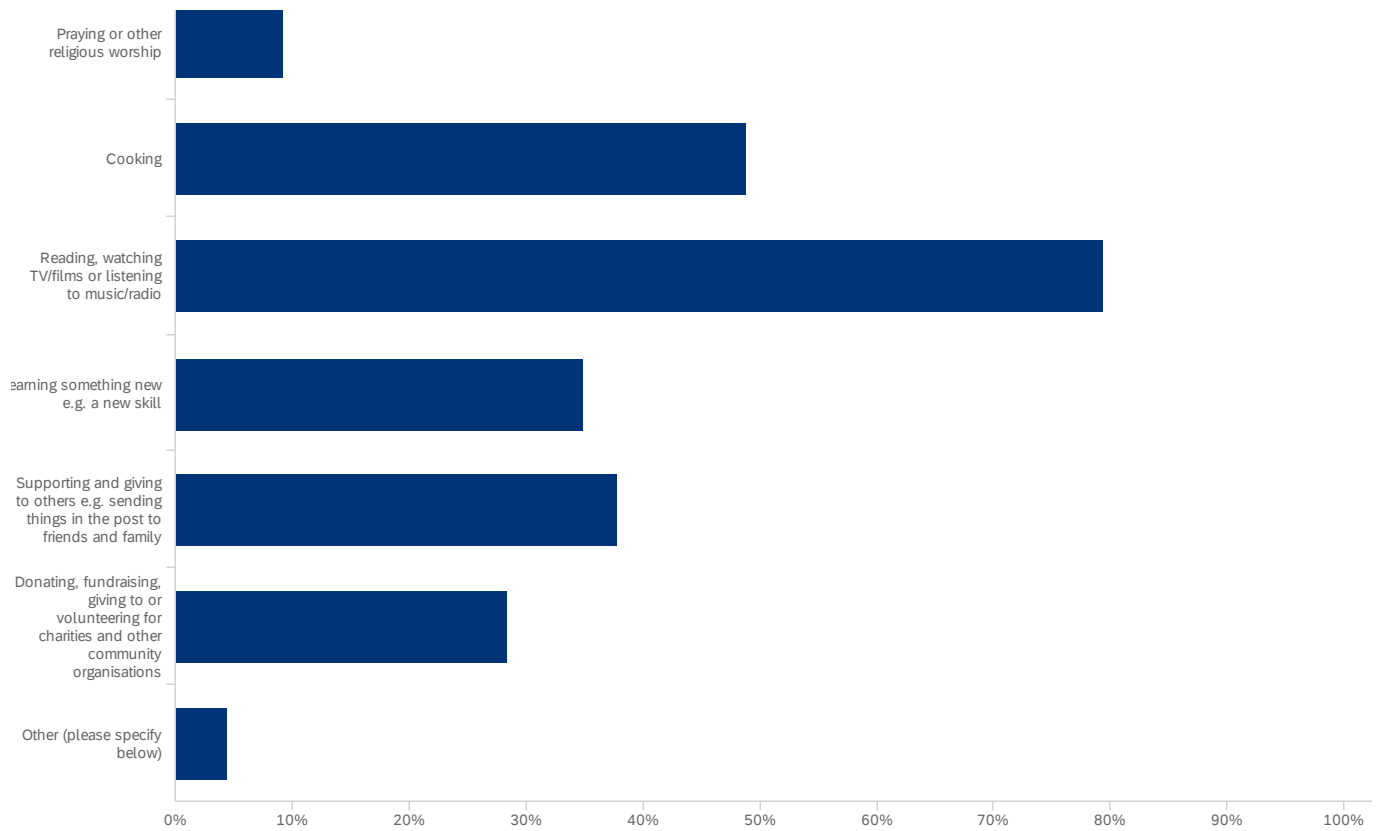


#	Field	Made it much worse	Made it a bit worse	No change	Made it a bit better	Made it much better	Doesn't apply to me	Total
1	My financial situation i.e. how much money I have	21%	21%	29%	17%	7%	6%	1027
2	Not being able to earn money or get a job	25%	16%	17%	1%	0%	41%	1022
3	Changes to welfare and benefits e.g. £20 Universal Credit uplift	2%	2%	15%	5%	2%	74%	1020
4	Working from home	11%	13%	10%	8%	4%	53%	1024
5	Home-schooling my own or someone else's children	2%	3%	7%	2%	0%	86%	1021
6	Going into work in person	8%	15%	12%	15%	9%	41%	1022
7	Being on furlough	6%	8%	7%	8%	5%	67%	1019
8	Changes to my working hours	7%	12%	17%	7%	2%	55%	1025

Showing rows 1 - 8 of 8

Please select which of the below you've spent time doing to cope with any pressures since the first national lockdown in March 2020. Please select all that apply. Activities that can be helpful for our health and wellbeing:





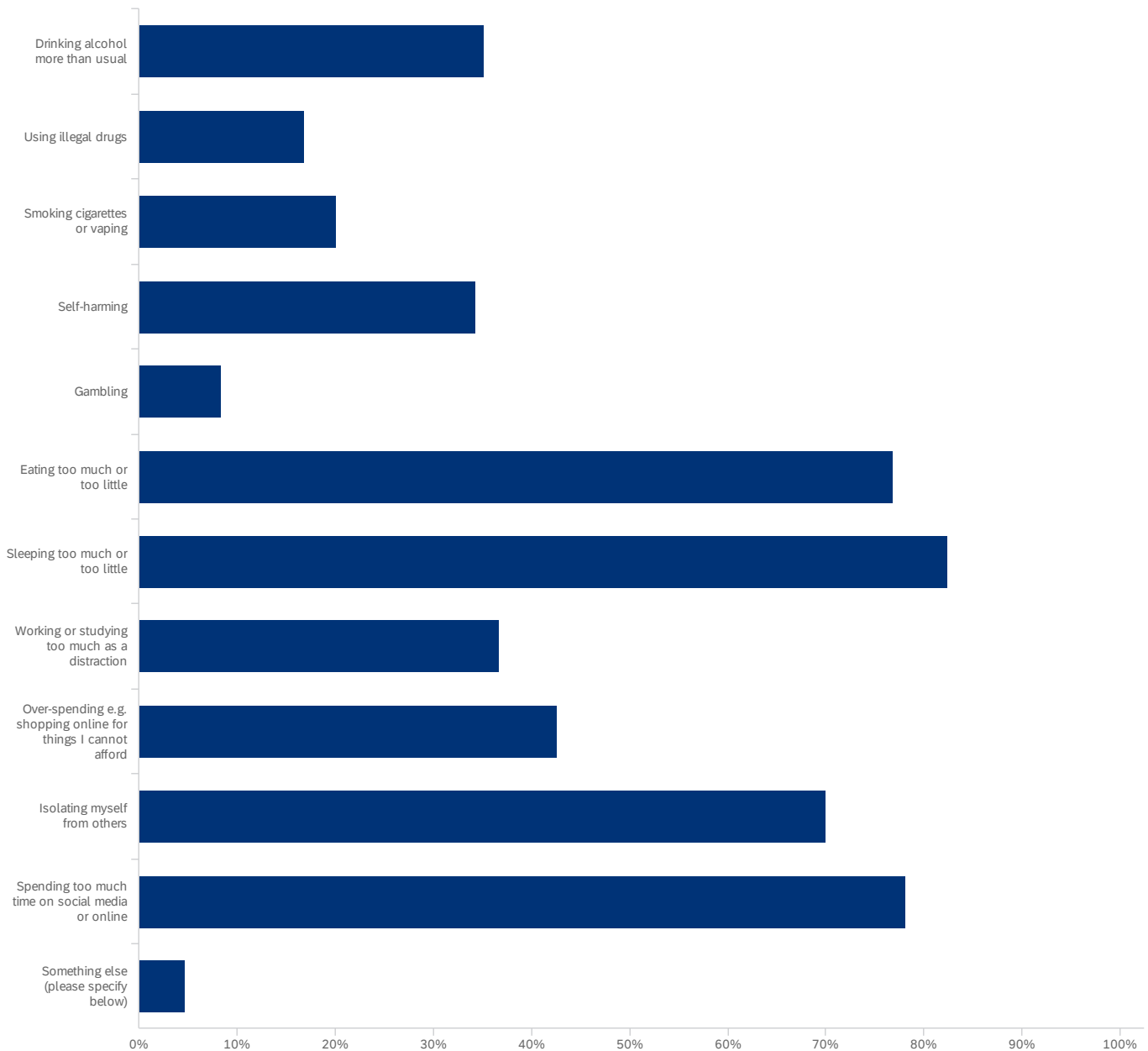
#	Field	Percentage
1	Connecting with friends, family or a boyfriend/girlfriend online	8%
2	Meeting up with friends or family outside (keeping a safe distance)	8%
3	Spending time with your family or housemates at home	6%
4	Speaking to a counsellor or therapist	4%
5	Online support groups e.g. Kooth or the Mix	1%
6	Studying for school, college or university	4%
7	Exercising	7%
8	Gaming	4%
9	Social media	5%
10	Limiting how much time you spend reading/watching the news	5%
11	Meditation and/or mindfulness	4%
12	Spending time outside	9%
13	Doing something creative (e.g. painting, writing, sewing, playing music)	7%
14	Praying or other religious worship	1%
15	Cooking	6%

#	Field	Percentage
16	Reading, watching TV/films or listening to music/radio	9%
17	Learning something new e.g. a new skill	4%
18	Supporting and giving to others e.g. sending things in the post to friends and family	4%
19	Donating, fundraising, giving to or volunteering for charities and other community organisations	3%
20	Other (please specify below)	1%

14745

Showing rows 1 - 21 of 21

Activities that can be harmful for our health and wellbeing: We want to remind you that your answers to these questions are completely confidential; no one will be able to find out what you have selected.



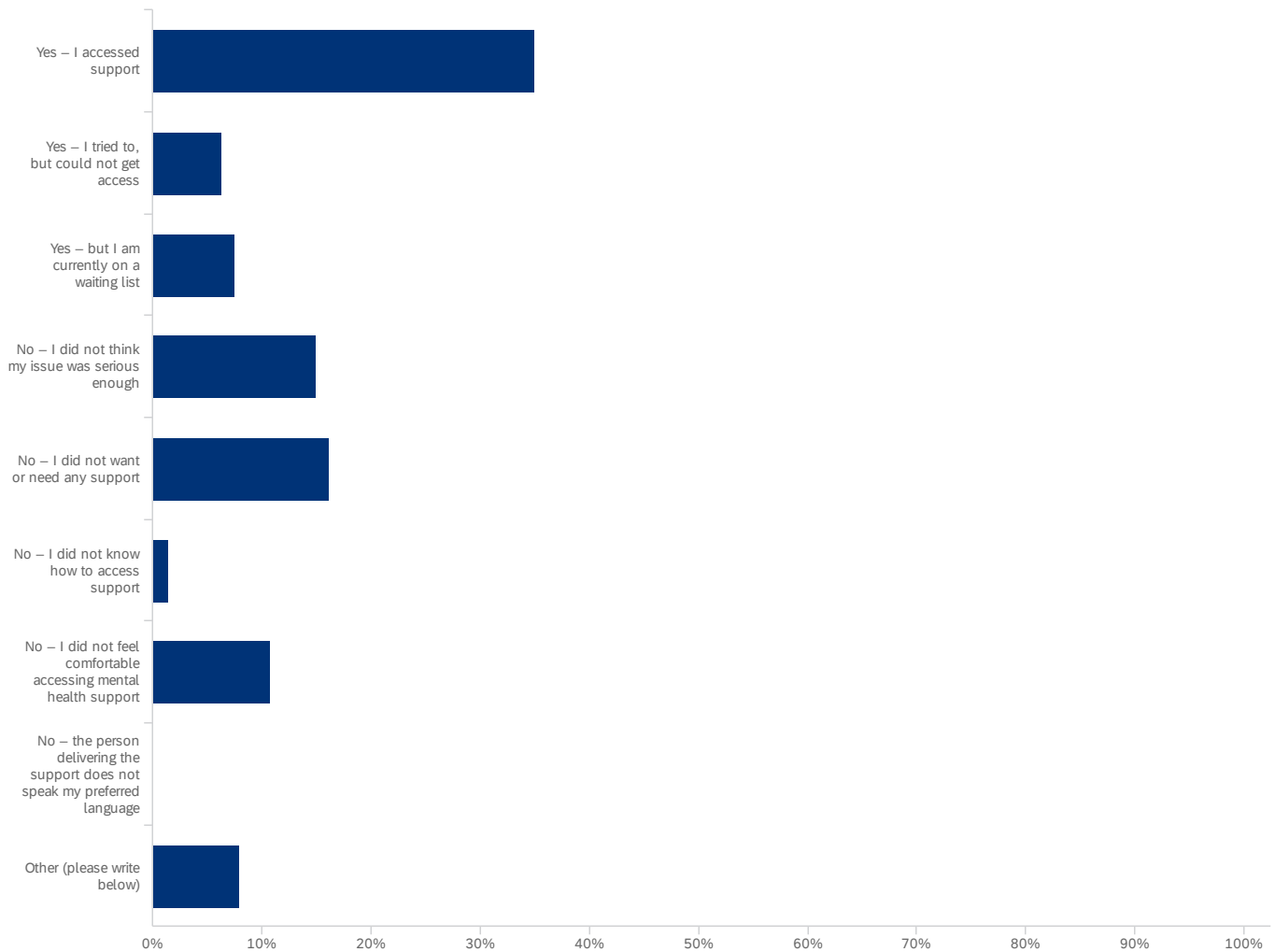
#	Field	Percentage
1	Drinking alcohol more than usual	7%
2	Using illegal drugs	3%
3	Smoking cigarettes or vaping	4%

#	Field	Percentage
4	Self-harming	7%
5	Gambling	2%
6	Eating too much or too little	15%
7	Sleeping too much or too little	16%
8	Working or studying too much as a distraction	7%
9	Over-spending e.g. shopping online for things I cannot afford	8%
10	Isolating myself from others	14%
11	Spending too much time on social media or online	15%
12	Something else (please specify below)	1%

8344

Showing rows 1 - 13 of 13

Have you accessed (or tried to access) any services (e.g. counselling, Children and Young People’s Mental Health Services, my GP) to help manage your thoughts and feelings since the first national lockdown in March 2020?



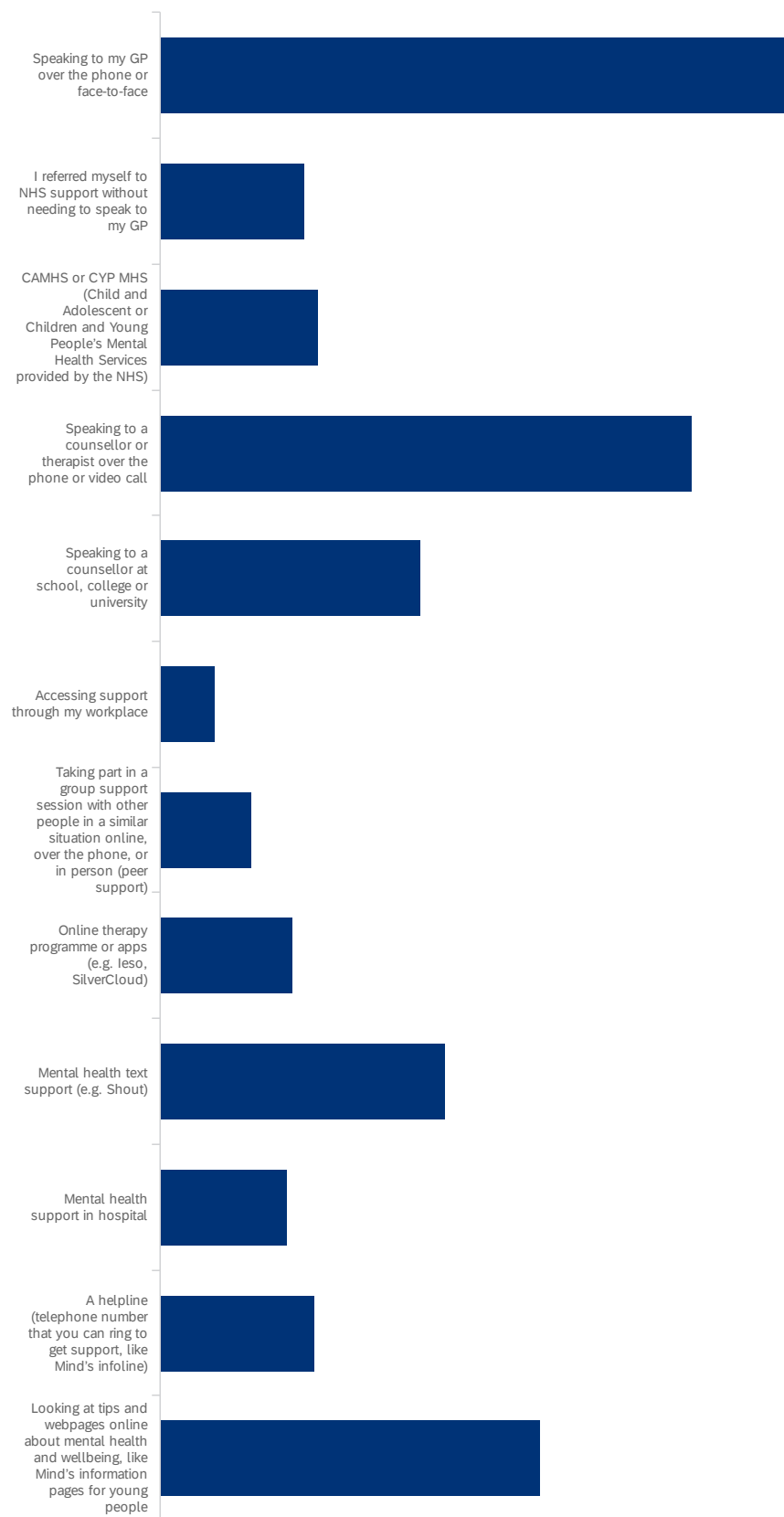
#	Field	Percentage
1	Yes – I accessed support	35%
2	Yes – I tried to, but could not get access	6%
3	Yes – but I am currently on a waiting list	8%
4	No – I did not think my issue was serious enough	15%
5	No – I did not want or need any support	16%
6	No – I did not know how to access support	1%

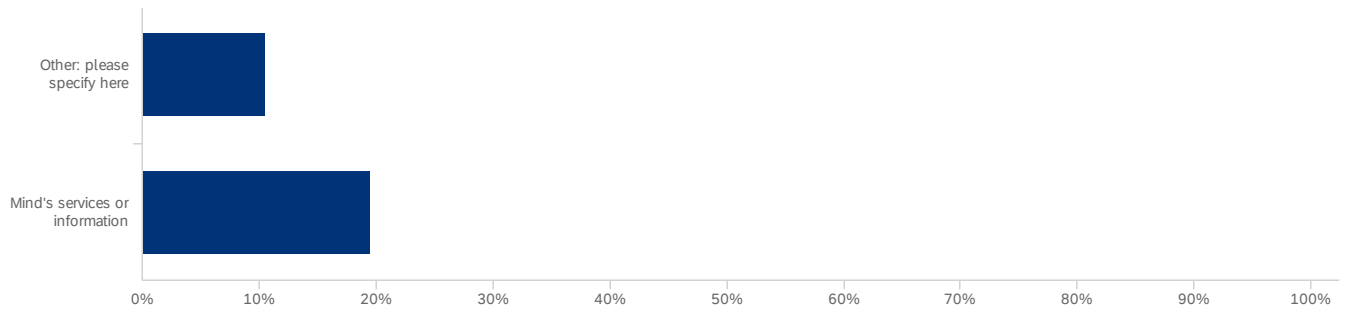


#	Field	Percentage
7	No – I did not feel comfortable accessing mental health support	11%
8	No – the person delivering the support does not speak my preferred language	0%
9	Other (please write below)	8%
		1649

Showing rows 1 - 10 of 10

Which of the following services or support did you access or try to access? Please select all that apply.

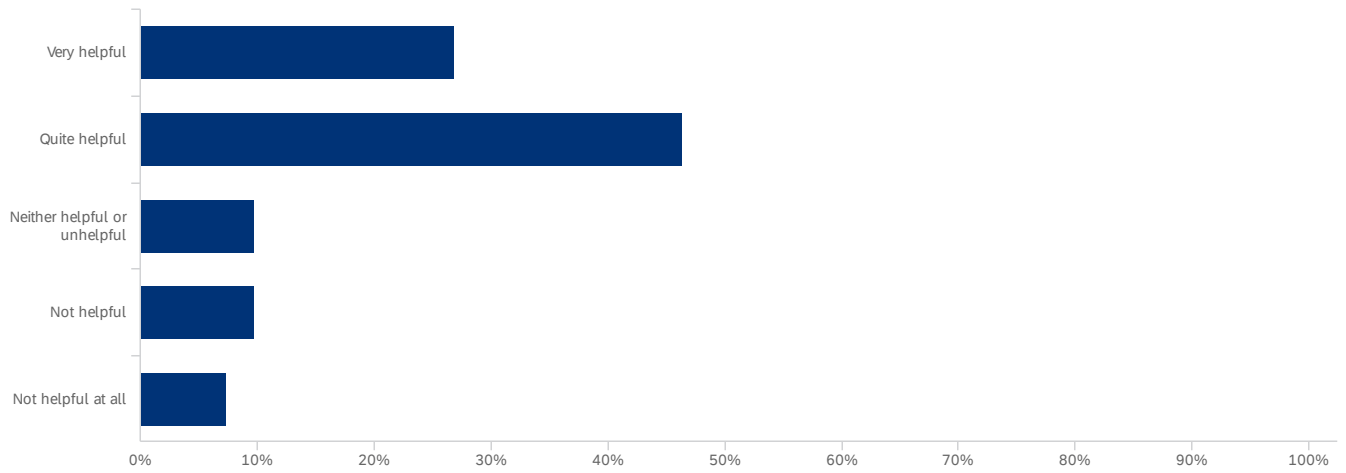




#	Field	Percentage
1	Speaking to my GP over the phone or face-to-face	19%
2	I referred myself to NHS support without needing to speak to my GP	4%
3	CAMHS or CYP MHS (Child and Adolescent or Children and Young People's Mental Health Services provided by the NHS)	5%
4	Speaking to a counsellor or therapist over the phone or video call	16%
5	Speaking to a counsellor at school, college or university	8%
6	Accessing support through my workplace	2%
7	Taking part in a group support session with other people in a similar situation online, over the phone, or in person (peer support)	3%
8	Online therapy programme or apps (e.g. Ieso, SilverCloud)	4%
9	Mental health text support (e.g. Shout)	9%
10	Mental health support in hospital	4%
11	A helpline (telephone number that you can ring to get support, like Mind's infoline)	5%
12	Looking at tips and webpages online about mental health and wellbeing, like Mind's information pages for young people	12%
13	Other: please specify here	3%
14	Mind's services or information	6%
		2443

Showing rows 1 - 15 of 15

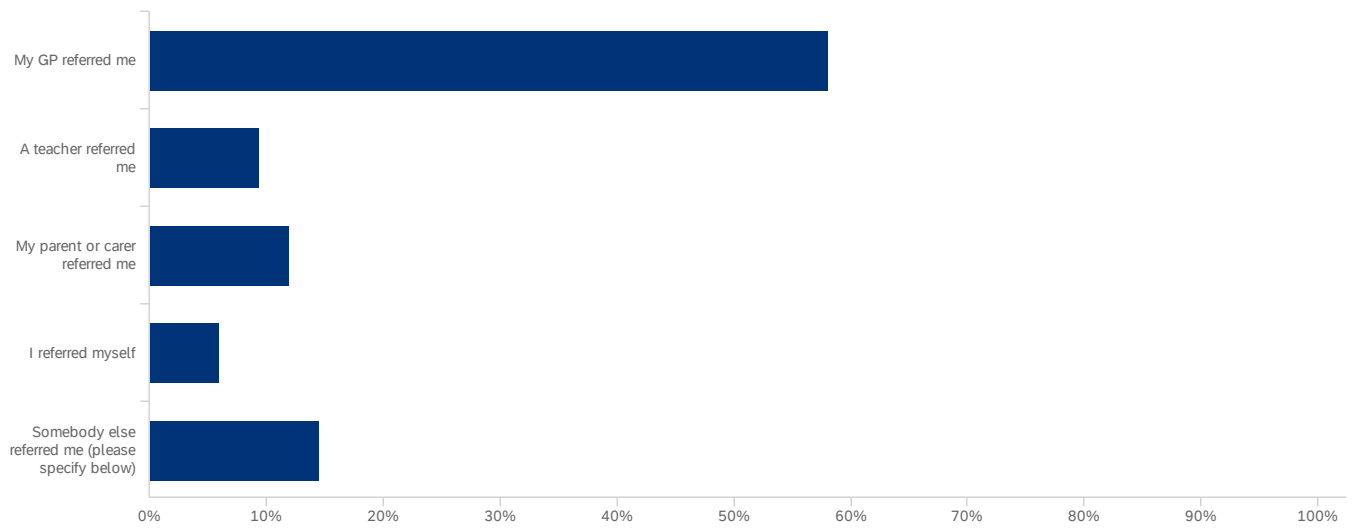
## How helpful did you find the support you received from your workplace?



#	Field	Percentage
1	Very helpful	27%
2	Quite helpful	46%
3	Neither helpful or unhelpful	10%
4	Not helpful	10%
5	Not helpful at all	7%
		41

Showing rows 1 - 6 of 6

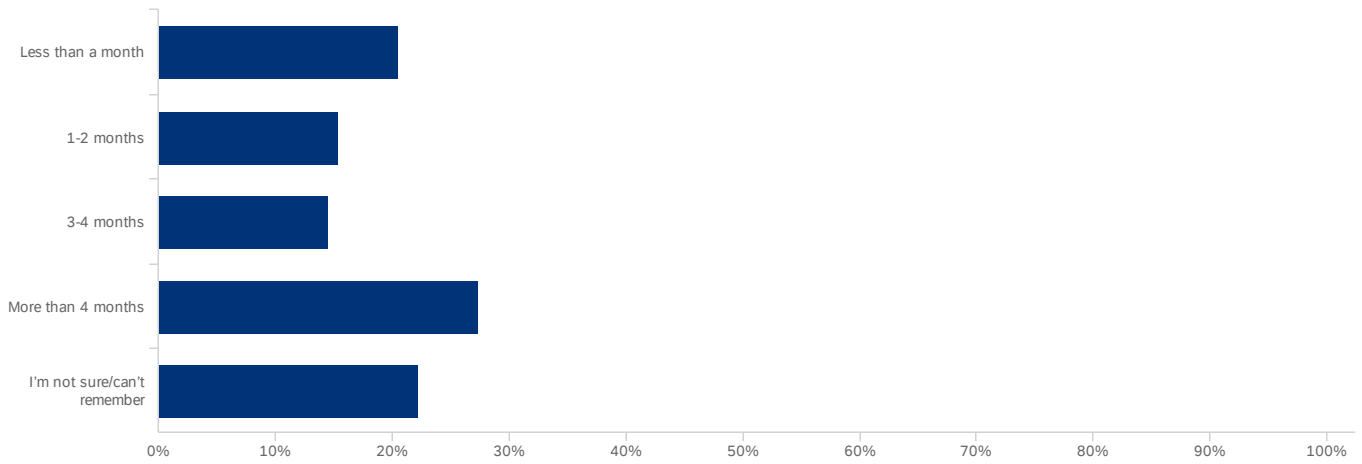
## How were you referred to CAMHS or CYP MHS?



#	Field	Percentage
1	My GP referred me	58%
2	A teacher referred me	9%
3	My parent or carer referred me	12%
4	I referred myself	6%
5	Somebody else referred me (please specify below)	15%
		117

Showing rows 1 - 6 of 6

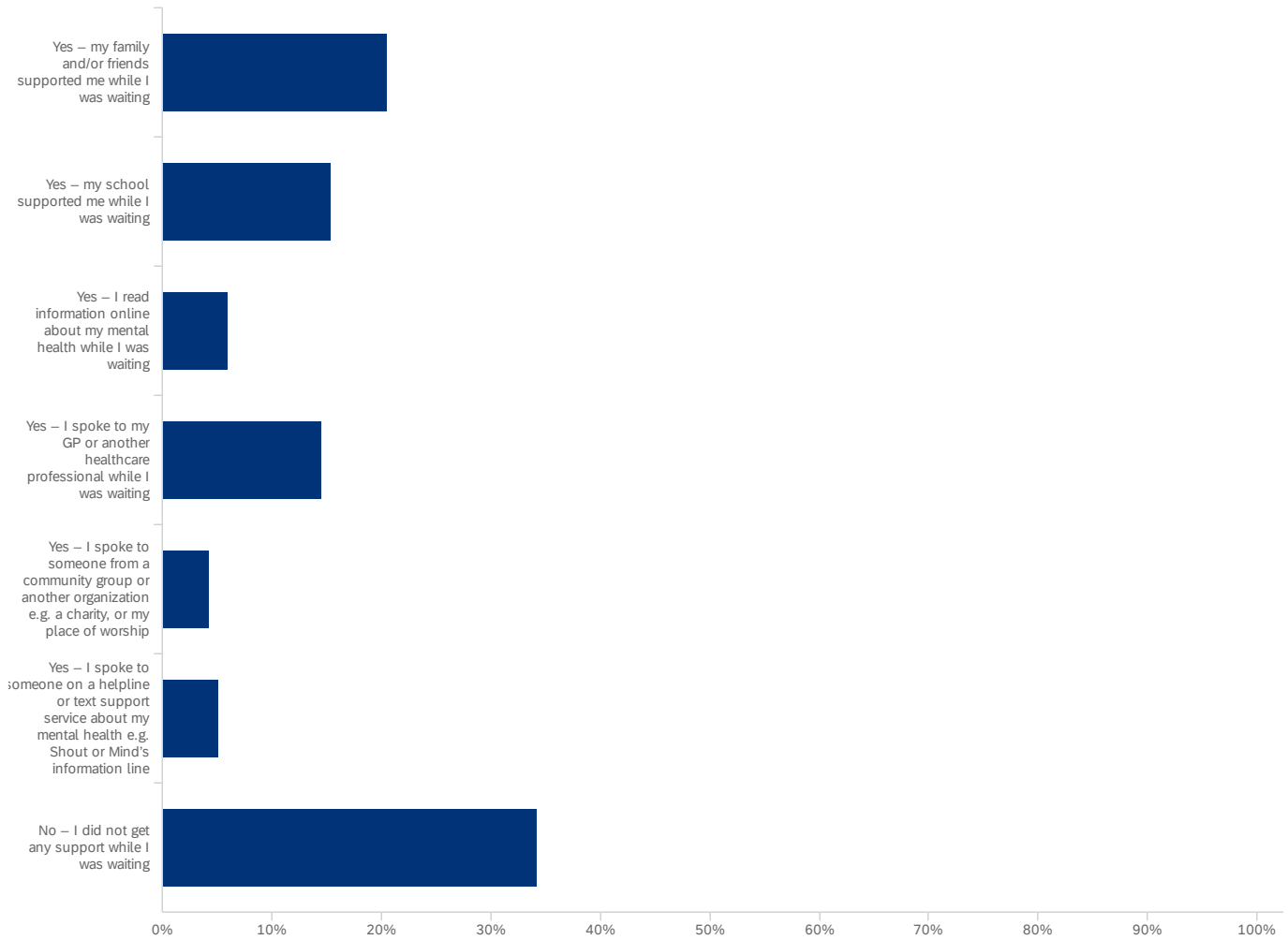
## How long did you have to wait to access support?



#	Field	Percentage
1	Less than a month	21%
2	1-2 months	15%
3	3-4 months	15%
4	More than 4 months	27%
5	I'm not sure/can't remember	22%
		117

Showing rows 1 - 6 of 6

# Did you get any support with your mental health while you were waiting to access support from CAMHS or CYP MHS?

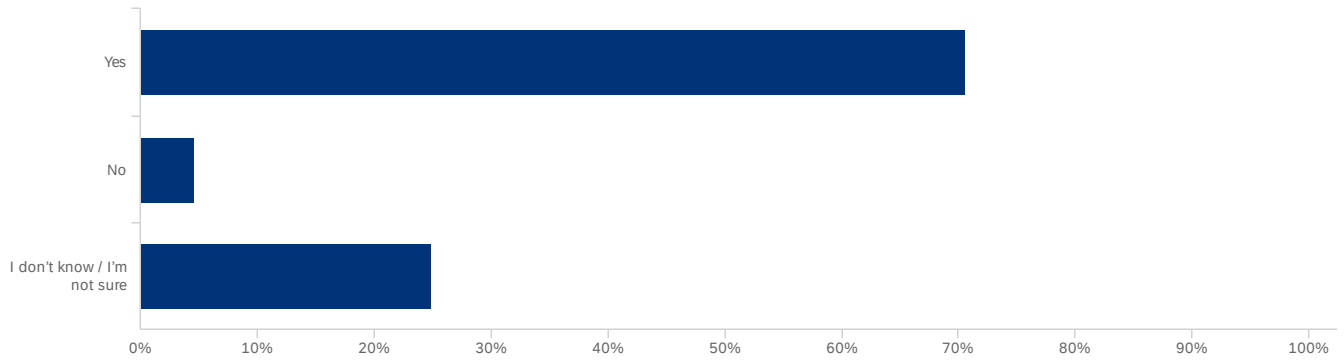


#	Field	Percentage
1	Yes – my family and/or friends supported me while I was waiting	21%
2	Yes – my school supported me while I was waiting	15%
3	Yes – I read information online about my mental health while I was waiting	6%
4	Yes – I spoke to my GP or another healthcare professional while I was waiting	15%
5	Yes – I spoke to someone from a community group or another organization e.g. a charity, or my place of worship	4%
6	Yes – I spoke to someone on a helpline or text support service about my mental health e.g. Shout or Mind's information line	5%
7	No – I did not get any support while I was waiting	34%
		117





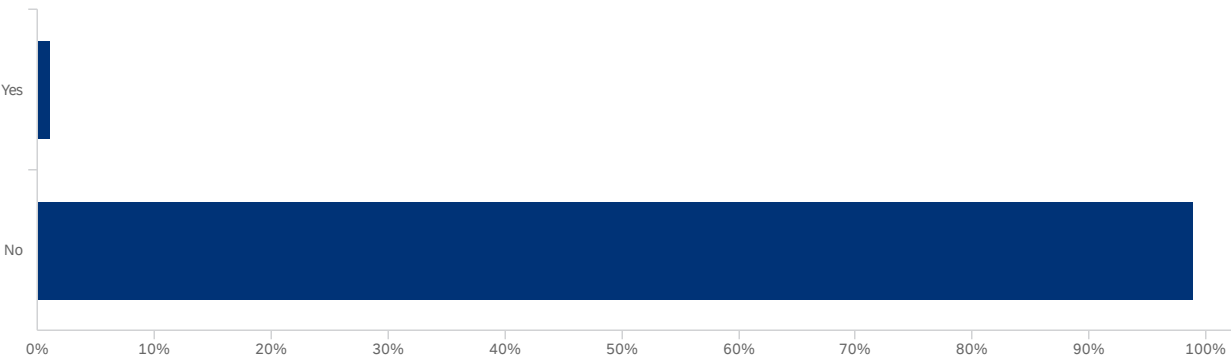
# Do you think you will continue to access mental health services after coronavirus restrictions ease?



#	Field	Percentage
1	Yes	71%
2	No	5%
3	I don't know / I'm not sure	25%
		571

Showing rows 1 - 4 of 4

# Are you a Welsh speaker living in Wales?

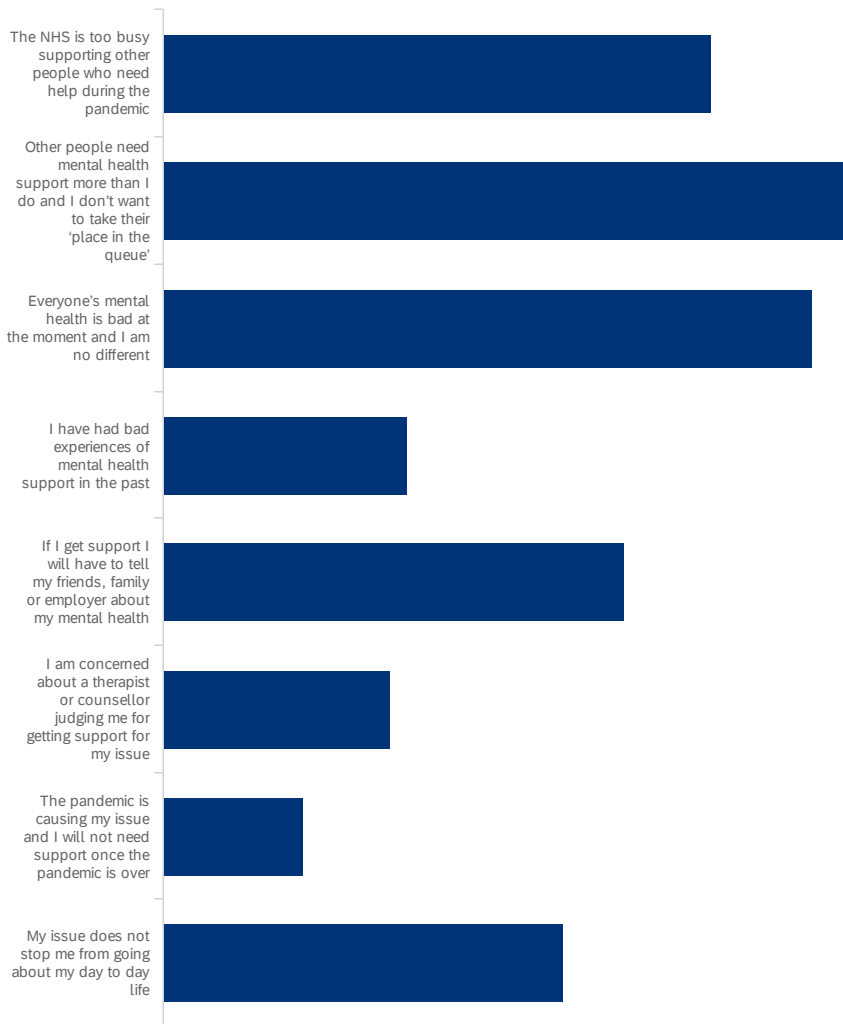


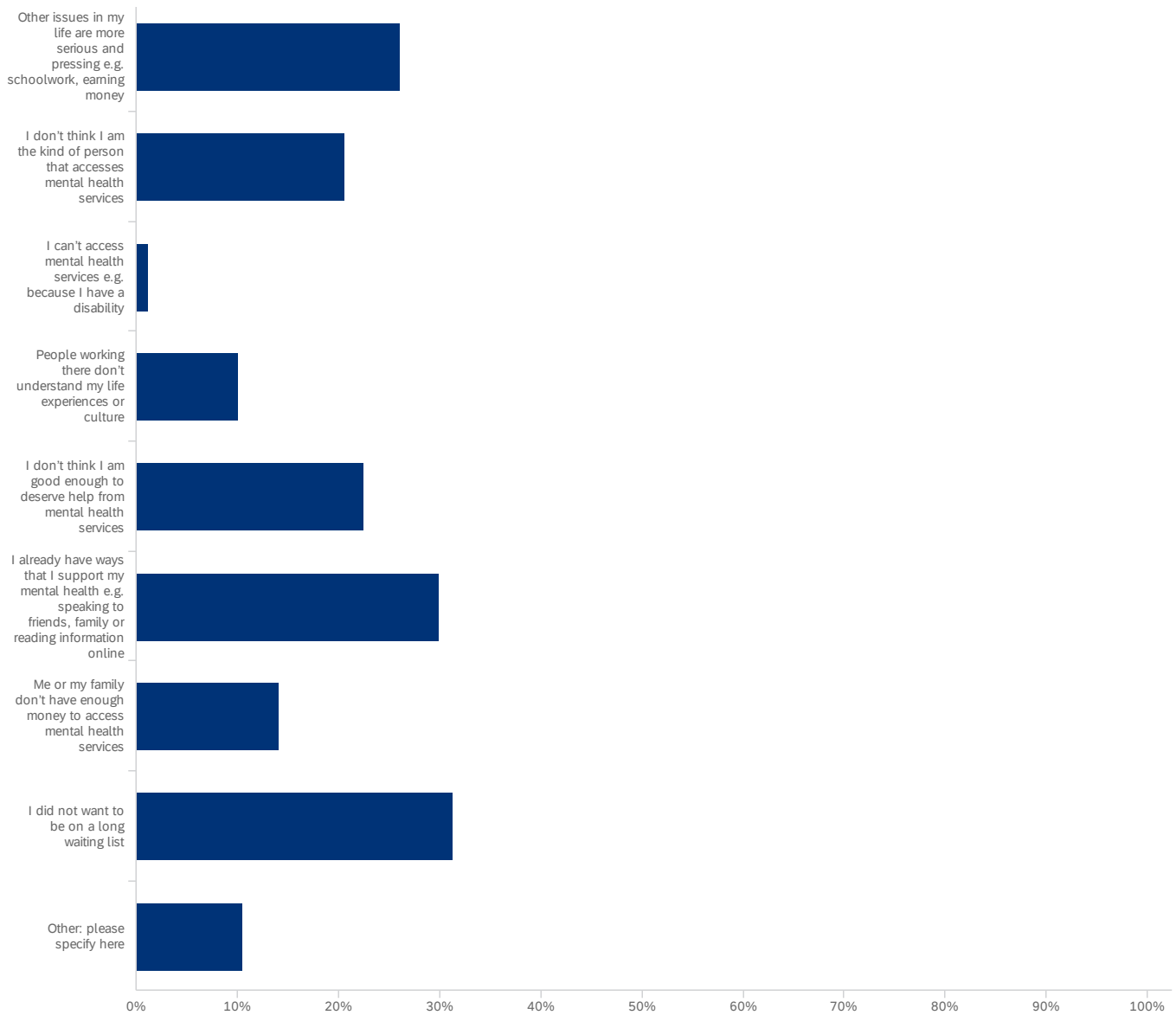
#	Field	Percentage
1	Yes	1%
2	No	99%

551

Showing rows 1 - 3 of 3

Below are some reasons why people sometimes don't ask for mental health support. At Mind we think that everyone deserves to get support with how they are thinking and feeling if they think it might make a difference to them, no matter how big or small you think your problem might be. We would encourage you to take a look at our information about the different support services available to young people and how to access them, to see if you think this might help you at the moment. You are not alone, and you deserve support. Which of the following statements best describes why you did not seek support? Please select all that apply.



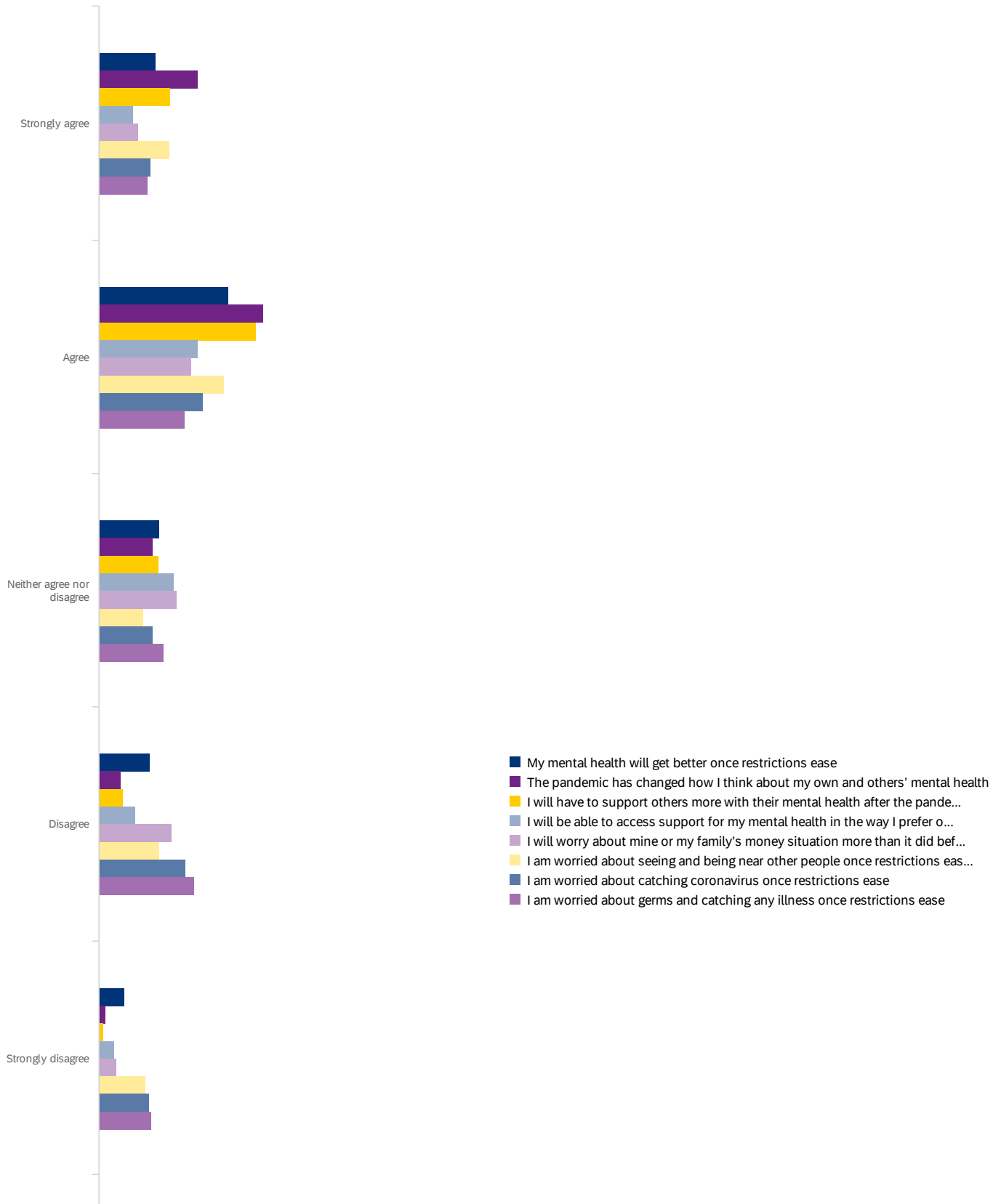


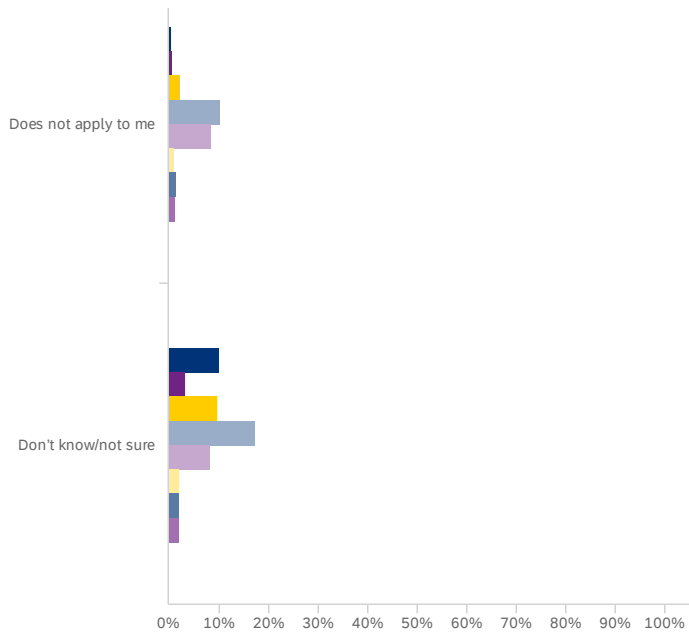
#	Field	Percentage
1	The NHS is too busy supporting other people who need help during the pandemic	10%
2	Other people need mental health support more than I do and I don't want to take their 'place in the queue'	13%
3	Everyone's mental health is bad at the moment and I am no different	12%
4	I have had bad experiences of mental health support in the past	5%
5	If I get support I will have to tell my friends, family or employer about my mental health	9%
6	I am concerned about a therapist or counsellor judging me for getting support for my issue	4%
7	The pandemic is causing my issue and I will not need support once the pandemic is over	3%
8	My issue does not stop me from going about my day to day life	8%
9	Other issues in my life are more serious and pressing e.g. schoolwork, earning money	6%
10	I don't think I am the kind of person that accesses mental health services	5%

#	Field	Percentage
11	I can't access mental health services e.g. because I have a disability	0%
12	People working there don't understand my life experiences or culture	2%
13	I don't think I am good enough to deserve help from mental health services	5%
14	I already have ways that I support my mental health e.g. speaking to friends, family or reading information online	7%
15	Me or my family don't have enough money to access mental health services	3%
16	I did not want to be on a long waiting list	7%
17	Other: please specify here	2%
		1894

Showing rows 1 - 18 of 18

Thinking ahead to when coronavirus restrictions ease, to what extent do you agree or disagree with the following statements about yours and others' thoughts and feelings?





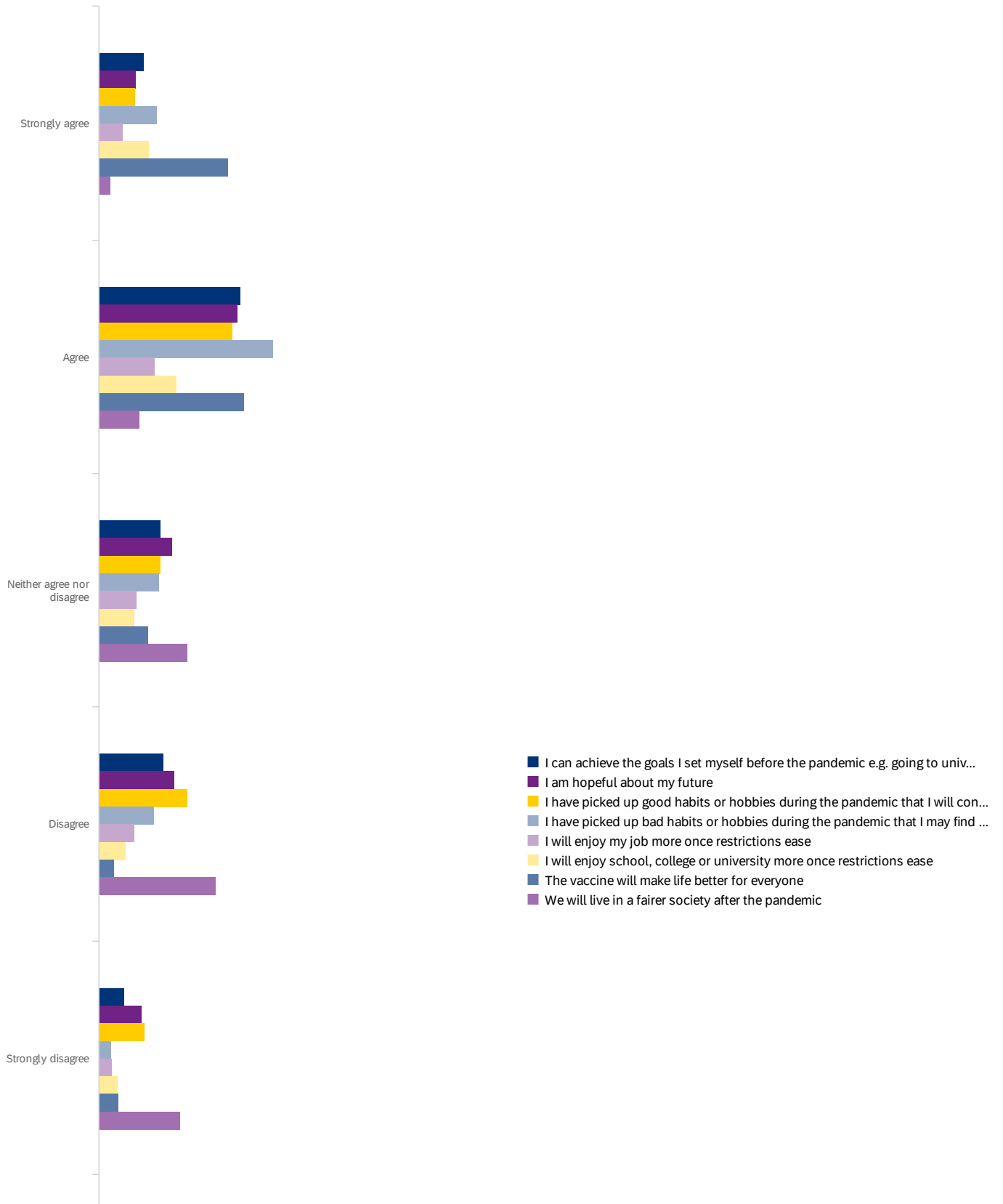
#	Field	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Does not apply to me	Don't know/not sure
1	My mental health will get better once restrictions ease	16%	36%	17%	14%	7%	0%	10%
2	The pandemic has changed how I think about my own and others' mental health	28%	46%	15%	6%	2%	1%	3%
3	I will have to support others more with their mental health after the pandemic e.g. friends, family	20%	44%	16%	7%	1%	2%	10%
4	I will be able to access support for my mental health in the way I prefer once restrictions ease	9%	28%	21%	10%	4%	10%	18%
5	I will worry about mine or my family's money situation more than it did before the pandemic	11%	26%	22%	20%	5%	9%	8%
6	I am worried about seeing and being near other people once restrictions ease	20%	35%	12%	17%	13%	1%	2%
7	I am worried about catching coronavirus once restrictions ease	14%	29%	15%	24%	14%	2%	2%

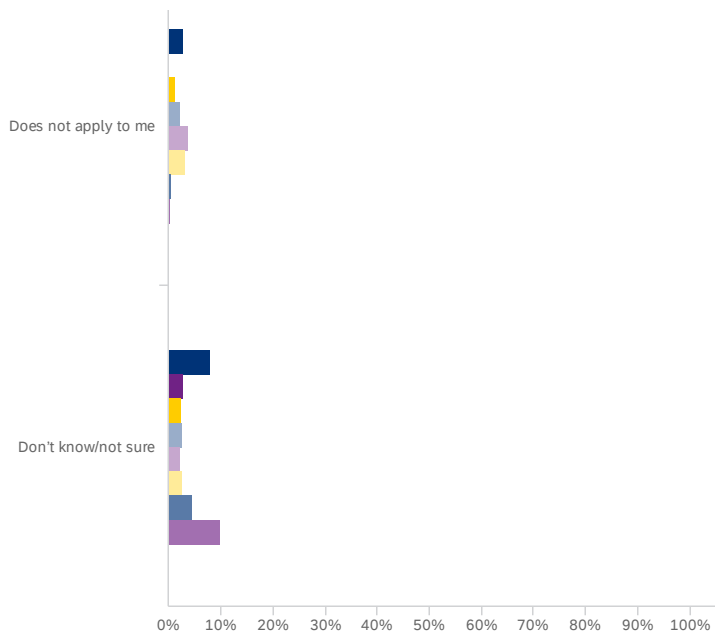
#	Field	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Does not apply to me	Don't know/not sure
8	I am worried about germs and catching any illness once restrictions ease	13%	24%	18%	27%	15%	1%	2%

Showing rows 1 - 8 of 8



Thinking ahead to when coronavirus restrictions ease, to what extent do you agree or disagree with the following statements about your future and the world that we will live in?



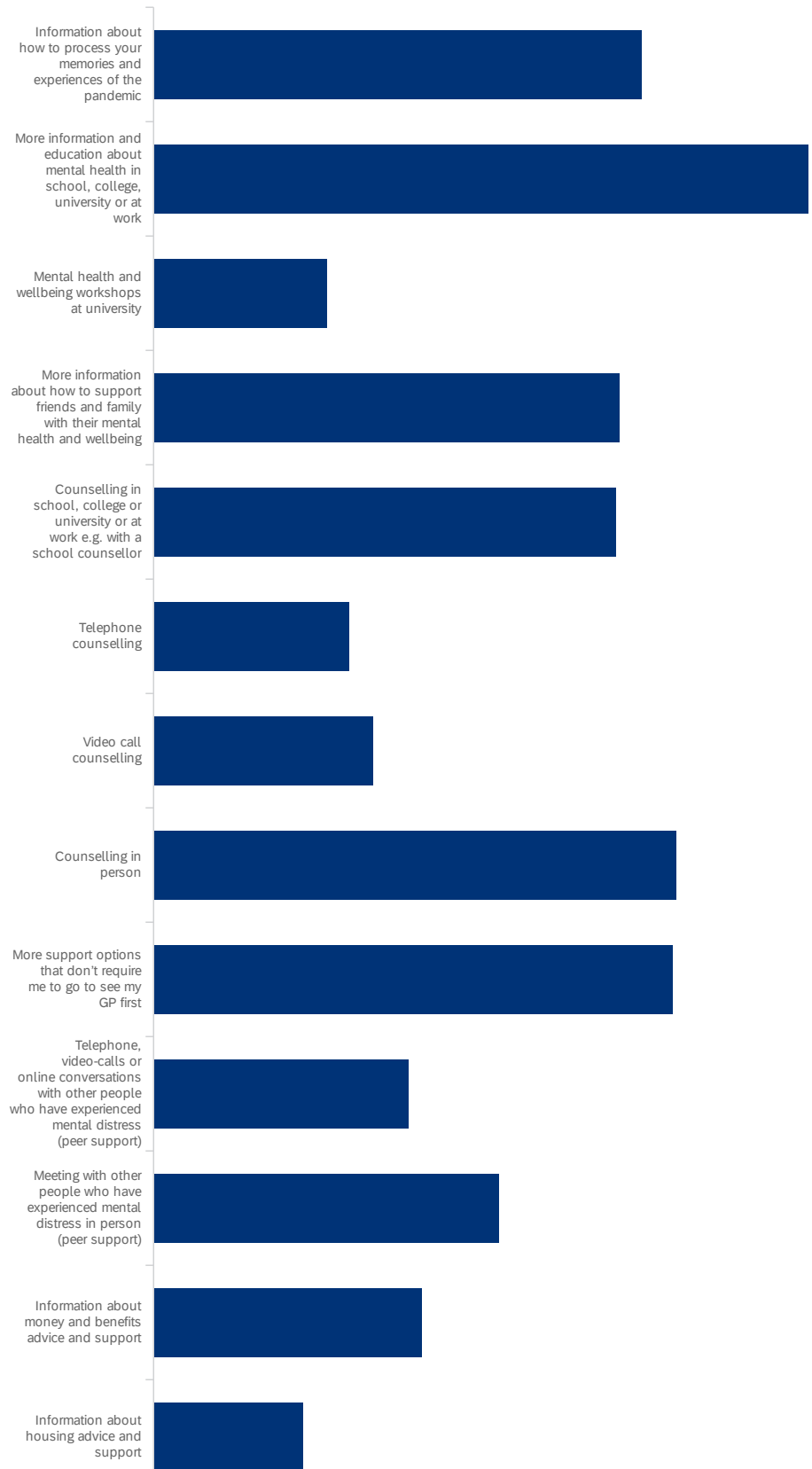


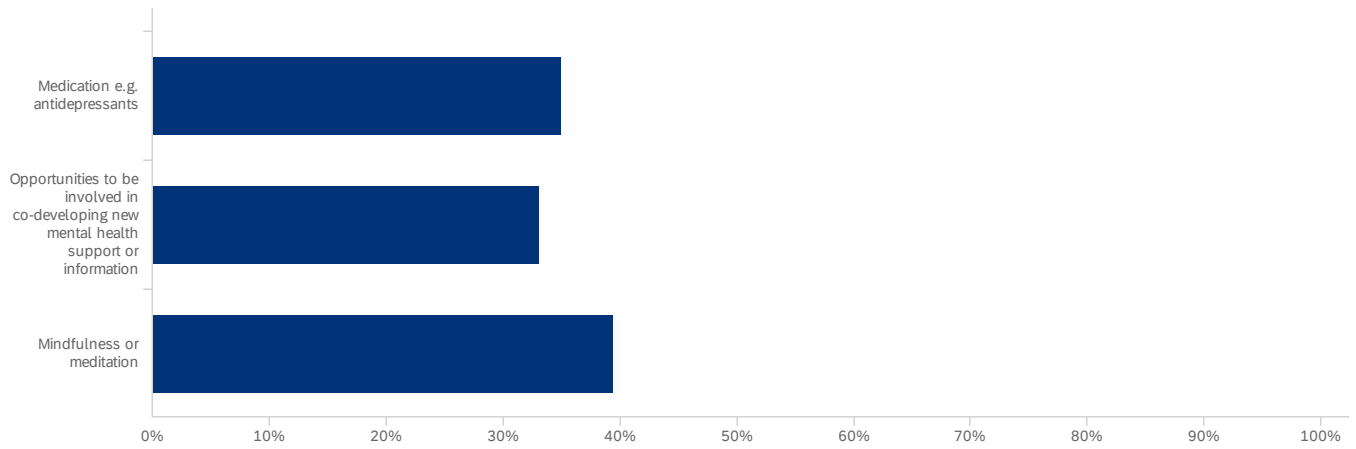
#	Field	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Does not apply to me	Don't know/not sure
1	I can achieve the goals I set myself before the pandemic e.g. going to university or getting a job	12%	37%	16%	17%	7%	3%	8%
2	I am hopeful about my future	10%	37%	19%	20%	11%	0%	3%
3	I have picked up good habits or hobbies during the pandemic that I will continue	9%	35%	16%	23%	12%	1%	2%
4	I have picked up bad habits or hobbies during the pandemic that I may find it difficult to stop	15%	46%	16%	15%	3%	2%	3%
5	I will enjoy my job more once restrictions ease	13%	30%	20%	19%	7%	8%	4%
6	I will enjoy school, college or university more once restrictions ease	22%	34%	15%	12%	8%	5%	4%
7	The vaccine will make life better for everyone	34%	38%	13%	4%	5%	1%	5%
8	We will live in a fairer society after the pandemic	3%	11%	23%	31%	22%	0%	10%

Showing rows 1 - 8 of 8



Thinking ahead, what support would you find useful to support your mental health and wellbeing once the coronavirus restrictions ease? Please tick all that apply.



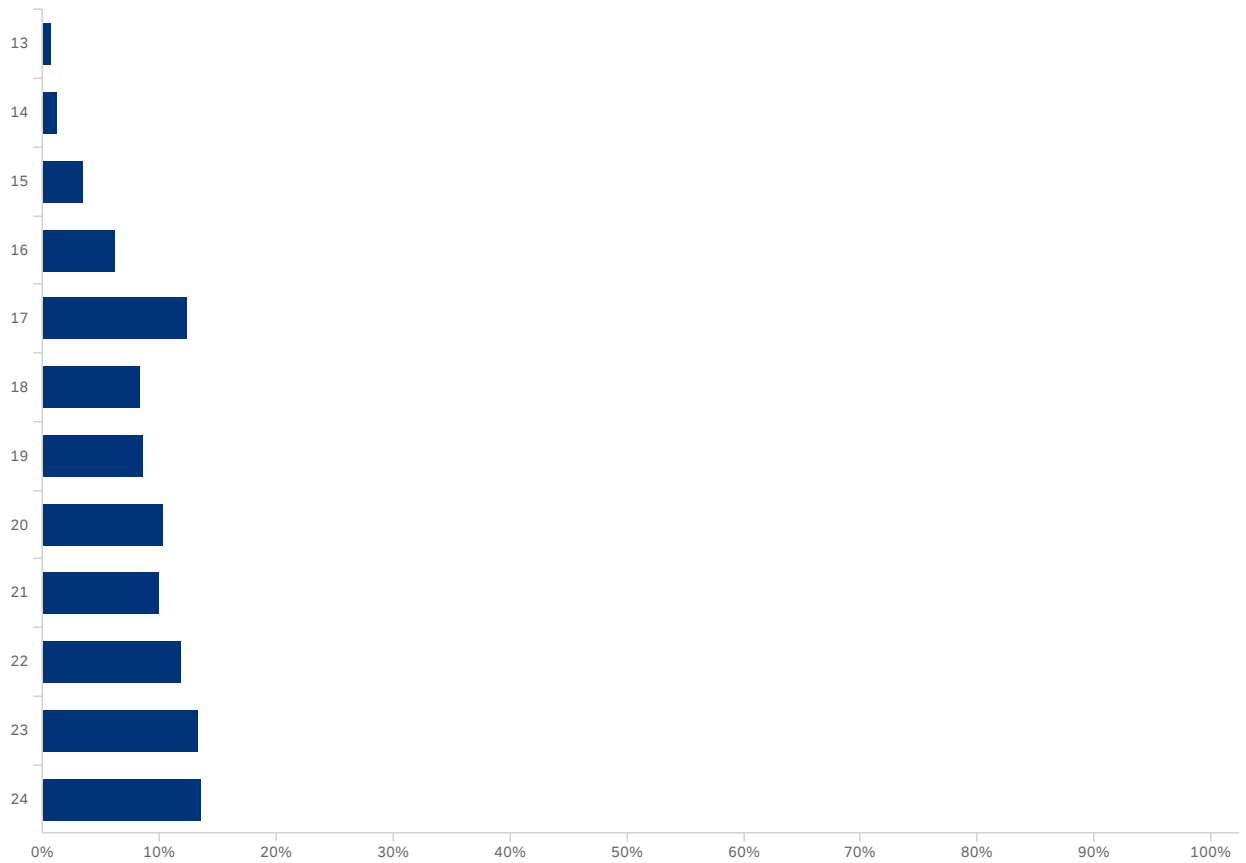


#	Field	Percentage
1	Information about how to process your memories and experiences of the pandemic	8%
4	More information and education about mental health in school, college, university or at work	11%
5	Mental health and wellbeing workshops at university	3%
6	More information about how to support friends and family with their mental health and wellbeing	8%
7	Counselling in school, college or university or at work e.g. with a school counsellor	8%
8	Telephone counselling	3%
9	Video call counselling	4%
10	Counselling in person	9%
11	More support options that don't require me to go to see my GP first	9%
12	Telephone, video-calls or online conversations with other people who have experienced mental distress (peer support)	4%
13	Meeting with other people who have experienced mental distress in person (peer support)	6%
14	Information about money and benefits advice and support	5%
15	Information about housing advice and support	3%
16	Medication e.g. antidepressants	6%
17	Opportunities to be involved in co-developing new mental health support or information	6%
18	Mindfulness or meditation	7%

8381

Showing rows 1 - 17 of 17

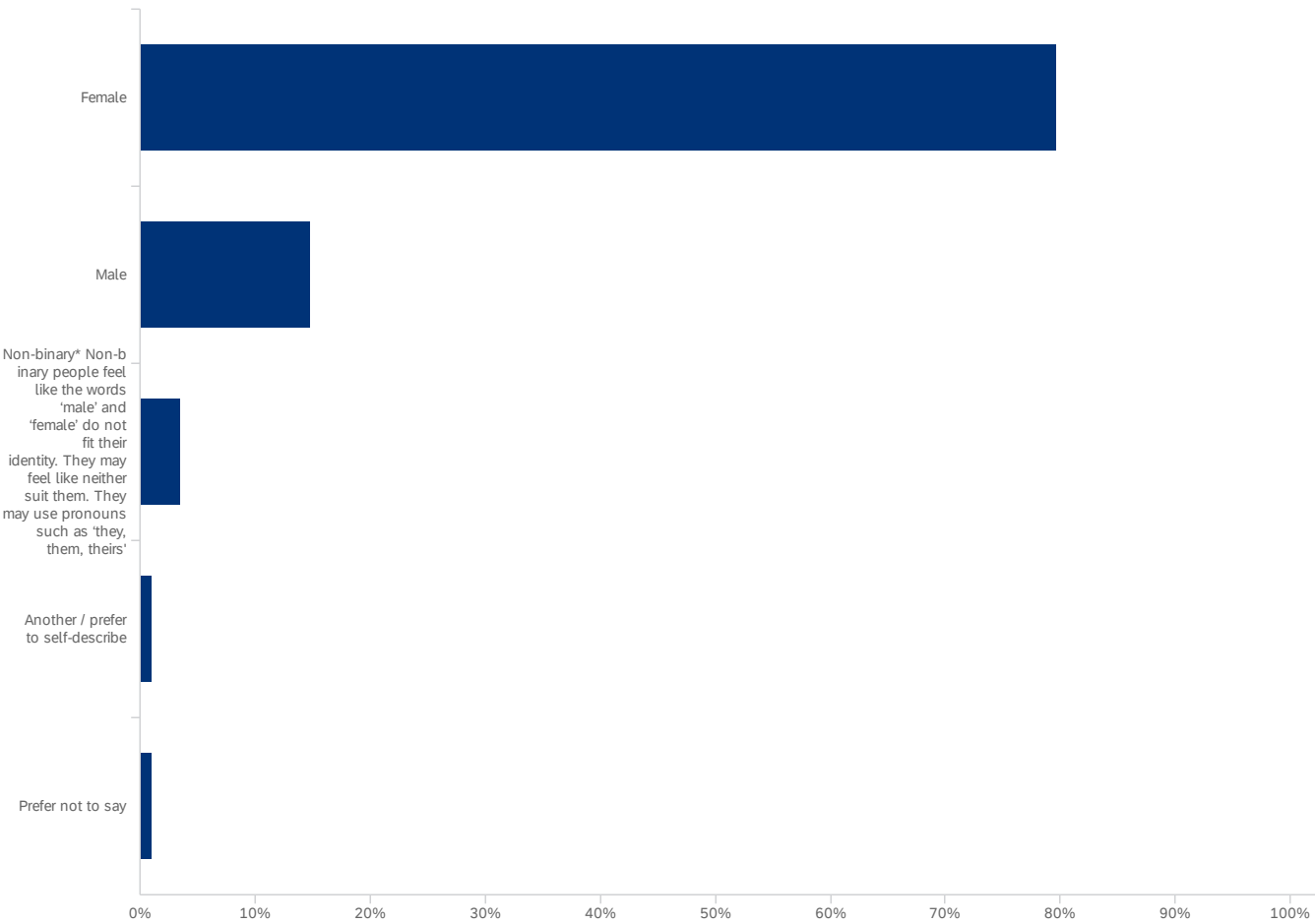
## How old are you?



#	Field	Percentage
1	13	1%
2	14	1%
3	15	3%
9	16	6%
10	17	12%
11	18	8%
12	19	9%
13	20	10%
14	21	10%
15	22	12%
16	23	13%
17	24	14%

Showing rows 1 - 13 of 13

# What is your gender?

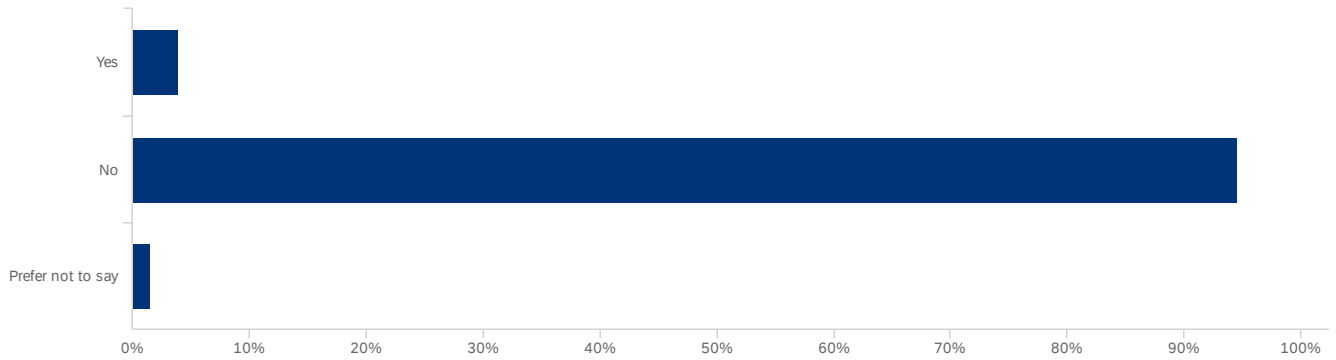


#	Field	Percentage
1	Female	80%
2	Male	15%
3	Non-binary* Non-binary people feel like the words 'male' and 'female' do not fit their identity. They may feel like neither suit them. They may use pronouns such as 'they, them, theirs'	4%
4	Another / prefer to self-describe	1%
5	Prefer not to say	1%
		1568

Showing rows 1 - 6 of 6



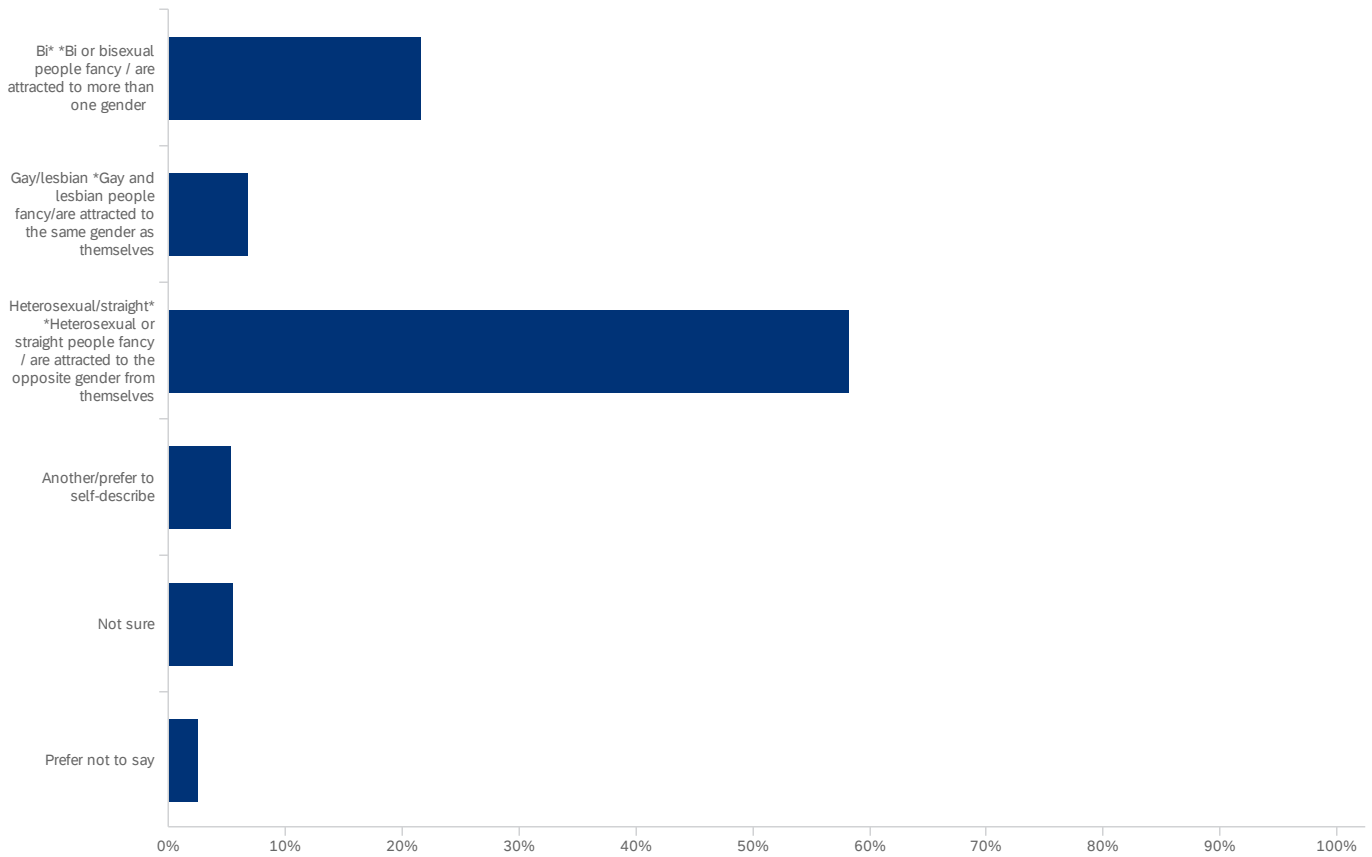
Have you ever identified as trans/transgender\*, now or in the past? \*Trans or transgender people have a different gender identity from the gender that was assigned to them when they were born. Whether female, male, or something else



#	Field	Percentage
1	Yes	4%
2	No	95%
3	Prefer not to say	1%
		1560

Showing rows 1 - 4 of 4

## Which of the following best describes how you think of yourself?

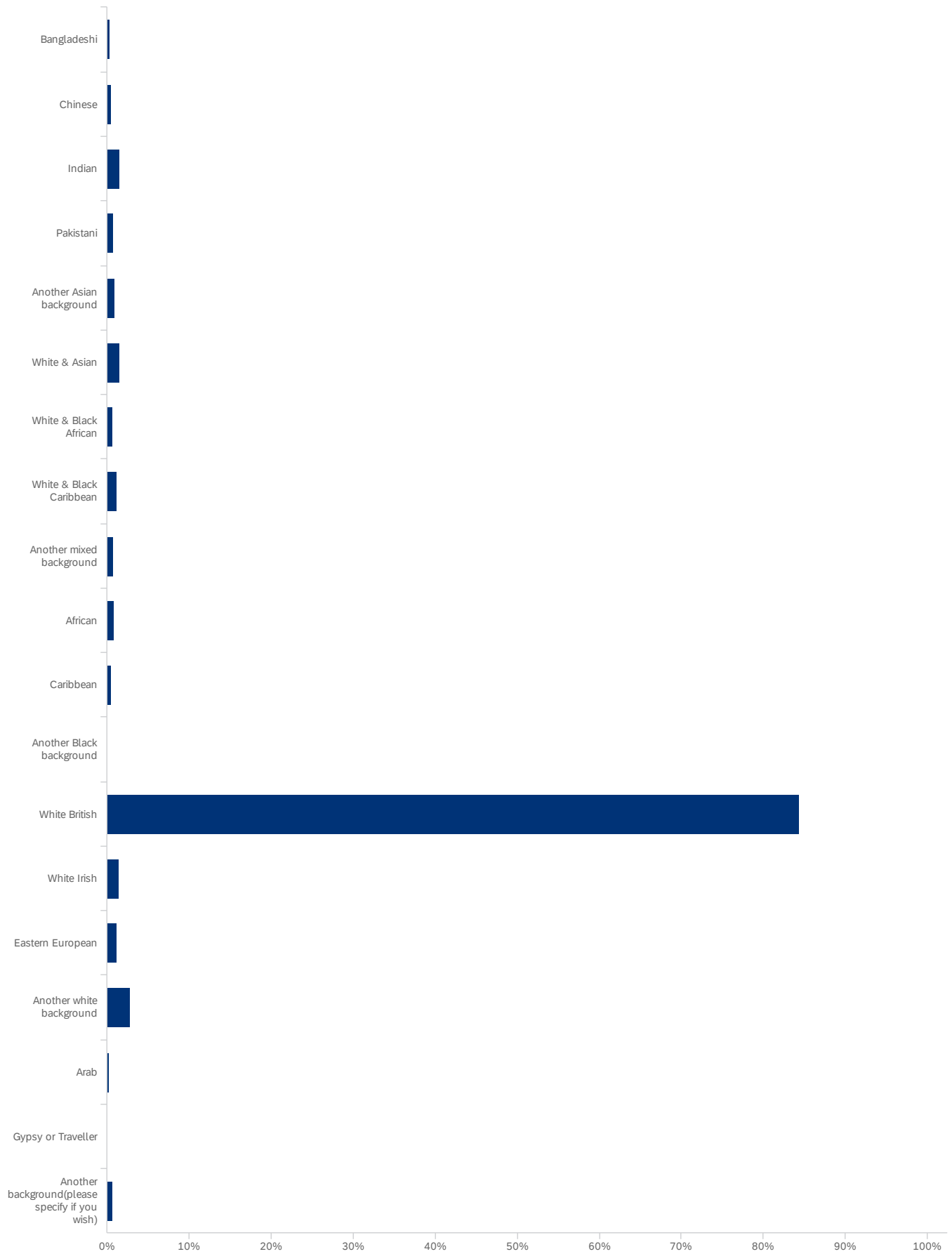


#	Field	Percentage
1	Bi* *Bi or bisexual people fancy / are attracted to more than one gender	22%
2	Gay/lesbian *Gay and lesbian people fancy/are attracted to the same gender as themselves	7%
3	Heterosexual/straight* *Heterosexual or straight people fancy / are attracted to the opposite gender from themselves	58%
4	Another/prefer to self-describe	5%
5	Not sure	6%
6	Prefer not to say	3%

1559

Showing rows 1 - 7 of 7

How would you describe your ethnic background?



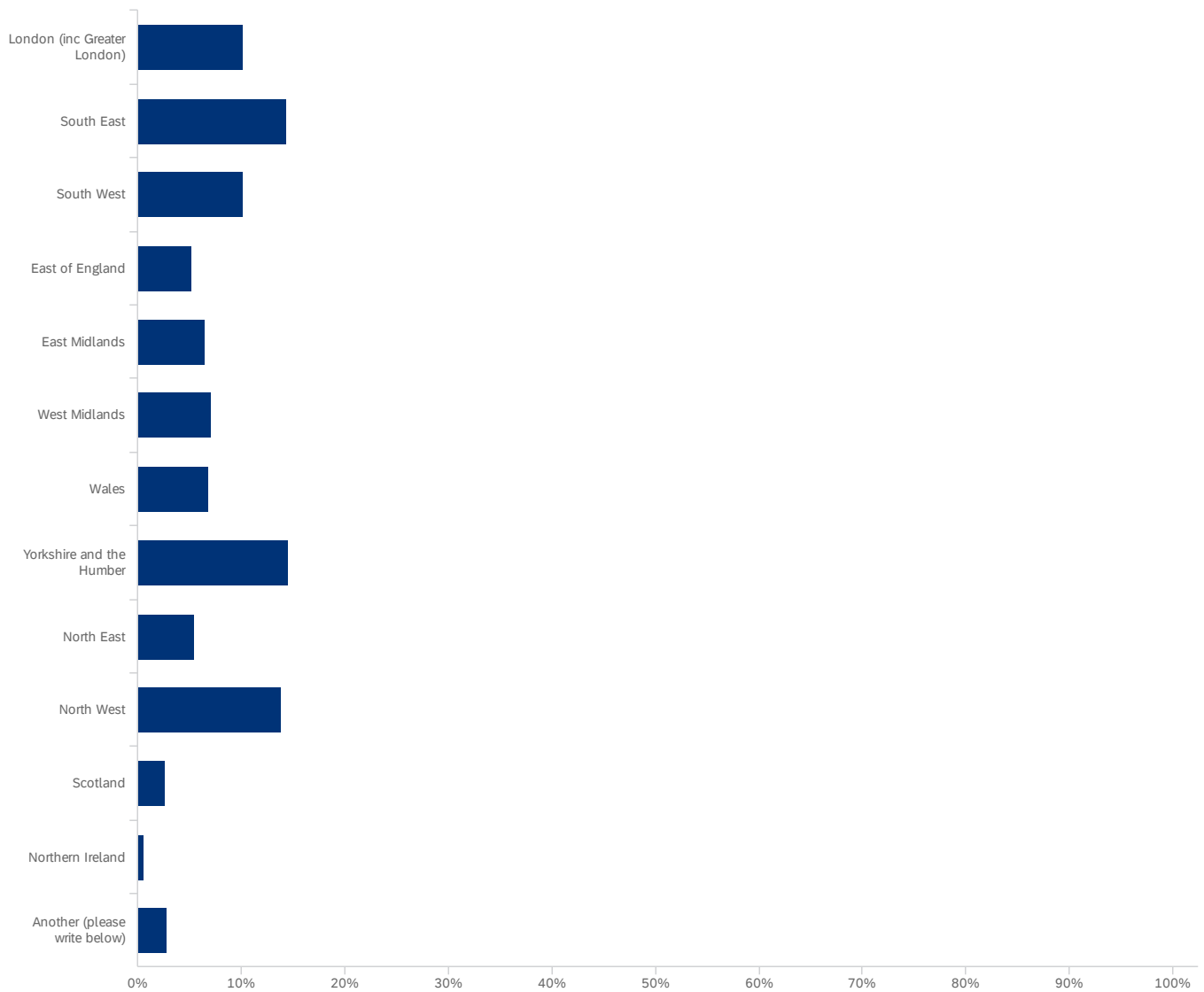
# Field

Percentage

#	Field	Percentage
1	Bangladeshi	0%
2	Chinese	0%
3	Indian	1%
4	Pakistani	1%
5	Another Asian background	1%
6	White & Asian	2%
7	White & Black African	1%
8	White & Black Caribbean	1%
9	Another mixed background	1%
10	African	1%
11	Caribbean	0%
12	Another Black background	0%
13	White British	84%
14	White Irish	1%
15	Eastern European	1%
16	Another white background	3%
17	Arab	0%
18	Gypsy or Traveller	0%
19	Another background(please specify if you wish)	1%
		1565

Showing rows 1 - 20 of 20

## Where do you live?

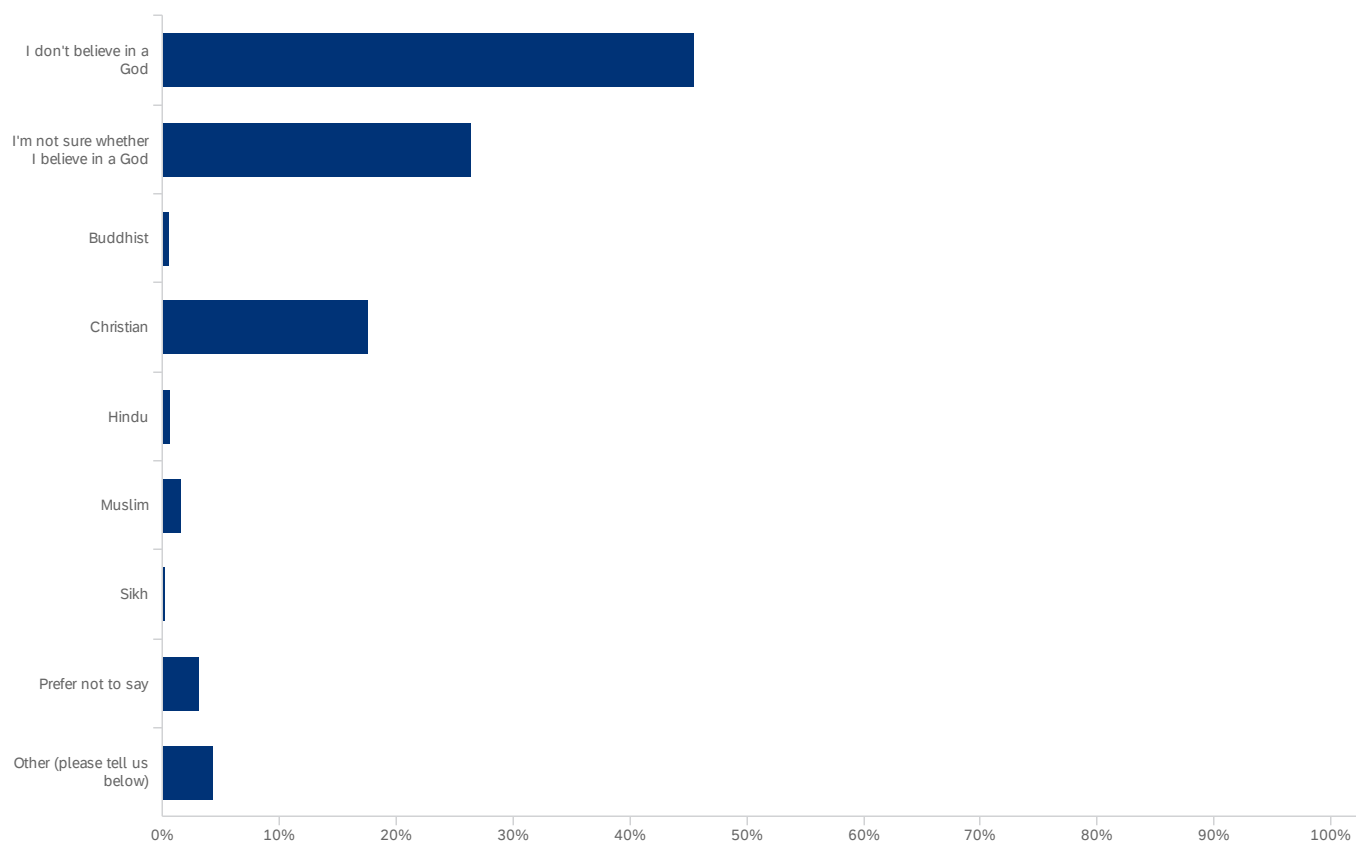


#	Field	Percentage
1	London (inc Greater London)	10%
2	South East	14%
3	South West	10%
4	East of England	5%
5	East Midlands	7%
6	West Midlands	7%
7	Wales	7%
8	Yorkshire and the Humber	14%

#	Field	Percentage
9	North East	5%
10	North West	14%
11	Scotland	3%
12	Northern Ireland	1%
13	Another (please write below)	3%
		1552

Showing rows 1 - 14 of 14

## What is your current religion, if any?

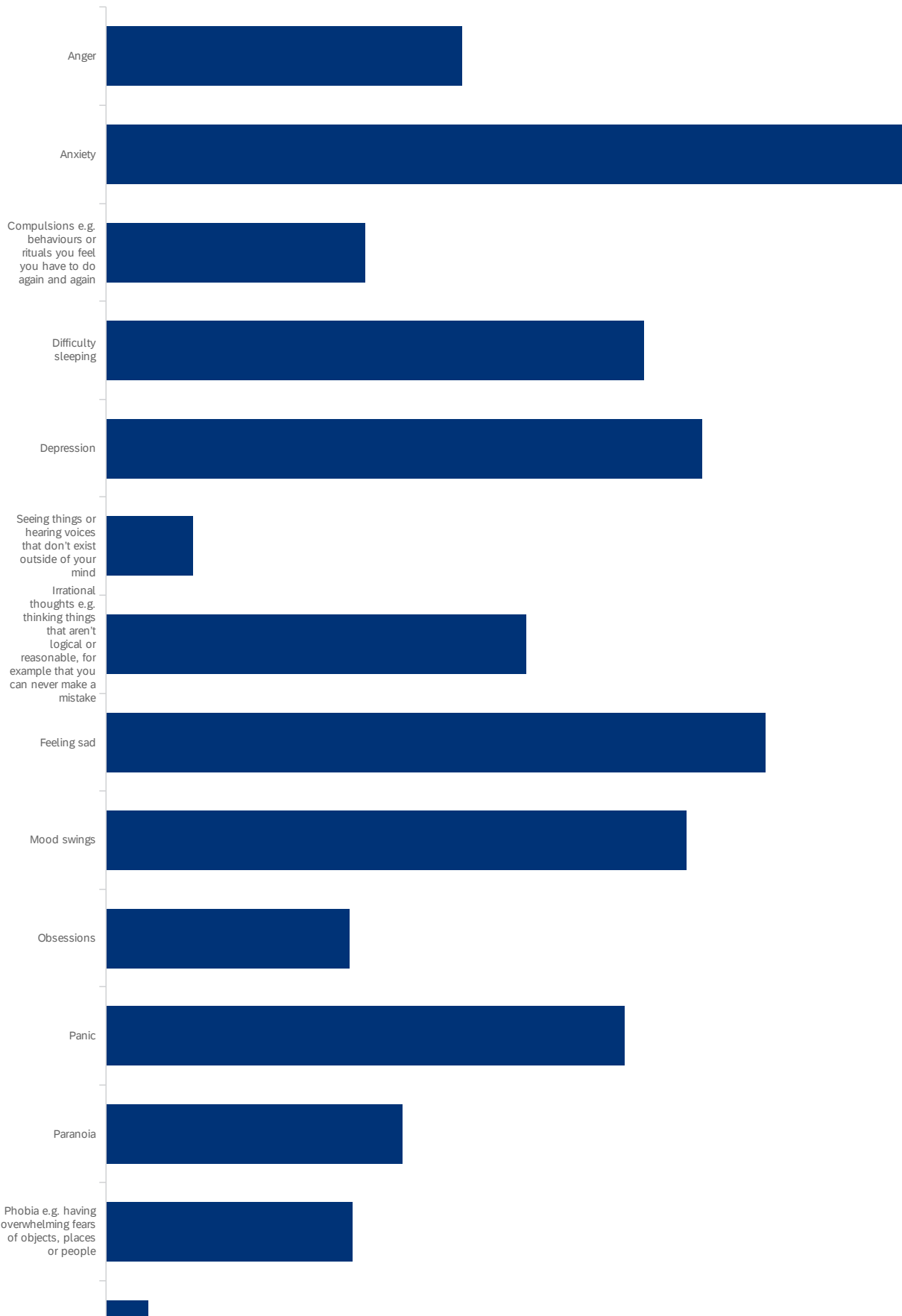


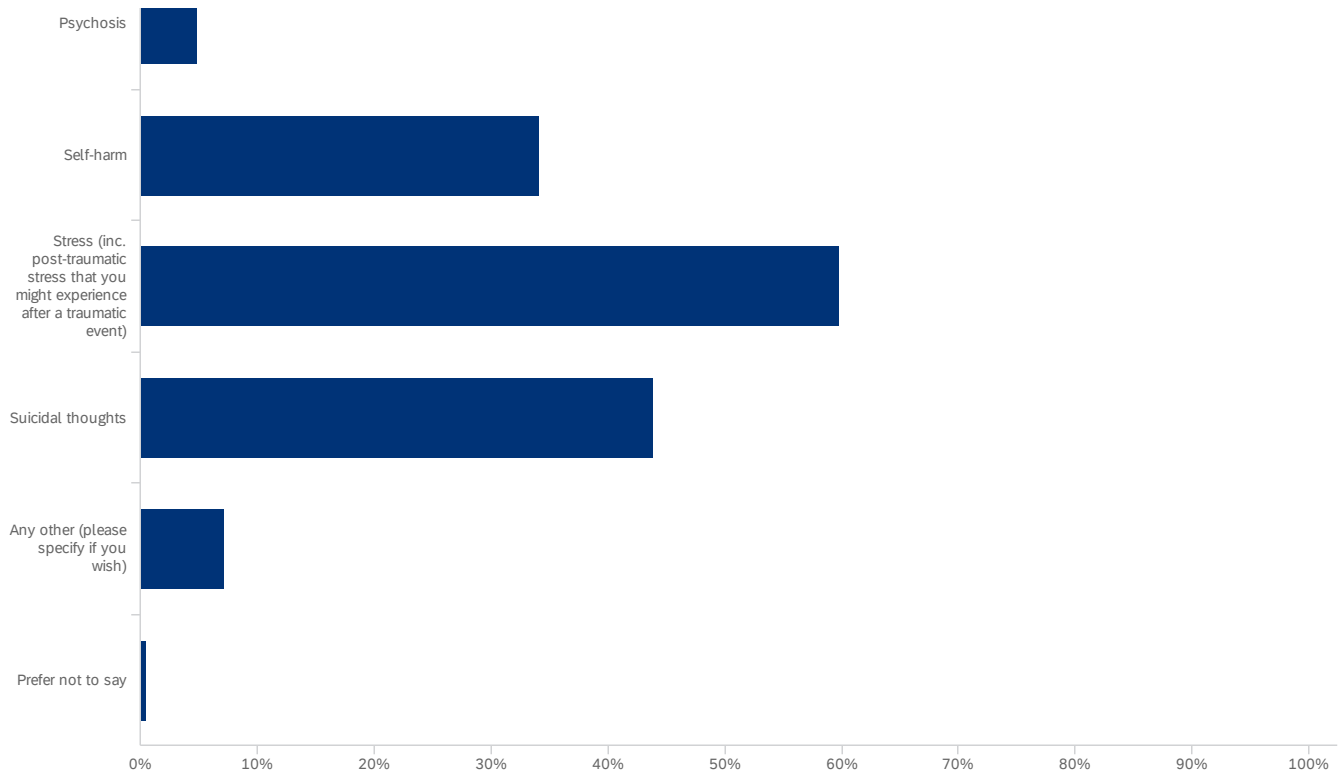
#	Field	Percentage
1	I don't believe in a God	46%
2	I'm not sure whether I believe in a God	26%
3	Buddhist	1%
4	Christian	18%
5	Hindu	1%
6	Muslim	2%
7	Sikh	0%
8	Prefer not to say	3%
9	Other (please tell us below)	4%
		1559

Showing rows 1 - 10 of 10



How would you describe your mental health experiences? Please select all that apply



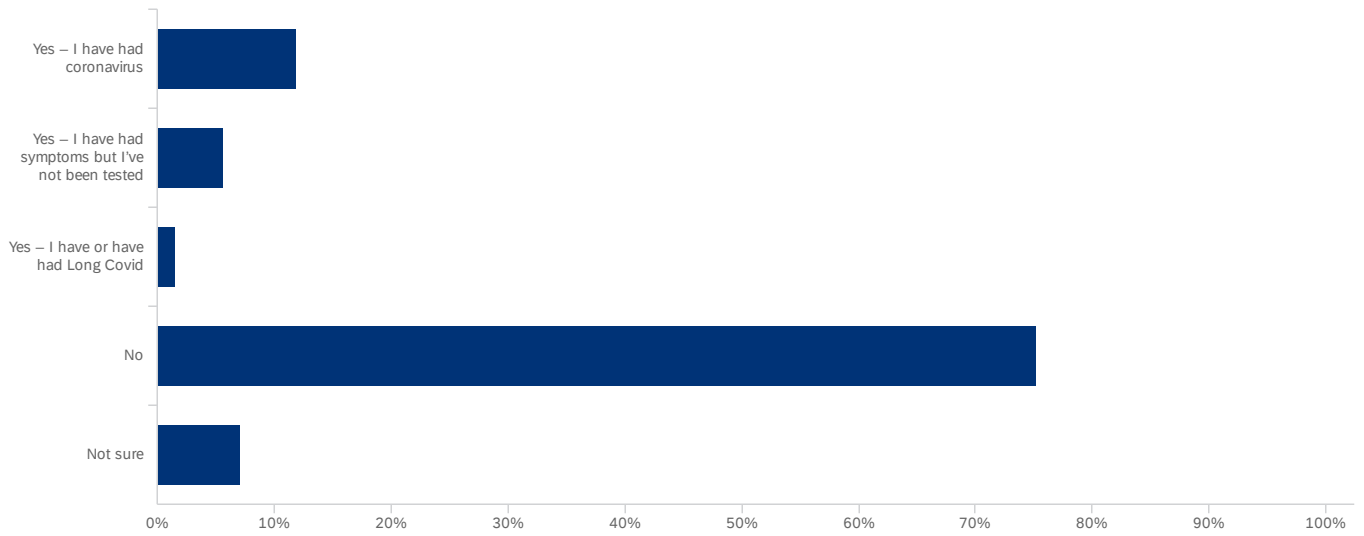


#	Field	Percentage
1	Anger	5%
2	Anxiety	12%
3	Compulsions e.g. behaviours or rituals you feel you have to do again and again	4%
4	Difficulty sleeping	8%
5	Depression	9%
6	Seeing things or hearing voices that don't exist outside of your mind	1%
7	Irrational thoughts e.g. thinking things that aren't logical or reasonable, for example that you can never make a mistake	6%
8	Feeling sad	10%
9	Mood swings	8%
10	Obsessions	4%
11	Panic	8%
12	Paranoia	4%
13	Phobia e.g. having overwhelming fears of objects, places or people	4%
14	Psychosis	1%
15	Self-harm	4%
16	Stress (inc. post-traumatic stress that you might experience after a traumatic event)	8%

#	Field	Percentage
17	Suicidal thoughts	6%
18	Any other (please specify if you wish)	1%
19	Prefer not to say	0%
		12351

Showing rows 1 - 20 of 20

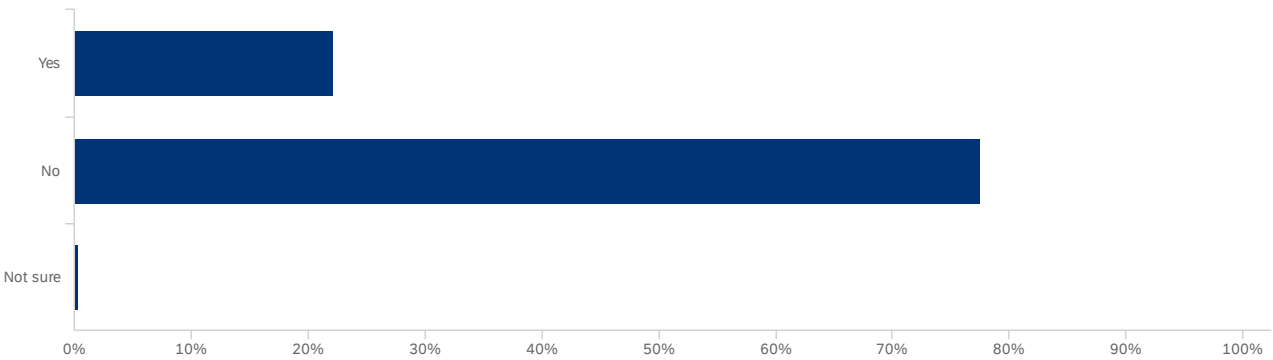
# Have you had symptoms of coronavirus? Please select all that apply



#	Field	Percentage
1	Yes - I have had coronavirus	12%
2	Yes - I have had symptoms but I've not been tested	6%
3	Yes - I have or have had Long Covid	1%
4	No	74%
5	Not sure	7%
		1580

Showing rows 1 - 6 of 6

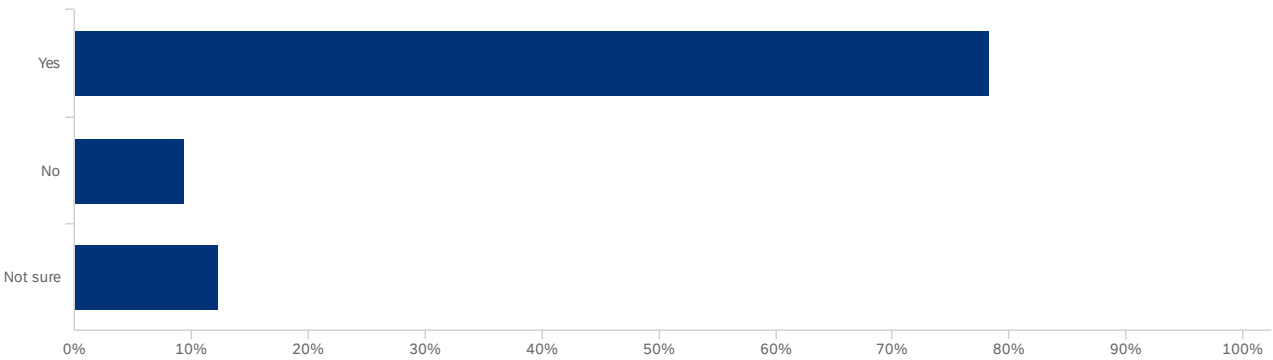
# Have you had the coronavirus vaccine?



#	Field	Percentage
1	Yes	22%
2	No	78%
3	Not sure	0%
		1565

Showing rows 1 - 4 of 4

# Would you have the coronavirus vaccine if offered?

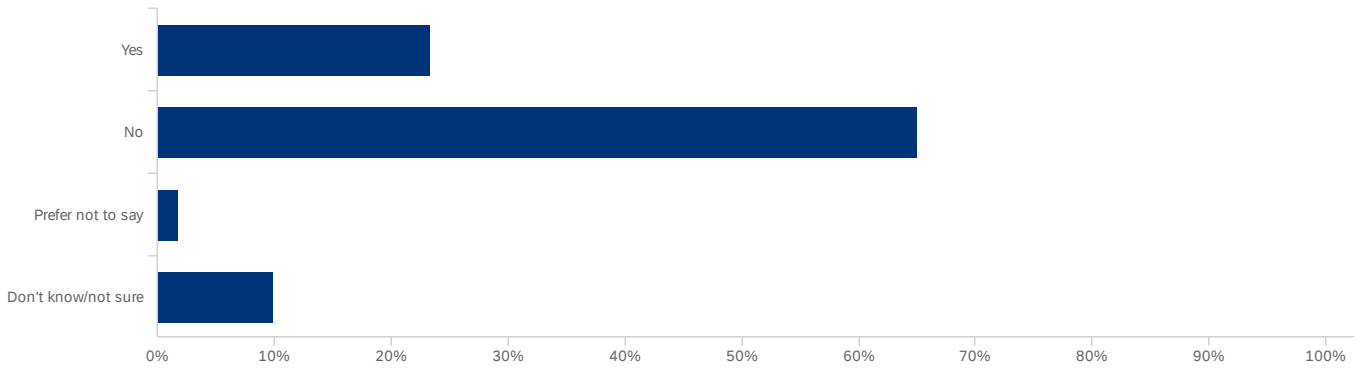


#	Field	Percentage
1	Yes	78%
2	No	9%
3	Not sure	12%
		1211

Showing rows 1 - 4 of 4

Do you or anyone else in your family receive benefits? This is additional money from the Government to help you meet your needs e.g. Universal Credit, Personal Independence

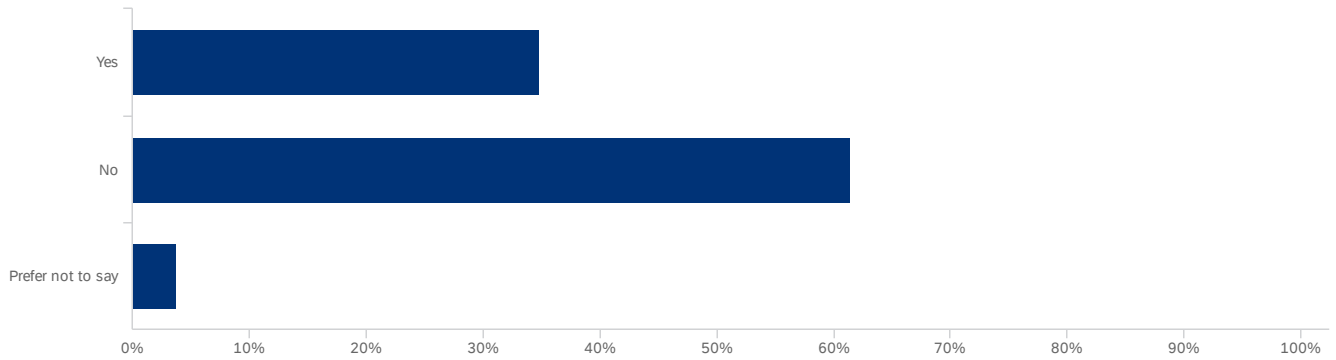
## Payment



#	Field	Percentage
1	Yes	23%
2	No	65%
3	Prefer not to say	2%
4	Don't know/not sure	10%
		1542

Showing rows 1 - 5 of 5

Do you have a long-term health problem or learning difference? Examples of long-term health problems and learning differences include epilepsy, depression, Asperger's syndrome or deafness.

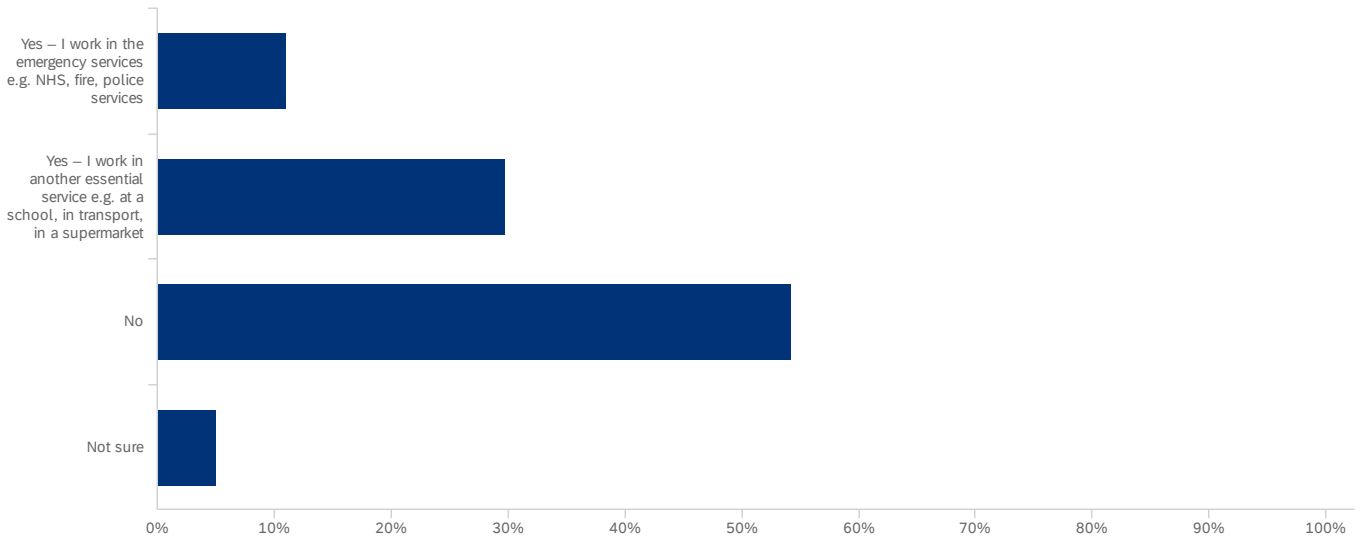


#	Field	Percentage
1	Yes	35%
2	No	61%
3	Prefer not to say	4%
		1542

Showing rows 1 - 4 of 4



Do you consider yourself to be a 'key worker'? This term refers to employees who are considered to be providing an 'essential service', as defined by Government guidance [here](#).

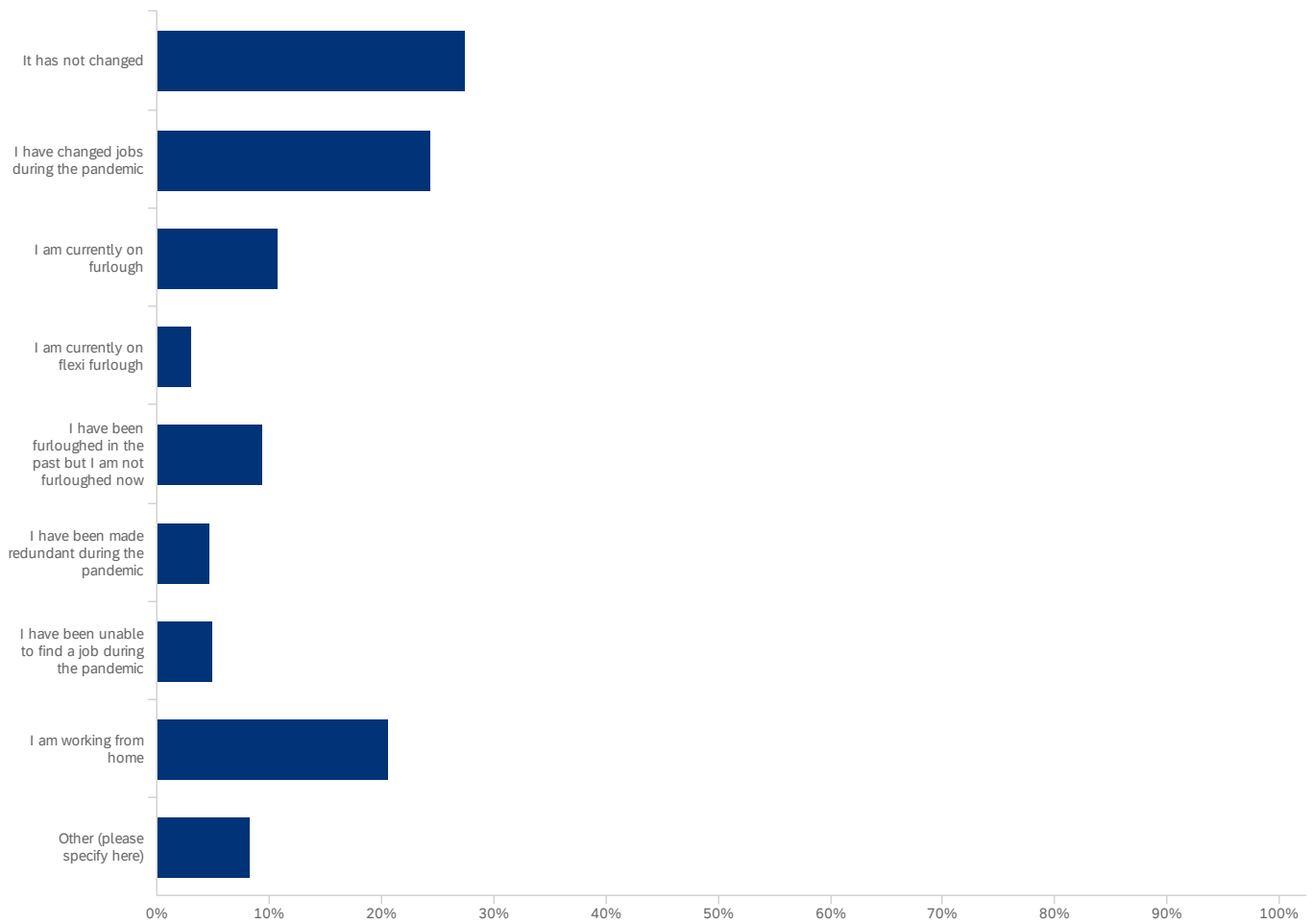


#	Field	Percentage
1	Yes - I work in the emergency services e.g. NHS, fire, police services	11%
2	Yes - I work in another essential service e.g. at a school, in transport, in a supermarket	30%
3	No	54%
4	Not sure	5%

763

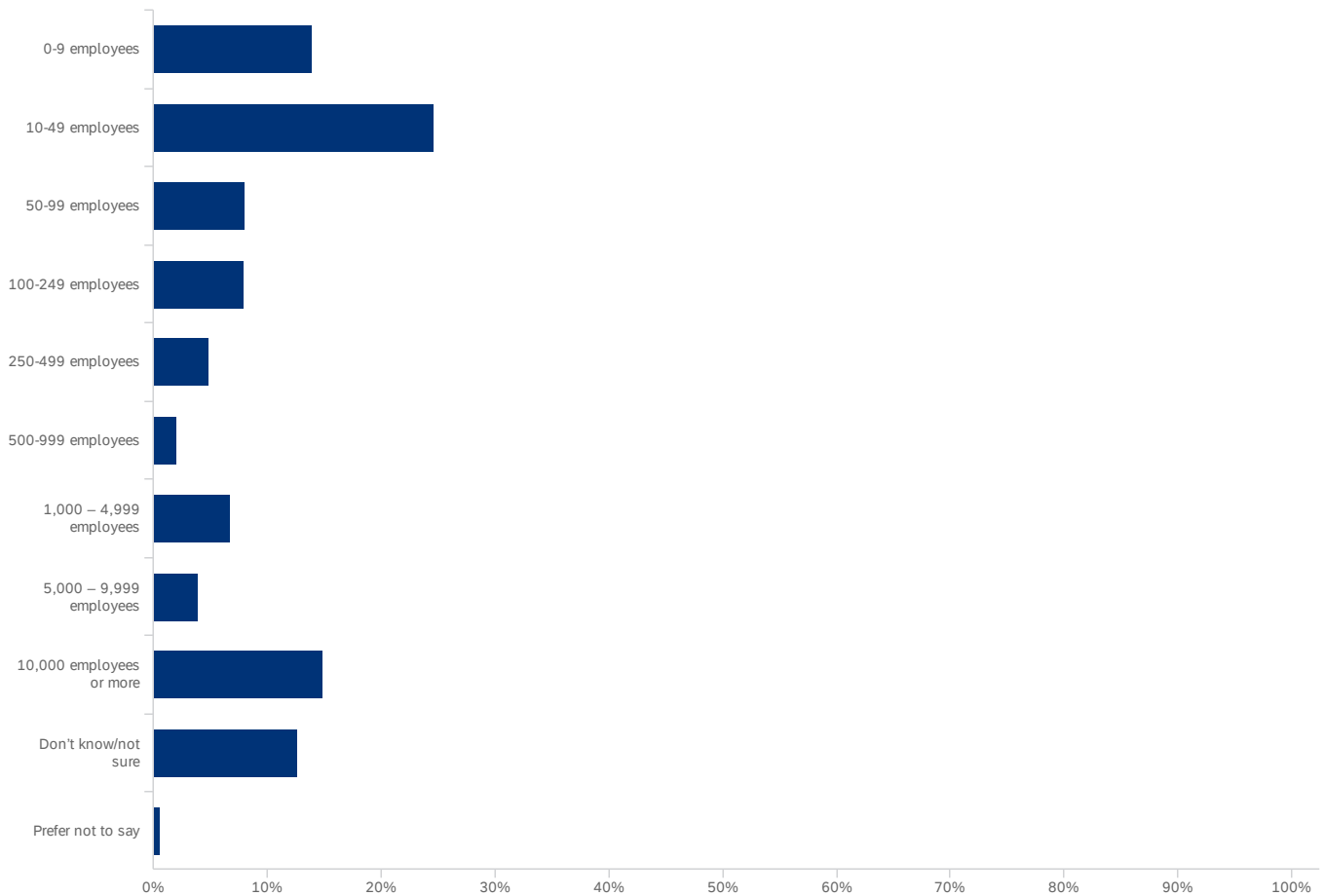
Showing rows 1 - 5 of 5

## How has your job changed as a result of coronavirus?



#	Field	Percentage
1	It has not changed	24%
2	I have changed jobs during the pandemic	22%
3	I am currently on furlough	9%
4	I am currently on flexi furlough	3%
5	I have been furloughed in the past but I am not furloughed now	8%
6	I have been made redundant during the pandemic	4%
7	I have been unable to find a job during the pandemic	4%
8	I am working from home	18%
9	Other (please specify here)	7%
		855

How many people are employed by the organisation you work for in total? If you are unsure, please give us your best estimate. Please only include paid members of staff (i.e. do not include volunteers)

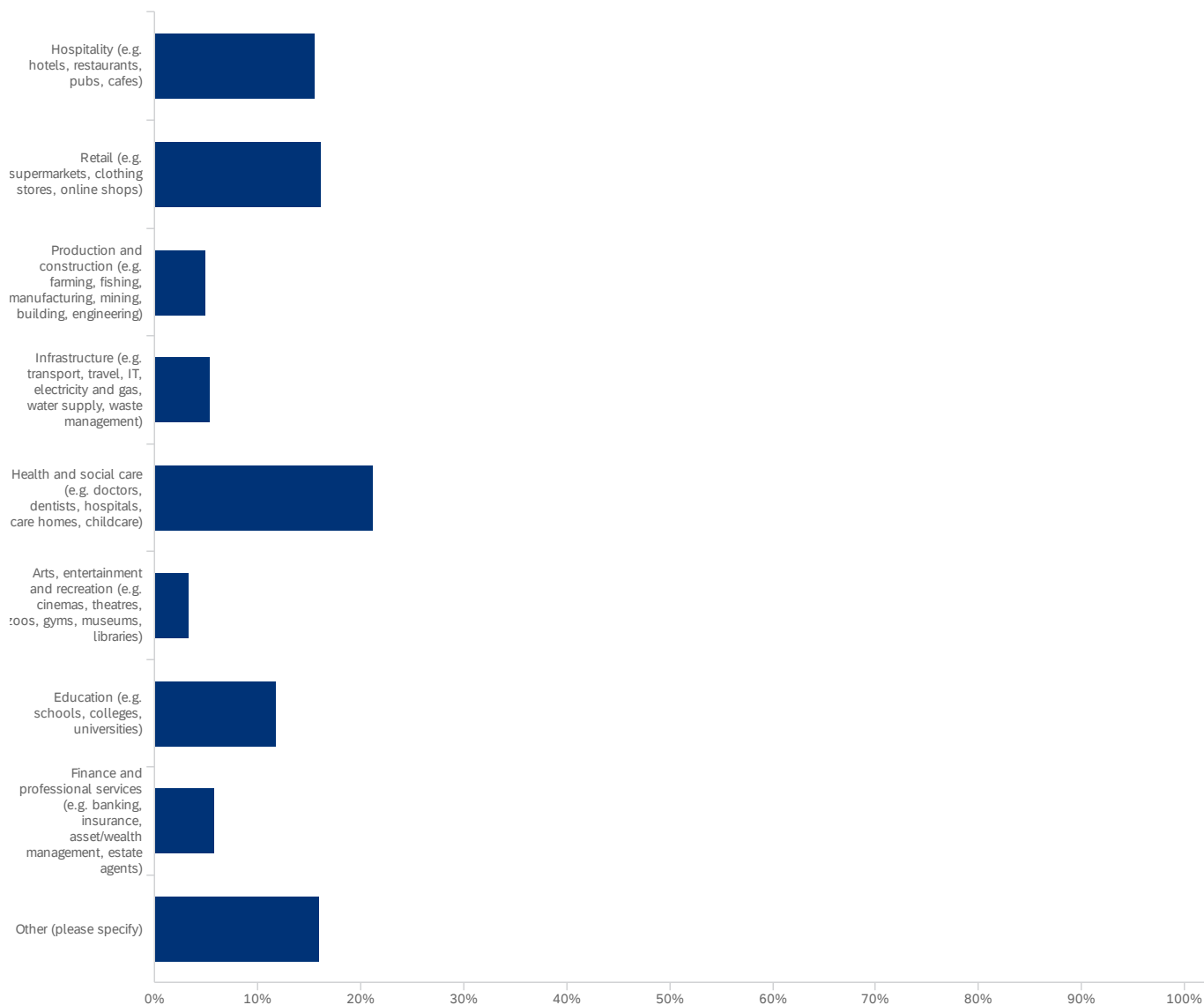


#	Field	Percentage
1	0-9 employees	14%
2	10-49 employees	25%
3	50-99 employees	8%
4	100-249 employees	8%
5	250-499 employees	5%
6	500-999 employees	2%
7	1,000 – 4,999 employees	7%
8	5,000 – 9,999 employees	4%

#	Field	Percentage
9	10,000 employees or more	15%
10	Don't know/not sure	13%
11	Prefer not to say	1%
		698

Showing rows 1 - 12 of 12

# Which of the following best describes the industry or main business activity of your organisation?

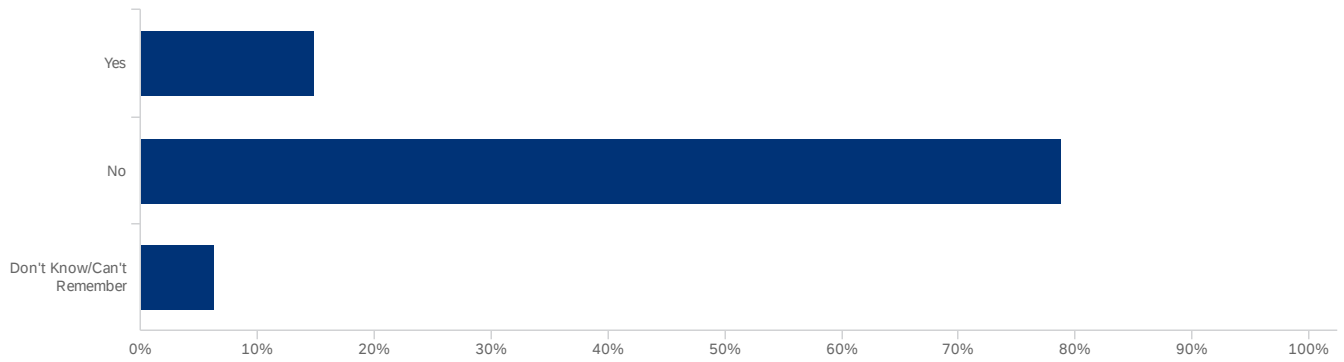


#	Field	Percentage
1	Hospitality (e.g. hotels, restaurants, pubs, cafes)	16%
2	Retail (e.g. supermarkets, clothing stores, online shops)	16%
3	Production and construction (e.g. farming, fishing, manufacturing, mining, building, engineering)	5%
4	Infrastructure (e.g. transport, travel, IT, electricity and gas, water supply, waste management)	5%
5	Health and social care (e.g. doctors, dentists, hospitals, care homes, childcare)	21%
6	Arts, entertainment and recreation (e.g. cinemas, theatres, zoos, gyms, museums, libraries)	3%

#	Field	Percentage
7	Education (e.g. schools, colleges, universities)	12%
8	Finance and professional services (e.g. banking, insurance, asset/wealth management, estate agents)	6%
9	Other (please specify)	16%
		694

Showing rows 1 - 10 of 10

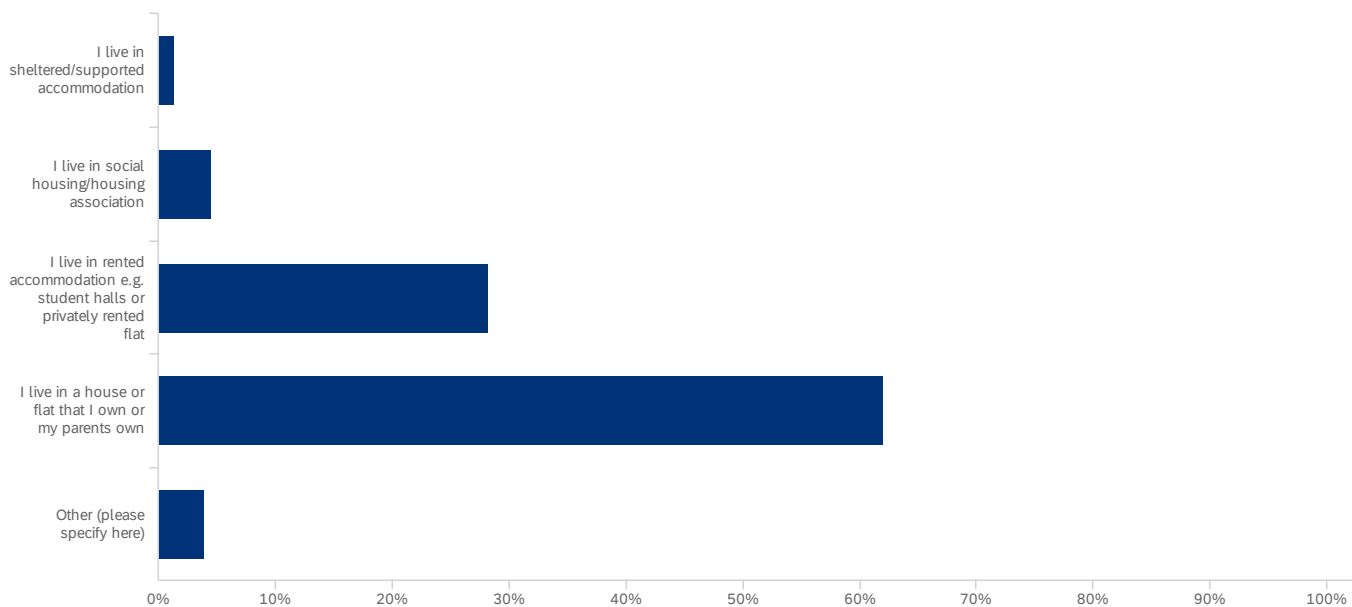
## Do you/did you get free school meals at school?



#	Field	Percentage
1	Yes	15%
2	No	79%
3	Don't Know/Can't Remember	6%
		1540

Showing rows 1 - 4 of 4

## Which of the following best describes your current living situation?

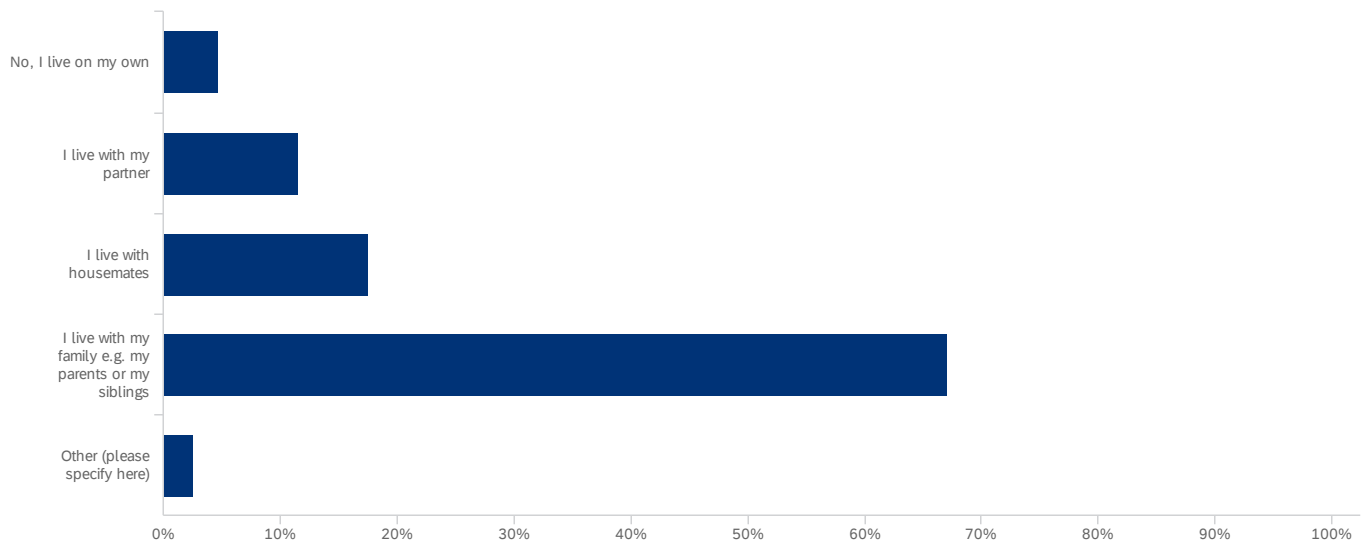


#	Field	Percentage
1	I live in sheltered/supporting accommodation	1%
2	I live in social housing/housing association	4%
3	I live in rented accommodation e.g. student halls or privately rented flat	28%
4	I live in a house or flat that I own or my parents own	62%
5	Other (please specify here)	4%
		1538

Showing rows 1 - 6 of 6



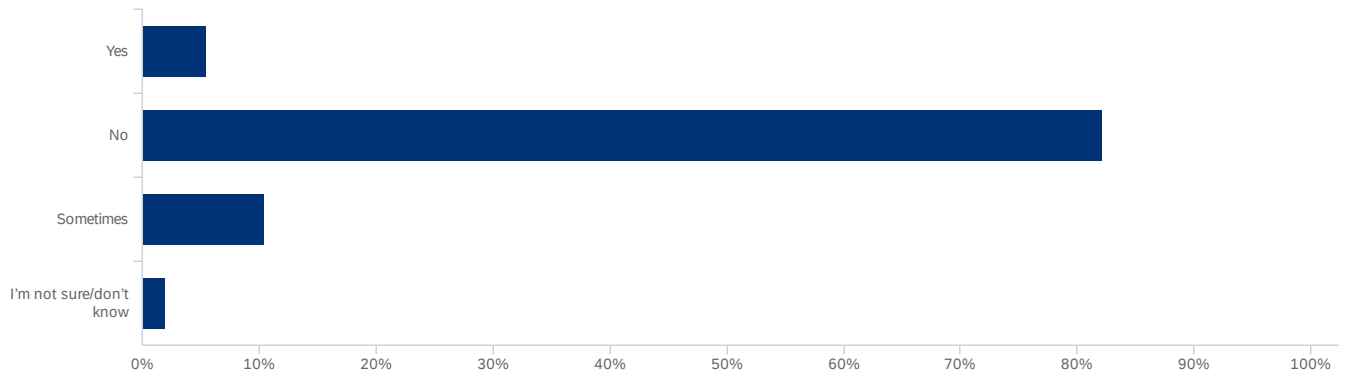
Do any other people live with you? Please select all that apply.



#	Field	Percentage
1	No, I live on my own	5%
2	I live with my partner	11%
3	I live with housemates	17%
4	I live with my family e.g. my parents or my siblings	65%
5	Other (please specify here)	2%
		1591

Showing rows 1 - 6 of 6

## Do you provide care for a family member or someone close to you?



#	Field	Percentage
1	Yes	5%
2	No	82%
3	Sometimes	10%
4	I'm not sure/don't know	2%

1538

Showing rows 1 - 5 of 5

**End of Report**