



A follow-up survey to understand the impact of Covid-19 on mental health and wellbeing.

August 2020

INTRODUCTION

This anonymous mental health and wellbeing survey was conducted by Sheffield Flourish - a mental health charity rooted in the community, during the COVID-19 outbreak in Sheffield. The survey was completed online. We wanted to continue finding out how the lockdown is affecting people and their mental health in our community. 28 people responded to the survey and has continued to provide us with an increasing awareness of the difficulties people are facing during the pandemic as well as how we can best continue to keep in contact and support people throughout this period.

QUESTION 1: NOW THAT RESTRICTIONS ARE BEING LIFTED, ARE THERE ANY CONCERNS THAT YOU HAVE ABOUT THIS? (27 RESPONSES)

Responses to this question fitted under 5 key areas. As this was an open question participants were free to share any concerns that they might have in their own words.

People are reporting that they are concerned the lockdown is being lifted too quickly

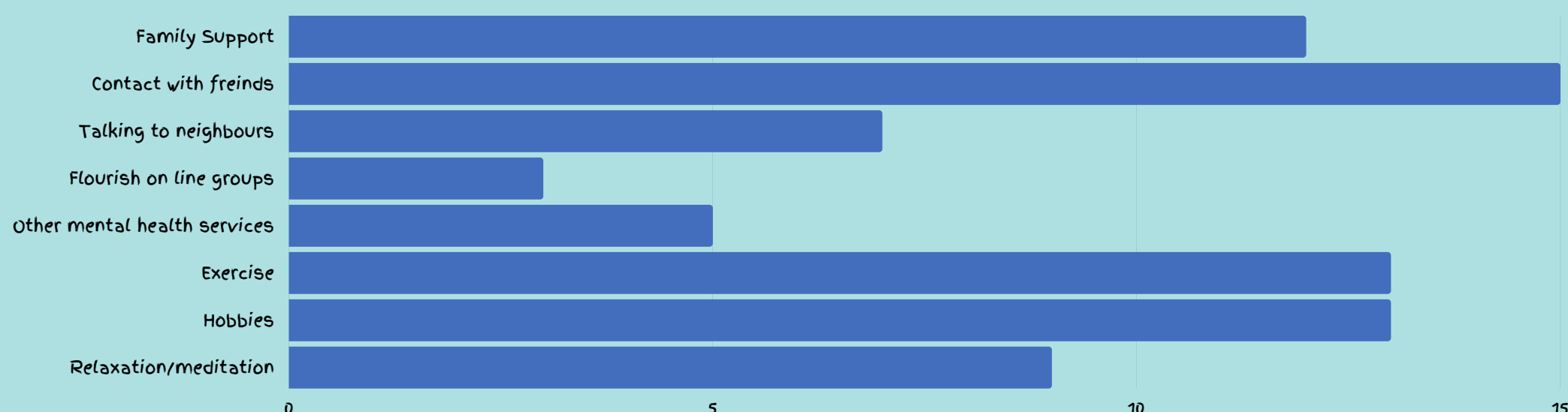
There are concerns that people who are sheilding will still be at the same level of risk when sheilding ends.

Lack of clarity from the Government.

Concern around how wearing a mask increases anxiety.

There are concerns about other people are being too relaxed and not wearing masks.

QUESTION 2: HAS ANYTHING IN PARTICULAR MADE YOU FEEL BETTER DURING THE LOCKDOWN PERIOD? TICK AS MANY CATEGORIES AS YOU FEEL APPLY AND ADD YOUR OWN UNDER 'OTHER' IF THEY ARE NOT INCLUDED IN THE LIST. (28 RESPONSES)



Other:

Being on my own, not having to go places or see people I don't want to

Financial savings, getting closer to nature and seeing it thrive

I've done decorating in the house & saved more money that I would have spent on my commute & coffees etc

Family zoom quiz. Venting on Twitter and Facebook at the inept handling of the pandemic by the government

Gardening

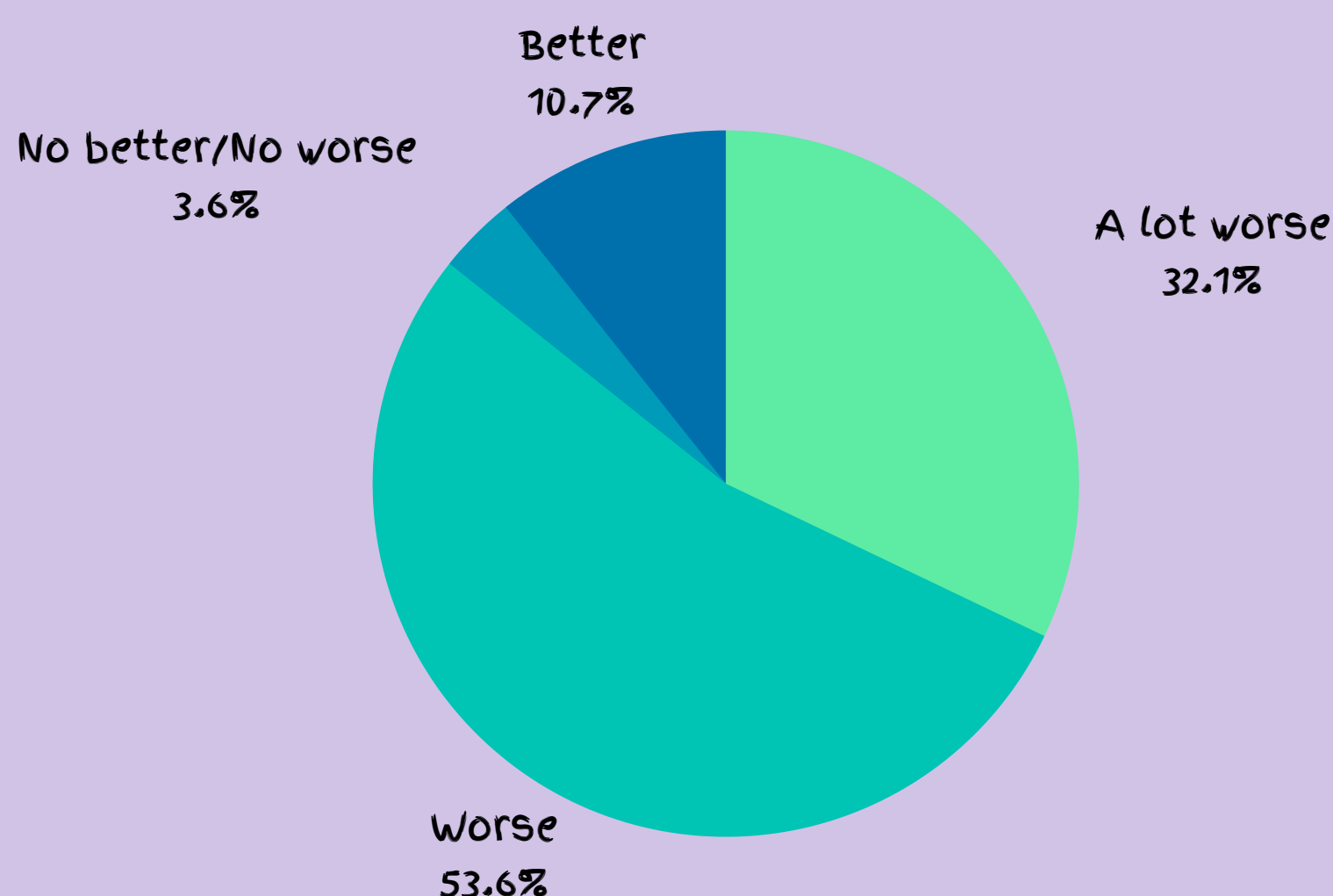
Nature

Staying home

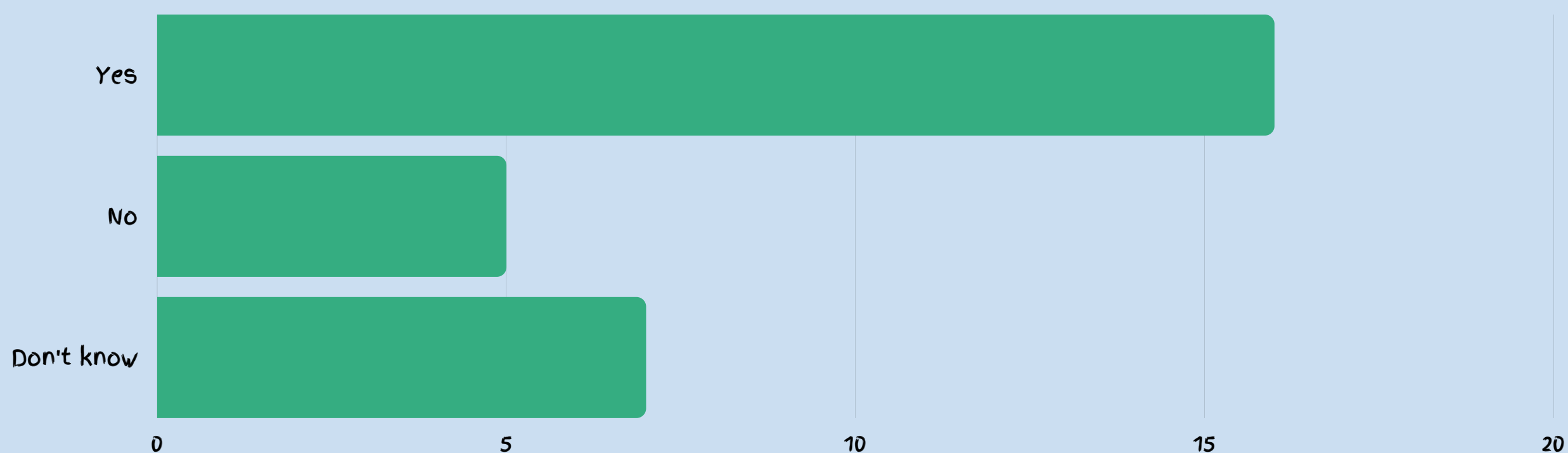
Work

The Samaritans

QUESTION 3: PLEASE SELECT THE ANSWER WHICH BEST APPLIES TO YOU; "COVID-19 AND THE RESPONSE TO IT HAS MADE MY MENTAL HEALTH..." (28 RESPONSES)



QUESTION 4: DO YOU FEEL YOUR MENTAL HEALTH IS WORSE BECAUSE OF THE IDEA OF COMING OUT OF LOCKDOWN? (28 RESPONSES)



QUESTION 5: IF YOU HAVE ANSWERED 'YES' TO QUESTION 4, WHY DO YOU THINK THIS IS? SOME EXAMPLES MAY INCLUDE FEAR OF CATCHING THE VIRUS, WORRIES AROUND RETURNING TO BEING AROUND PEOPLE, WORRIES AROUND CHILDREN RETURNING TO SCHOOL OR WORRIES AROUND RETURNING TO WORK. (17 RESPONSES)

THERE WERE 7 IDENTIFIED COMMON THEMES FROM THE RESPONSES

Increased anxiety and exhaustion

Pressure from others to get back to 'normal'

Low trust in the Governments efforts

Concern that the virus could catch us of guard

Other people not taking the threat seriously

Worries about loved ones who are sheilding or returning to school.

Being around people at work or while shopping

COMMENTS:

"The guidance we have had has been wishy washy regarding the timing, we seem to be on the back foot all the time. This virus can kill at its worst, I don't want it, so people should stop moaning about the rules and get on with it, we all have to abide by them if we want this virus gone."

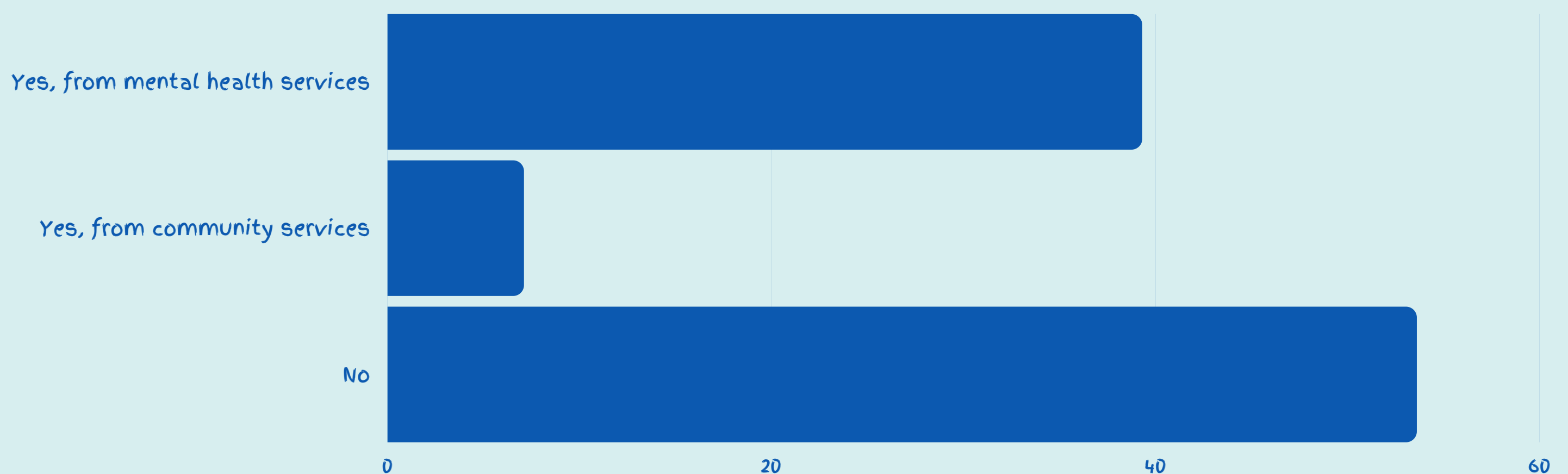
"there is a real fear of catching the virus and being very ill, i'm also a lot more aware of other people around me and being outside/going to the supermarket etc is making me much more hyper aware and exhausted"

"It's about coming to close to people. I'm worried about being invited to the pub, turning up, and realising that there are too many friends there, then having to sit too close. I don't feel able to express to my friends how these kinds of situations make me feel uncomfortable. I also feel angry toward people who i love for their actions. This is frustrating! I don't want to feel mad - these people don't normally ever upset me, but I'm surprised by their behaviour."

QUESTION 6: IS THERE ANYTHING YOU THINK YOU WILL MISS BECAUSE OF LOCKDOWN ENDING? (25 RESPONSES)

The majority of people here indicated that they will miss the unity and sense of community that this common threat brought out in people. People will miss having time for each other and their wider families and to do the things they enjoy. The streets were cleaner and quieter and people liked this. On the other hand, some people identified that they would not miss anything about the end of the lockdown and want to get back to normal life.

QUESTION 7: HAVE YOU RECEIVED SUPPORT FROM MENTAL HEALTH SERVICES, AND/OR FROM COMMUNITY SERVICES, DURING THE LOCKDOWN PERIOD?(28 RESPONSES)



QUESTION 8: IF YOU HAVE RECEIVED MENTAL HEALTH SUPPORT OTHER THAN FROM MENTAL HEALTH SERVICES OR COMMUNITY SERVICES, PLEASE LET US KNOW FROM WHERE.(12 RESPONSES)

3 RESPONSES WERE RECORDED AS N/A AND THESE HAVE BEEN LEFT OUT FOR EASE OF READING

| | | |
|---|--|--------------------------------|
| IAPT | Private therapist | I get both. From SHSC and Mind |
| Very sporadic phone based support from community services (care coordinator) based in North Recovery team of SHSC | I have received mental health support from my private therapist who uses zoom for sessions | University Wellbeing Advisor |
| Gp. Lots | Sheffield Health and social care and my own personal assistants | Flourish and SODIT |

QUESTION 9: DO YOU FEEL YOU HAVE HAD ADEQUATE SUPPORT FROM MENTAL HEALTH SERVICES OVER THE PERIOD OF LOCKDOWN? (22 RESPONSES)

| | | | |
|----------|-----|----------|--------------|
| 7 | Yes | 1 | I don't know |
| 8 | No | 6 | Other |

Comments

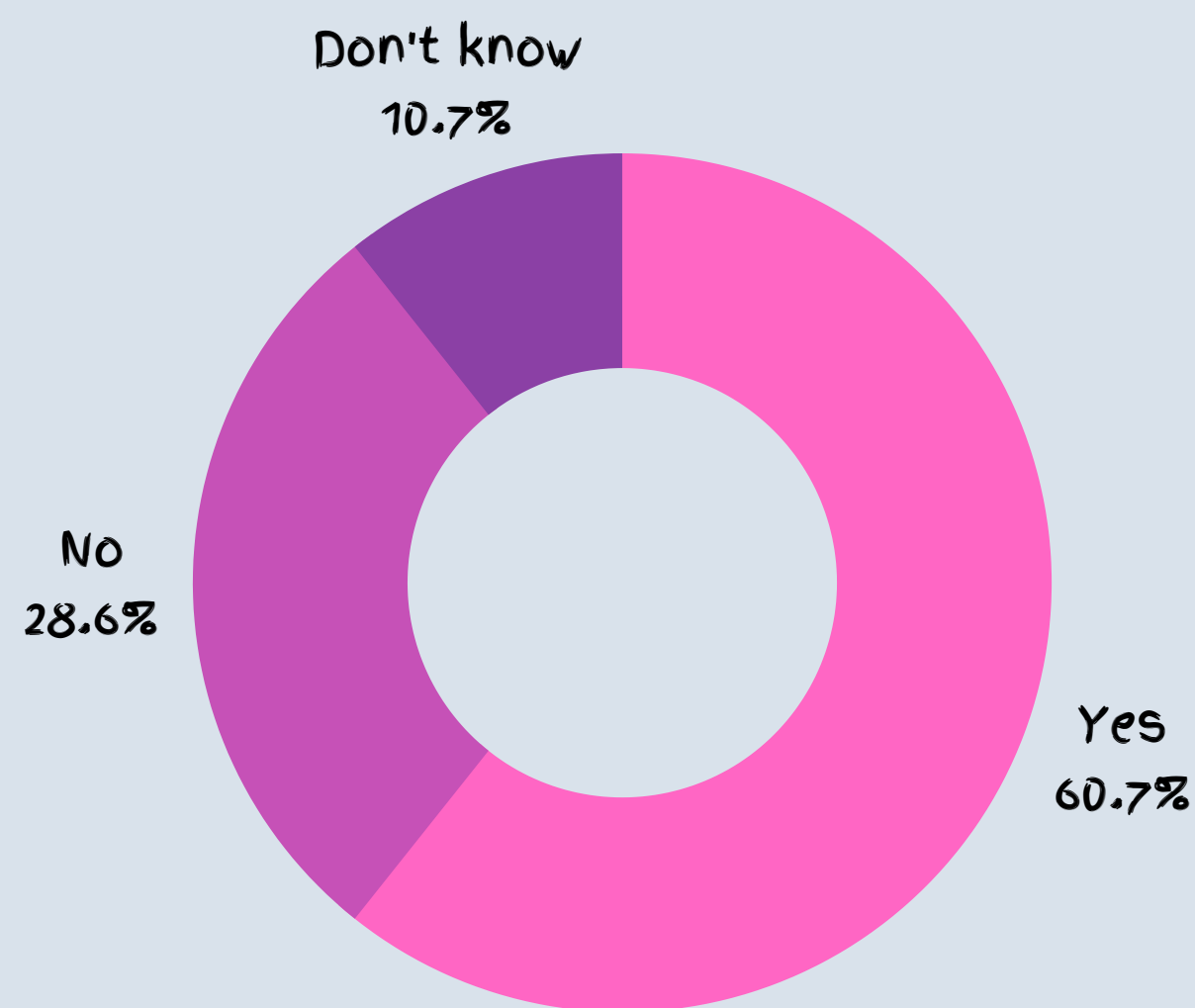
They did not take into account the massive issues lockdown causes for my personal circumstances (I rely on social care and this was reduced) and did not make allowances for this.

Not really. We cant do our normal sessions. I've missed out.

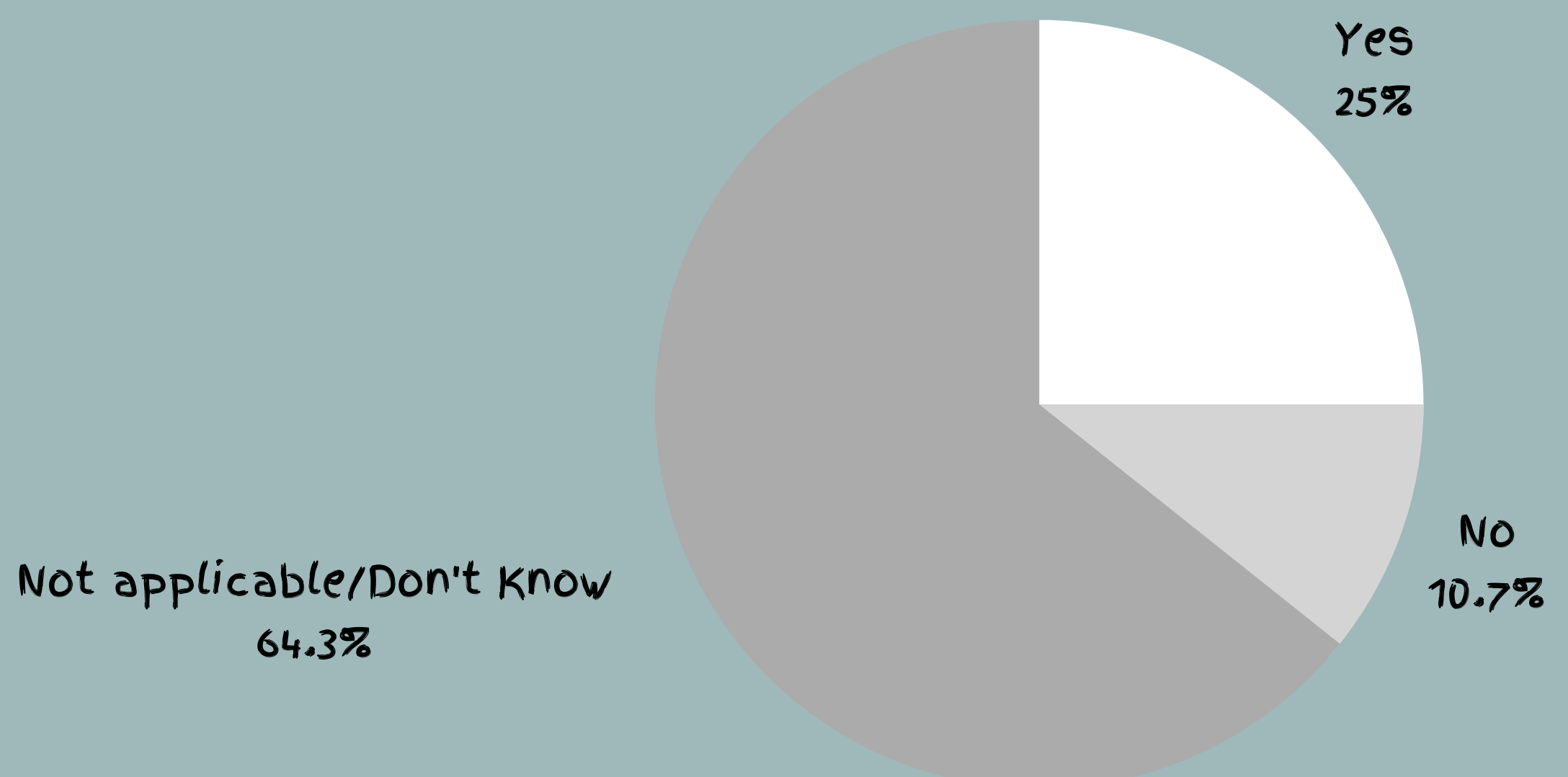
Could have been better.

No. Brief phone calls instead of face to face. They can't tell how I am on the phone.

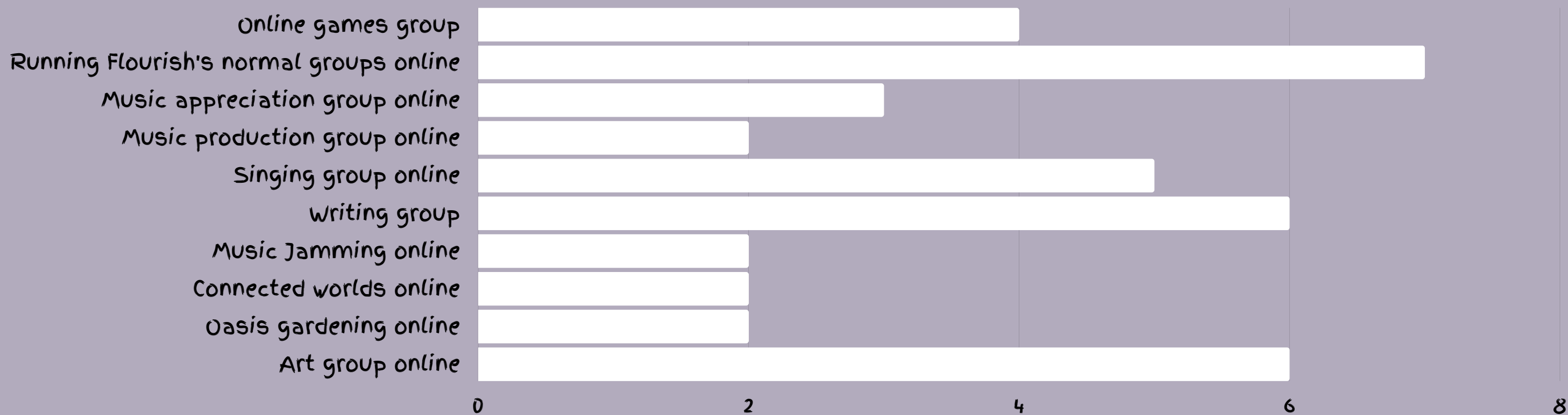
QUESTION 10: DO YOU FEEL CONFIDENT THAT YOU KNOW ABOUT ALL THE SUPPORT THAT IS AVAILABLE TO YOU AT THE MOMENT? (28 RESPONSES)



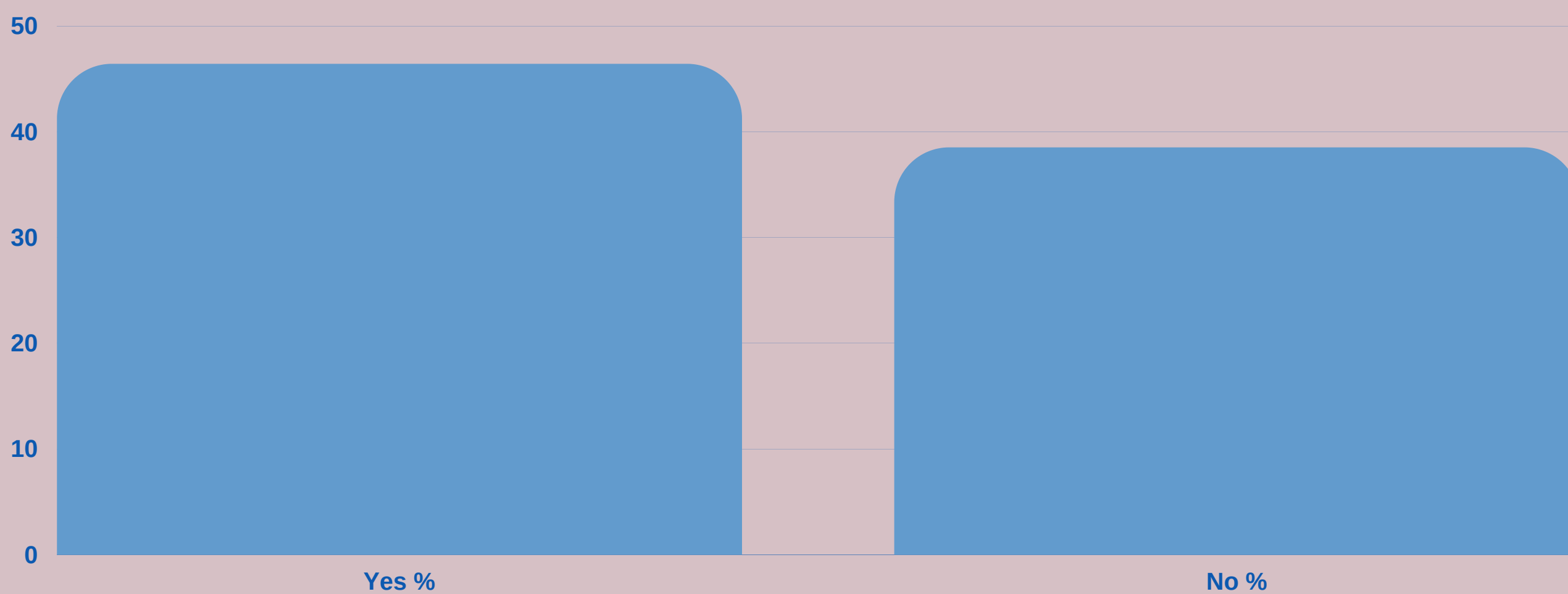
QUESTION 11: DO YOU FEEL THAT FLOURISH HAS SUPPORTED YOU DURING THE LOCKDOWN PERIOD? (28 RESPONSES)



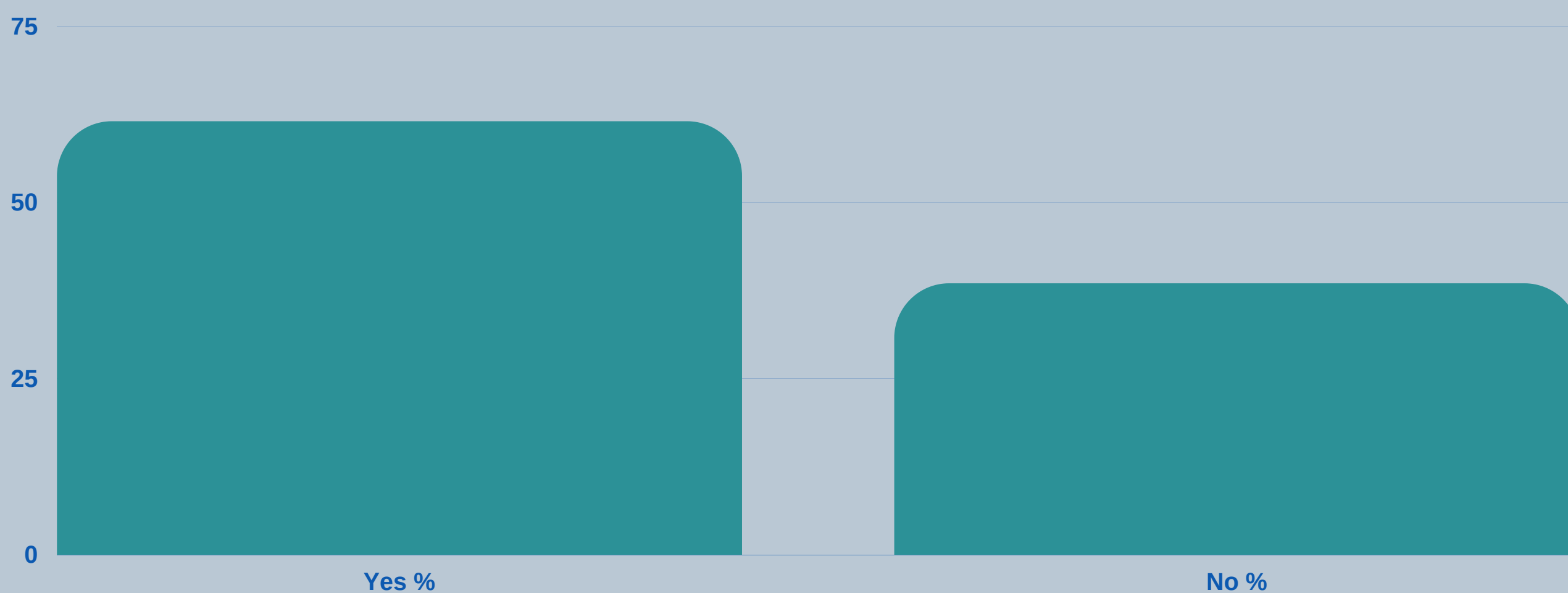
QUESTION 12: ALTHOUGH WE CANNOT GUARANTEE IT'S POSSIBLE; IS THERE ANYTHING YOU WOULD LIKE TO SUGGEST THAT FLOURISH CONTINUES WITH FOLLOWING LOCKDOWN? (13 RESPONSES)



QUESTION 13: ARE YOU AWARE THAT FLOURISH HAS FIVE SEPARATE ENTERPRISES AVAILABLE FOR COMMUNITY MEMBERS TO TAKE PART IN? (28 RESPONSES)



QUESTION 14: WOULD YOU BE INTERESTED IN LEARNING MORE ABOUT FLOURISH'S DIFFERENT ENTERPRISES? (26 RESPONSES)



QUESTION 15: IF NOT, COULD YOU PLEASE TELL US WHY? (8 RESPONSES)

Of these responses the clear reason people would not be interested in finding out more about Flourishes different enterprises was due to them being aware already. One response indicated that it didn't seem like their kind of thing. However, another said that would be interested in finding out about any new ones and that there may be difficulty in accessing CAST for some people.

QUESTION 16: WHAT SUGGESTIONS WOULD YOU GIVE TO OTHERS WHO ARE STRUGGLING WITH THEIR MENTAL HEALTH AS LOCKDOWN ENDS? (19 RESPONSES)

HERE ARE SOME OF THE COMMENTS PROVIDED FOR THIS QUESTION. THE MOST COMMON THEME WAS ABOUT MAKING SURE YOU SPEAK TO SOMEONE AND SEEK SUPPORT IF YOU NEED IT.

"Find someone talk to"

"Take your time, look after yourself; everything else will wait"

"Don't bottle up your feelings, talk to someone, you're not on your own, we're all going through the same feelings if we're honest with ourselves."

"It depends why people are struggling. So I guess the first step is to identify what we're struggling with. Is it something we can change ourselves by doing something or not doing something? If so, make the change. If not, find out who can help with the situation and ask for support."

"Above everything, try to socialise. Even if this feels uncomfortable, think about who and how you can meet, that you would find manageable. Even if it feels a little outside your lockdown comfort zone - the boundaries are wider now, and we should enjoy that whilst keeping safe! Friends family and community are a tonic!"

"Write a list of positives from isolation, use this to focus on. The bits you have loved about isolation plan that in to your diary for the months ahead - again something to focus on. Plan in some short trips out to help get used to things. Have a pack with you - gloves mask sanitiser these are the things you can control. Try not to 'catastrosize' (I learnt this through CBT) use any techniques you have learnt moving forwards."

Stay in touch, try and keep a routine, get out (if you can) for a walk, don't be afraid to ask for help

"reach out if you can, try and go outside as much as possible if it's safe to do so and go at your own pace - you don't have to be the 'first' to do everything."

"Accept what you cannot control"

"Never give up!"

"Get outdoors and into nature"

"If I knew that, I imagine I'd struggle less myself"

SHEFFIELD
FLOURISH

