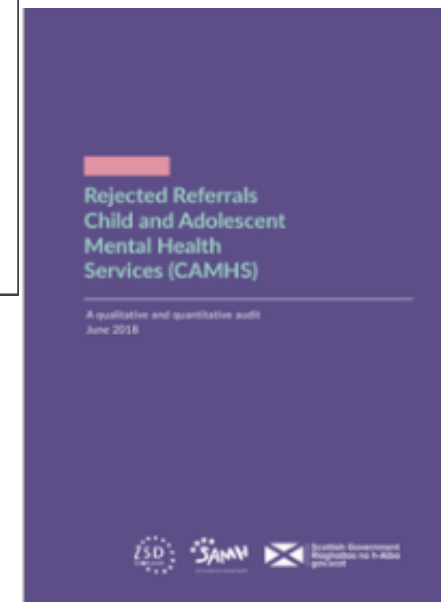
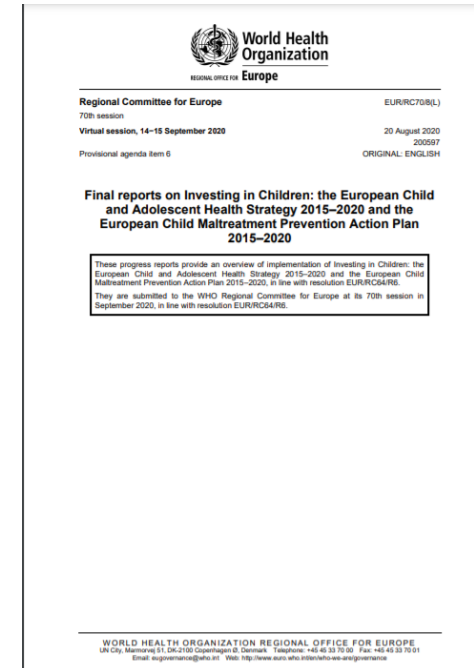


Ensuring their future: the impact of COVID-19 on young people's mental health'

Dr Eileen Scott

Situation before the pandemic

- Mental Health of Children and Adolescents is a key concern in the majority of member states in WHO European Region.
- Suicide is the leading cause of death among adolescents in low- and middle-income countries and the second leading cause in high-income countries across the Region.
- Lack of country-level data on important mental health indicators.
- Majority of countries do not have a mechanism for inter-sectorial planning and monitoring of child and adolescent mental health services.
- Few countries able to provide information on prescriptions for mental illnesses or on the rates of treatment of these conditions.
- In Scotland, 20% increase in referrals to CAMHS between 2015 and 2018.

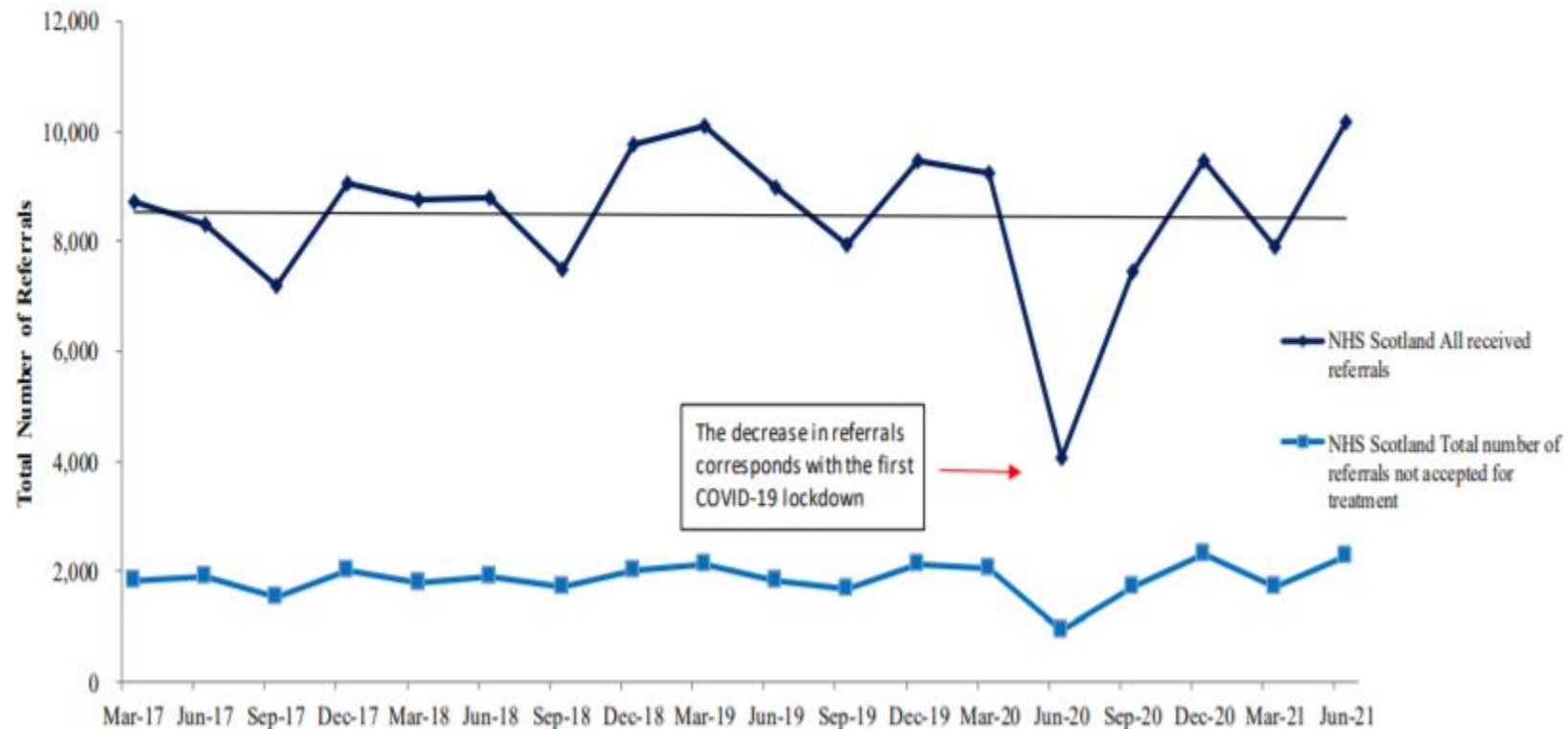


What did we learn from past outbreaks?

- Studies report high psychological and mental health impacts including psychological distress, anxiety, depression and fear and post-traumatic stress. Greatest impacts on healthcare workers.
- The longer-term impacts of previous outbreaks is unclear.
- Few studies were identified that focused on children and young people.
- Little learning from past outbreaks on the impact of long-term lockdown and school closure on children and young people's mental health, wellbeing and educational attainment



What do we know now? CAMHS Referrals 2017-2021

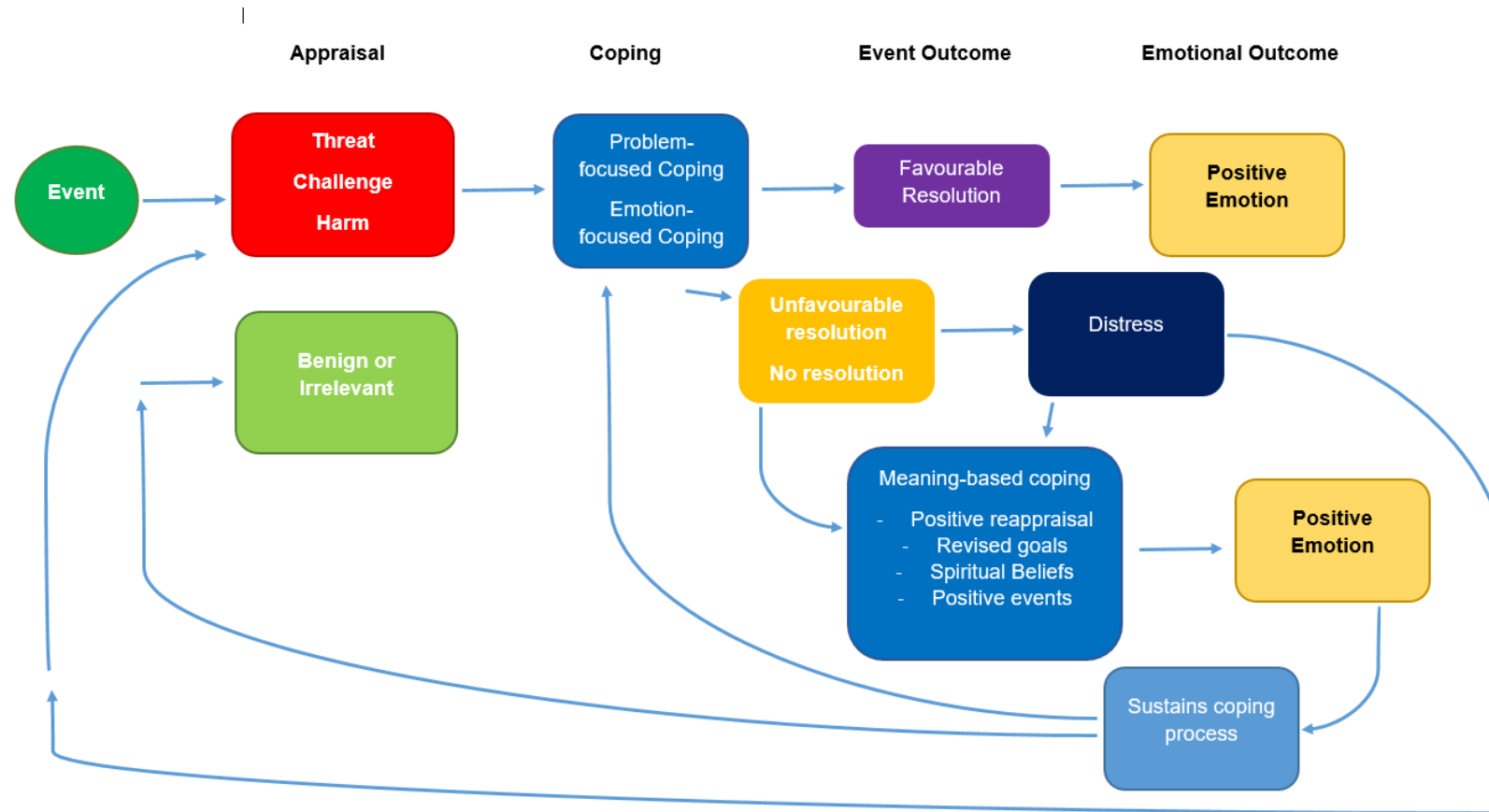


Source: Public Health Scotland (2021) Child and Adolescent Mental Health Services (CAMHS) waiting times Quarter ending 30 June 2021 ([published 07 September 2021](#))

Impact of COVID-19 – making a bad situation worse?

- Levels of depression and anxiety higher (Meherali et al. 2021)
 - greater for adolescents than younger children
 - girls reporting higher levels of depression.
- school closures negatively impacted on overall mental health and psychological wellbeing (Viner et al, 2021)
- disrupted learning and attainment (Moss et al. 2021)
- Increased exposure to risk (Moss et al. 2021)

Coping with the pandemic – the transaction with our environment



Folkman, 1997 Cognitive Mediation Model of Coping

What can public Health do?

- Resources
- Relationships
- Restructure

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