

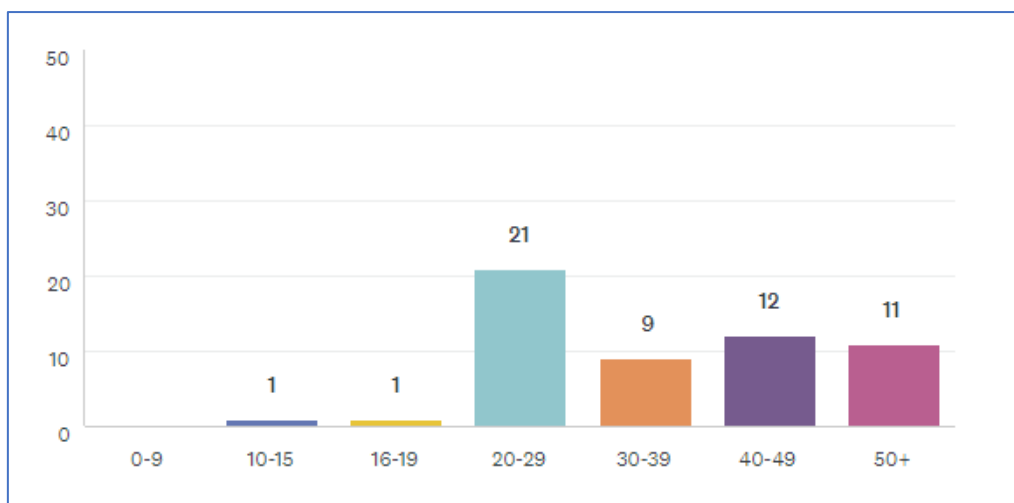


Mental Health in Northern Ireland During the Coronavirus Lockdown

We shared the link to the below questionnaire on the ZGBTST Facebook page. We had a total of 55 respondents who answered all 10 questions. All questions and answers are included below.

Analysis of Answers

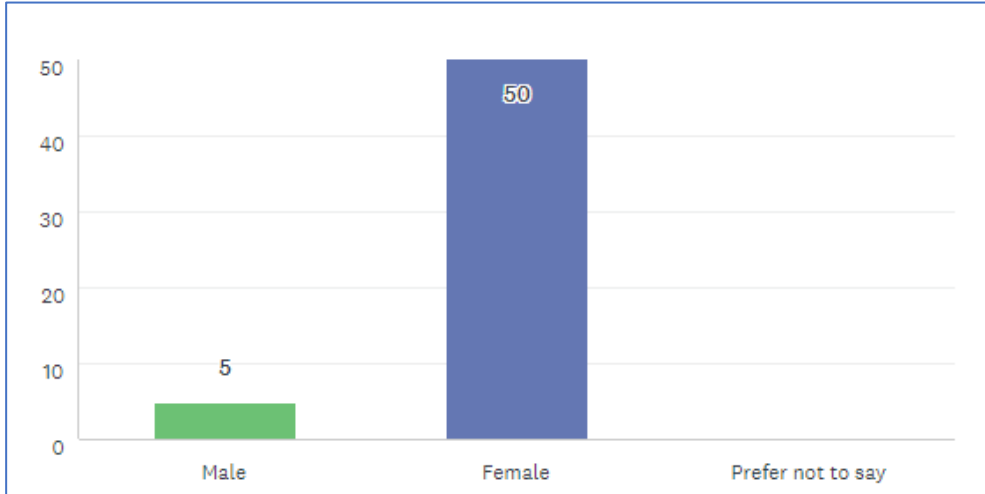
1. What is your age?



As the questionnaire was shared via social media (Facebook) it is unsurprising the most respondents were between 20-29 years of age.

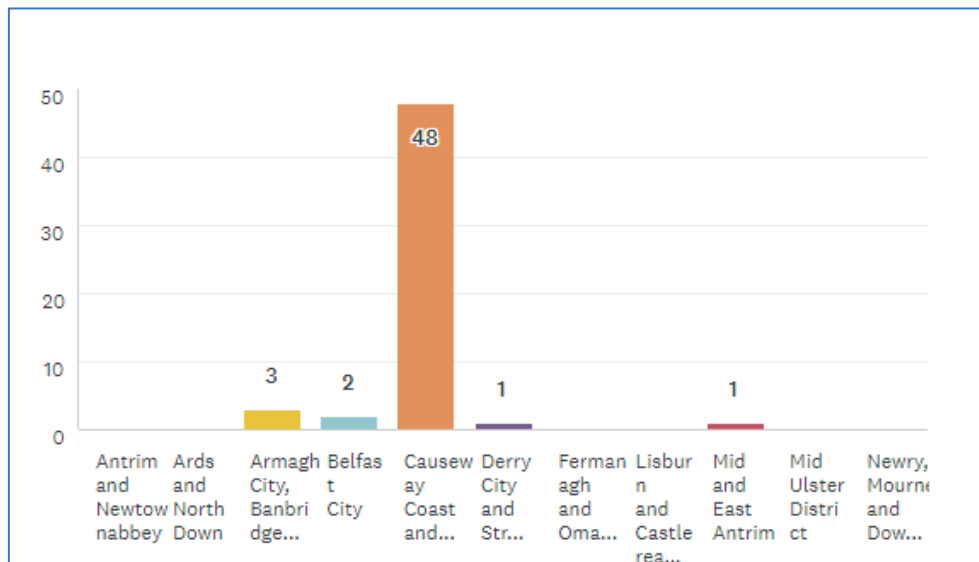


2. What gender do you identify as?



Less than 10% of respondents were male. This unbalance is likely due to the ZGBTST Facebook following being most female (21% male, 79% female).

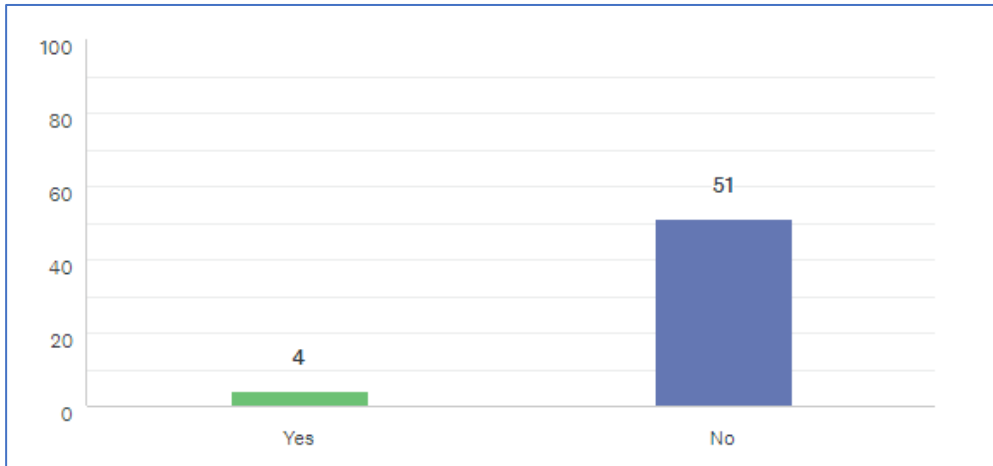
3. Where are you from?



Nearly all respondents were from the Causeway Coast and Glens. This is as a result of the ZGBTST Facebook following being mostly from this area.

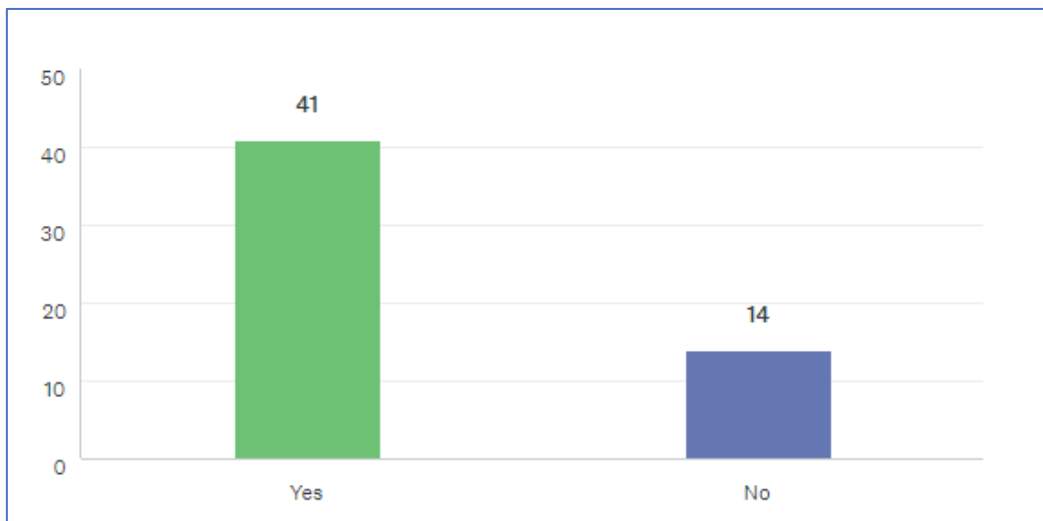


4. Do you live alone?



The majority of individuals do not live alone. This is unsurprising given the high number of young people that responded to our survey. Young people typically house share or still live with their parents.

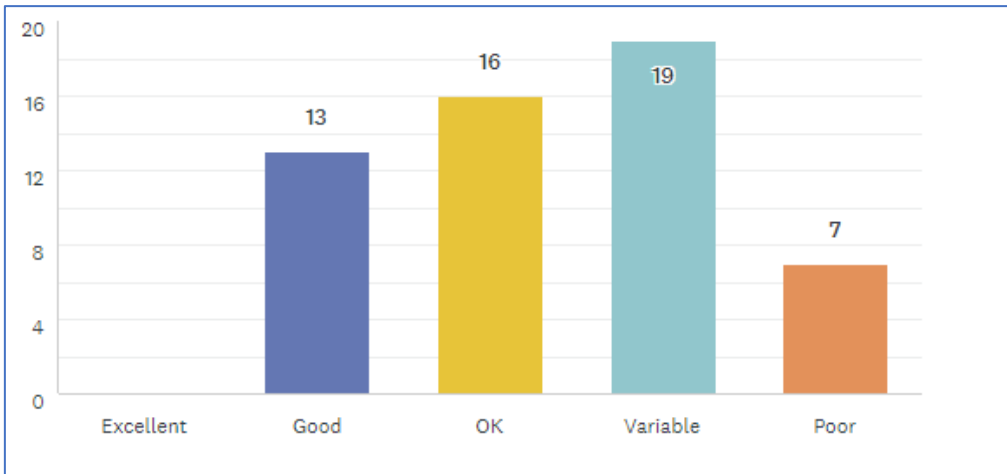
5. Have you ever experienced mental health issues?



74.5% of respondents have a pre-existing mental health issue.

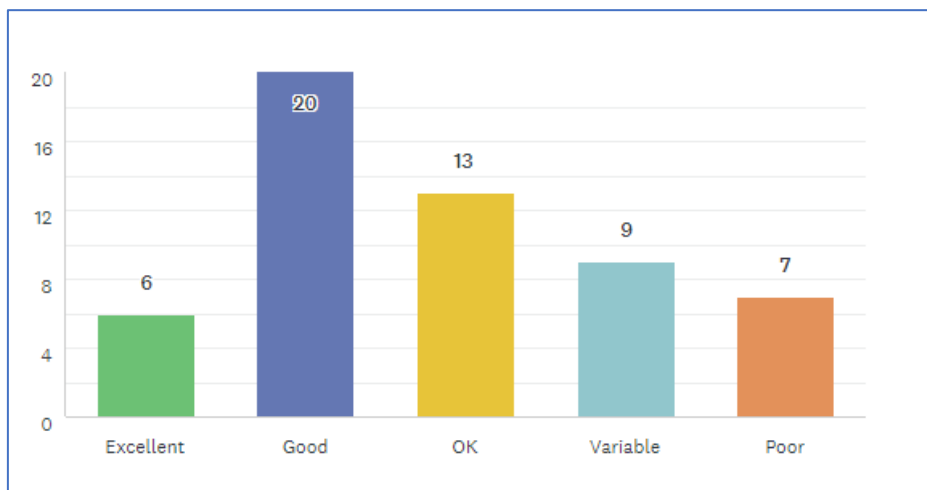


6. How would you currently rate your overall mental and emotional health?



Interesting to note that no respondent classed their current mental and emotional health as 'excellent'. The trend within these responses is clearly leaning toward the right-hand side of the graph indicating an overall poorer classification. Further analysis of this data is provided from page 7 onwards.

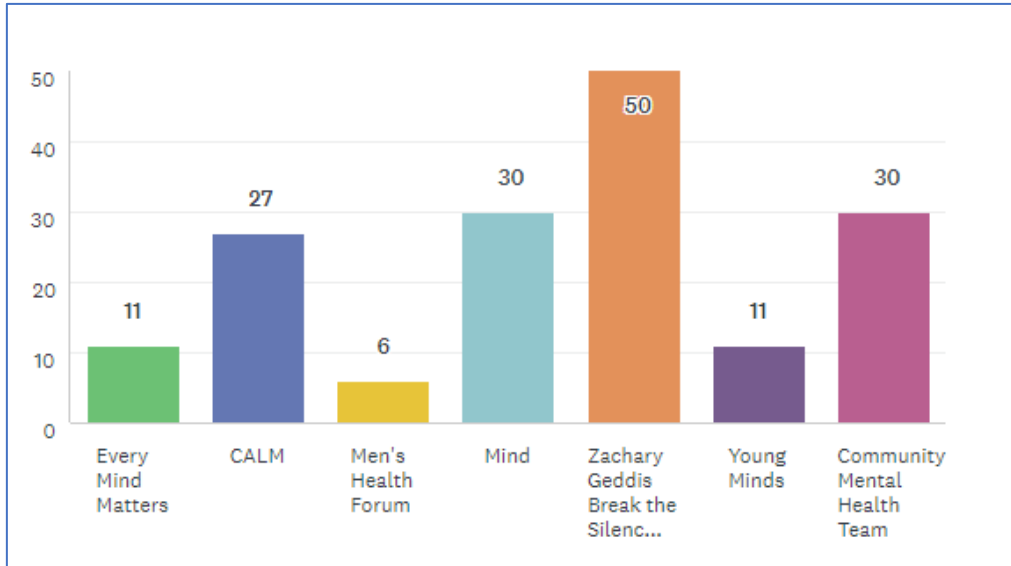
7. Before the Coronavirus lockdown how would you have rated your overall mental and emotional health?



Contrasting the previous graph (question 6) the trend of responses now leans towards a more positive classification. Further analysis of this data is provided from page 7 onwards.

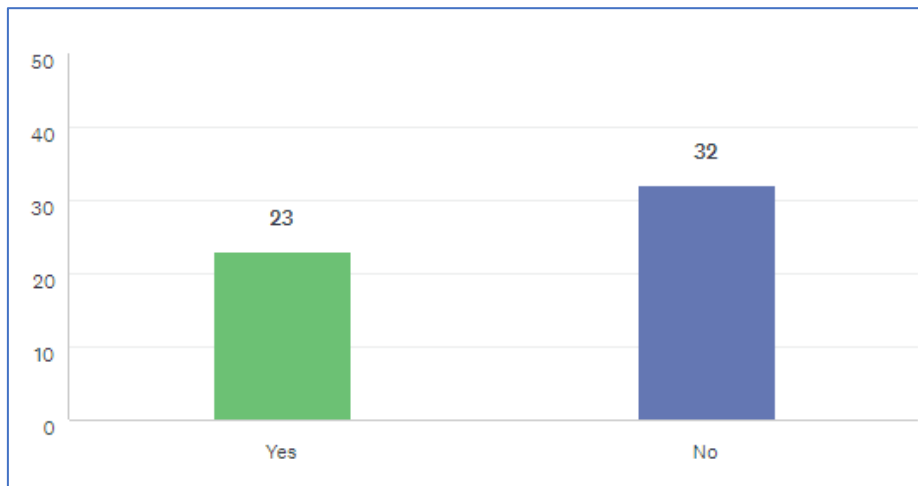


8. Have you heard of any of the following organisations?



Unsurprising that nearly all the respondents have heard of ZGBTST and at least half of them know of other organisations.

9. Are you aware of the services ZGBTST is offering during the Coronavirus lockdown?



These results are disappointing when compared to the responses from question 8. Only half of respondents that know of ZGBTST are aware of the services we currently provide. This is despite regular content and reminders from the ZGBTST Facebook page.

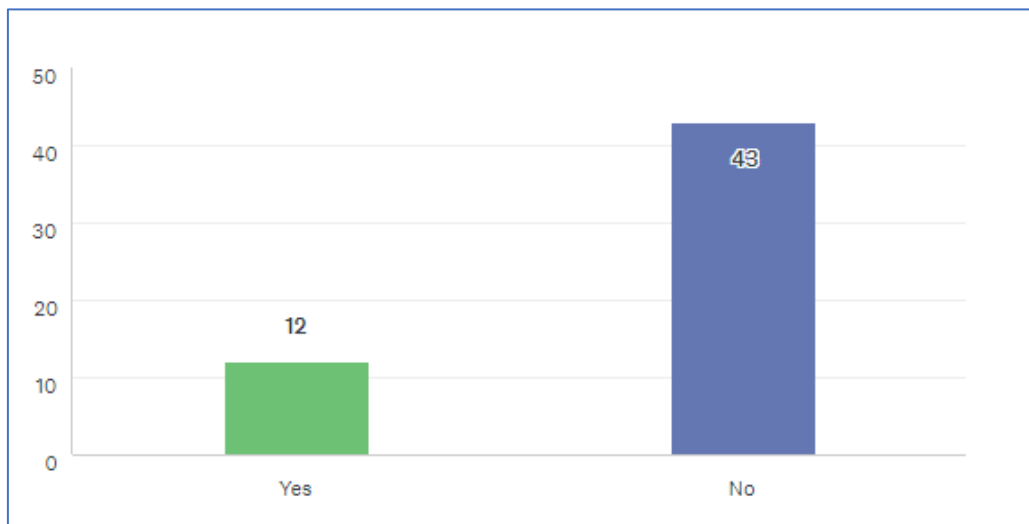
Those who answered were asked to specify.

- a) Telephone Check ins- support and advice



- b) Over the phone counselling sessions
- c) Chat between 2 and 4pm But don't want to, because others are more in need
- d) Web seminars
- e) Webinar and 24/7 support
- f) 1-2-1 plus general chats
- g) Online talks and safe phone line
- h) Everything
- i) Phone line available daily
- j) Yasmin's Webinars
- k) Online support, helpline, support advocates, webinars on YouTube
- l) webinars, 5-minute tip videos on YouTube
- m) Online support, telephone chats
- n) Webinars
- o) Helpline and Webinars
- p) Online counselling & video blogs with tips on how to look after your mental health & cope with isolation

10. Are you aware of any other mental health support services being offered during the coronavirus lockdown?



Those who answered were asked to specify.

- a) Psychological services & CMHT, but it is limited support and difficult to obtain access as key workers aren't always available if working from home. Crisis team
- b) uni support
- c) Queen's University Student Wellbeing Service
- d) Samaritans have new phone line for NHS staff, NHSCT have stuff for staff. Not really aware of community support



- e) Oasis
- f) Employer EAP service
- g) Phone contact with key workers and crisis support
- h) None whatsoever a nightmare to get held of anyone with the mental health services
- i) Psychological services & CMHT, but it is limited support and difficult to obtain access as key workers aren't always available if working from home. Crisis team
- j) Samaritans have new phone line for NHS staff, NHCT have stuff for staff. Not really aware of community support

Further Analysis of Mental Health Rankings Before and After Lockdown

The ratings within this section were derived from the responses within questions 6 & 7.

- **Improved** was identified as a better classification in question 7 than in question 6. E.g. Respondent A stated their current mental health is 'variable' in question 6, but in question 7 stated their mental health before lockdown was 'poor'.
- **No change** was identified as the same classification in question 7 and question 6. E.g. Respondent B stated their current mental health is 'variable' in question 6, and in question 7 stated their mental health before lockdown was 'variable'.
- **Worsen** was identified as a poorer classification in question 7 than in question 6. E.g. Respondent C stated their current mental health is 'variable' in question 6, but in question 7 stated their mental health before lockdown was 'good'.

Change in Mental and Emotional Health Rating with Age of Respondent

How the mental and emotional health of respondents of different ages changed with the coronavirus lockdown.

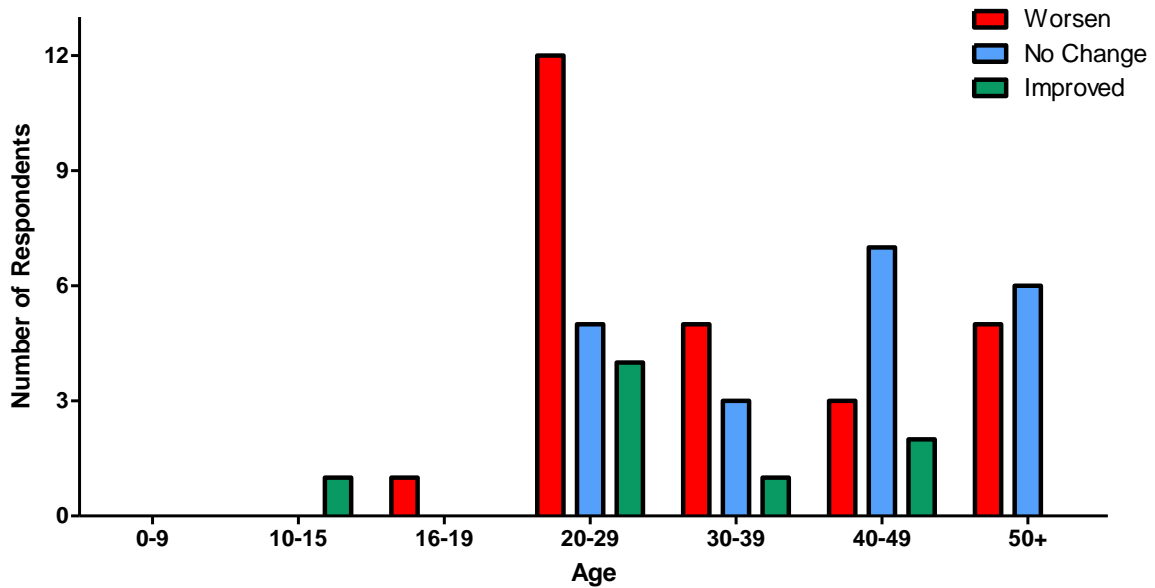
| | Mental Health Rating Change Before and After Lockdown | | | | | | | |
|--------------|---|-------|-------|-------|-------|-------|-----|-------|
| Age | 0-9 | 10-15 | 16-19 | 20-29 | 30-39 | 40-49 | 50+ | Total |
| Worsen | 0 | 0 | 1 | 12 | 5 | 3 | 5 | 26 |
| No change | 0 | 0 | 0 | 5 | 3 | 7 | 6 | 21 |
| Improved | 0 | 1 | 0 | 4 | 1 | 2 | 0 | 8 |
| Total | 0 | 1 | 1 | 21 | 9 | 9 | 7 | |

Only one respondent was within each of the 10-15 and the 16-19 groups. The data shows that for the age groups 20-29 and 30-39 most respondents mental health worsened after lockdown. For the older age groups 40-49 and 50+ most clients reported no change in their mental health after lockdown.



Overall a total of 26 individuals (47%) reported their mental health worsening after lockdown, 21 individuals (38%) stated no change in their mental health and only 8 (15%) reported an improvement.

Change in Mental and Emotional Health After Lockdown



Change in Mental and Emotional Health Rating with Gender

The groups for gender (females:50, male:5) were unfortunately not balanced enough to draw conclusions from.

Change in Mental and Emotional Health Rating in Individuals that Live Alone

The groups for living alone (yes:4, no:51) were unfortunately not balanced enough to draw conclusions from.



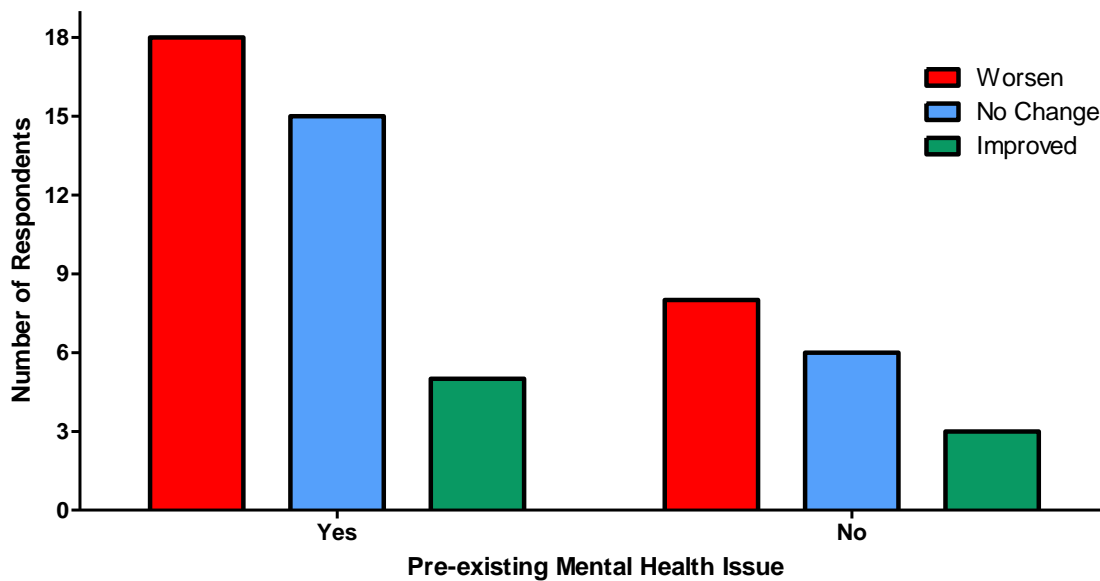
Change in Mental and Emotional Health Rating in Individuals with Pre-existing Mental Health Conditions

How the mental and emotional health of respondents with and without pre-existing mental health issues changed with the coronavirus lockdown.

| Mental Health Rating Change Before and After Lockdown | | |
|---|-----------|-----------|
| | Yes | No |
| Worsen | 18 | 8 |
| No change | 15 | 6 |
| Improved | 5 | 3 |
| Total | 34 | 14 |

The majority of individuals with pre-existing mental health conditions said their mental and emotional health worsened after lockdown (18 individuals). However nearly an equal amount (15 individuals) reported no change. Individuals with no pre-existing mental health condition responded in a similar manner, with most (8 individuals) stating their mental health had worsened, followed closely by 6 individuals who reported no change. The trend towards poorer mental health following the Coronavirus lockdown is very clear within this data.

Change in Mental and Emotional Health After Lockdown





Conclusion:

From this data it is evident for many individuals the coronavirus lockdown resulted in poorer mental health. The responses from this questionnaire suggest that many of these individuals did not know of mental health services still available to them during the lockdown. The most at-risk groups within our responses are those aged between 20-29 & 30-39 and those that have pre-existing mental health issues.