

# Impact of COVID-19 on Mental Health and Wellbeing: Survey Results June 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 and was designed to explore the challenges people were facing in lockdown, what they were doing to support their mental health and their thoughts and related experiences. 66 people responded to the survey and has provided 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: THINKING ABOUT COVID-19 AND THE SITUATION WE CURRENTLY FIND OURSELVES IN, WHAT, IF ANY, CONCERNS DO YOU HAVE ABOUT THE IMPACT ON YOUR MENTAL HEALTH AND WELLBEING? (49 RESPONSES)

Responses to this question fitted under 10 broad themes. As this was an open question participants were free to share any concerns that they might have in their own words.

Physical exercise and mental health

Fear of isolation especially those who are elderly or more vulnerable

Depression

Previously dormant mental health conditions being triggered

Fear of family or friends getting ill and dying

Stress related to education/job insecurity

Home schooling, especially for working single parents

Fear of financial impact

Unsure of what services are running or available

Fear about what the future will look like post Covid-19

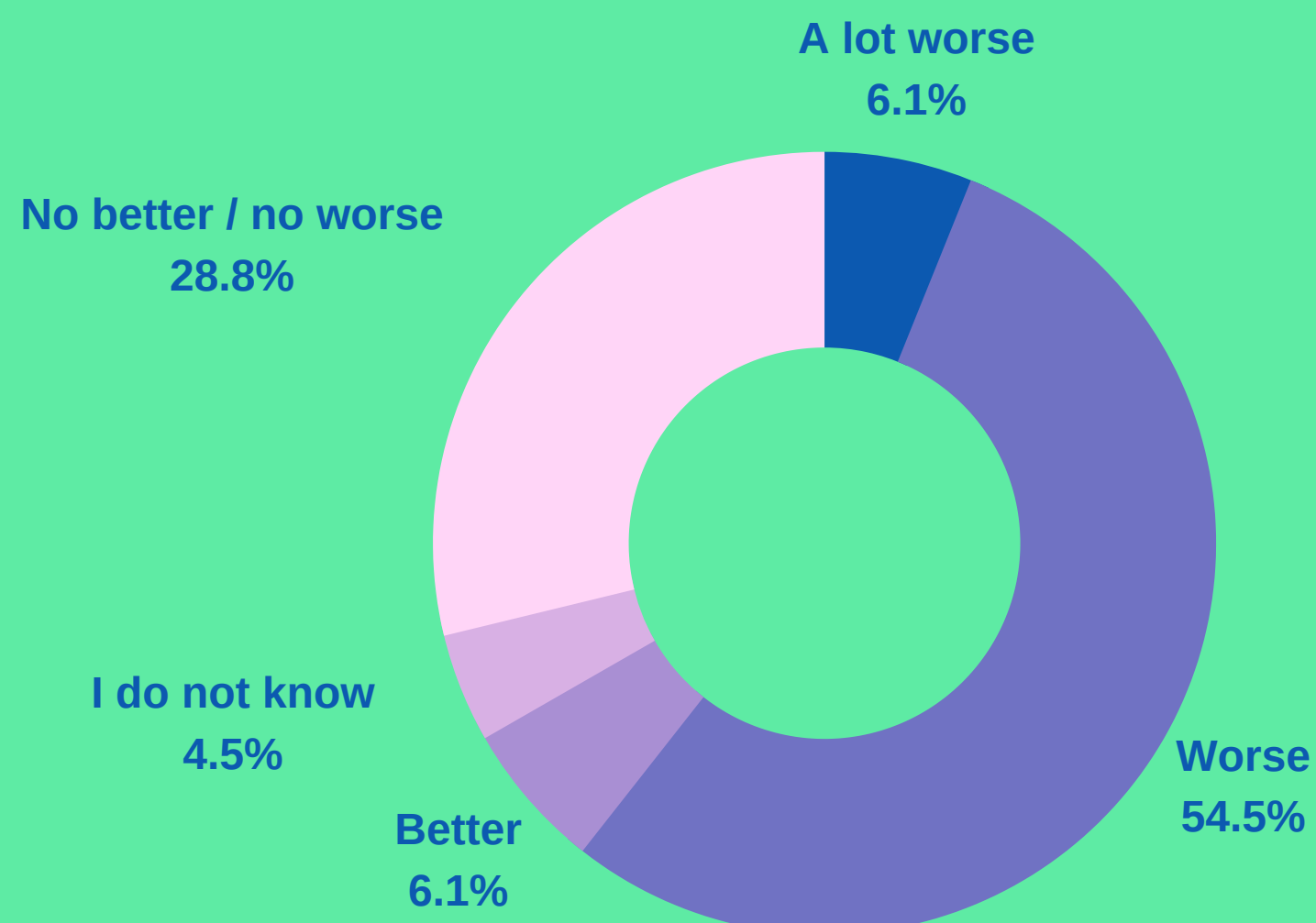
### QUESTION 2: THE NHS HAS RECENTLY WRITTEN TO PEOPLE CONSIDERED TO BE EXTREMELY VULNERABLE TO COVID-19 BECAUSE OF THEIR EXISTING PHYSICAL HEALTH CONDITIONS, ASKING THEM TO STAY AT HOME FOR 12 WEEKS TO BE 'SHIELDED' FROM THE VIRUS. WHICH OF THE OPTIONS BELOW BEST DESCRIBES YOUR SITUATION? (66 RESPONSES)

**85%** I am not in the 'extremely vulnerable' group

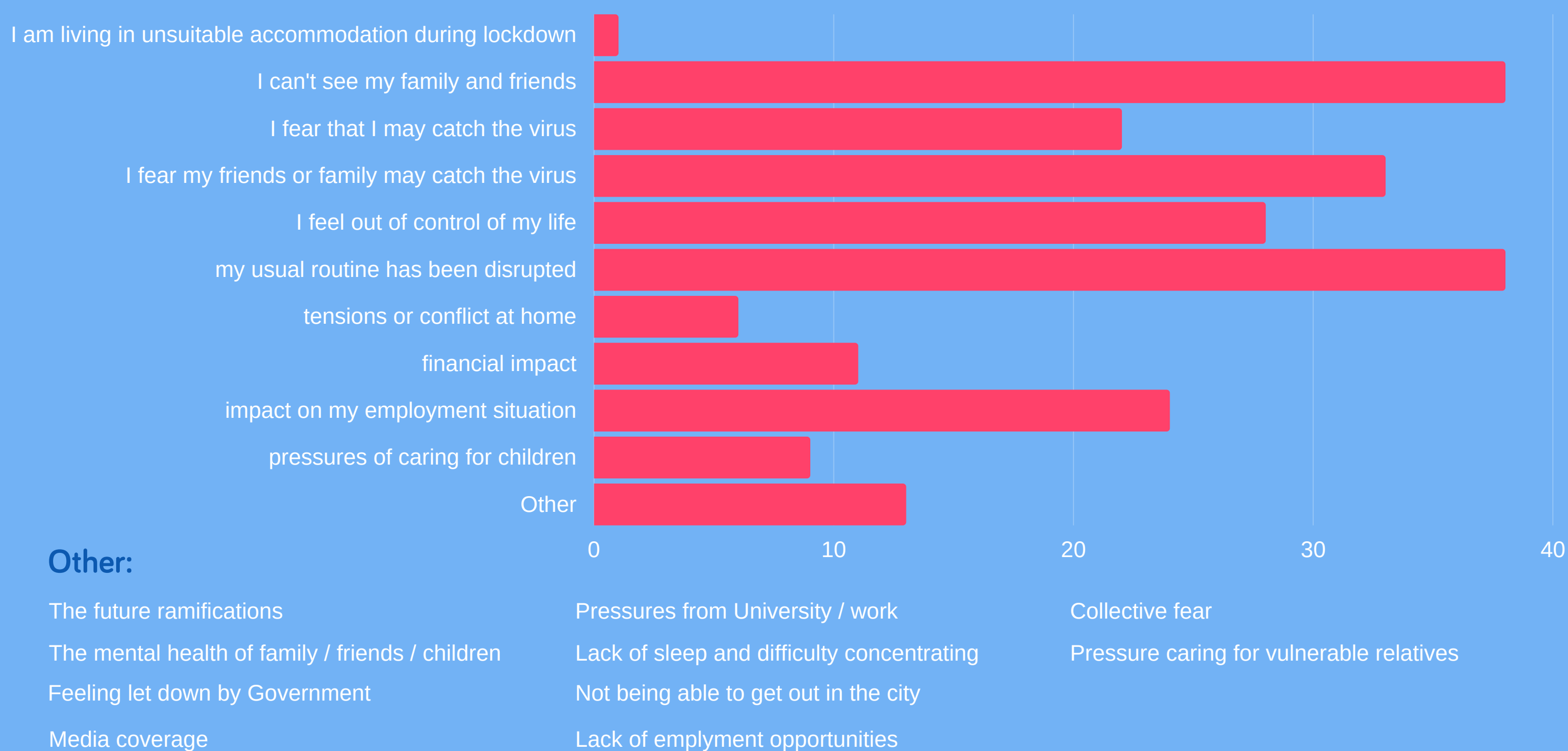
**6%** I have not been informed by the NHS that I am in the 'extremely vulnerable' group but I feel that I should have been in this group

**9%** I have been informed by the NHS that I am in the extremely vulnerable group

**QUESTION 3: PLEASE SELECT THE ANSWER WHICH BEST APPLIES TO YOU, 'COVID-19 AND THE RESPONSE TO IT HAS MADE MY MENTAL HEALTH...' (66 RESPONSES)**



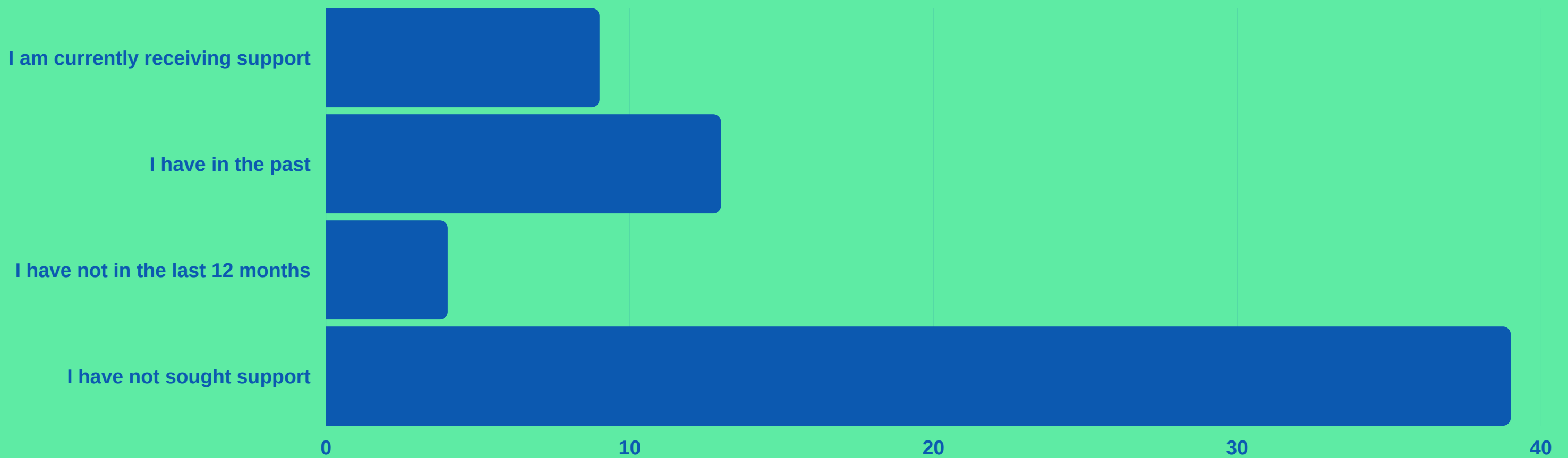
**QUESTION 4: DO YOU FEEL YOUR MENTAL HEALTH HAS BECOME WORSE FOR ANY OF THE REASONS LINKED TO SOCIAL ISOLATING OR COVID-19 LISTED BELOW? PLEASE TICK ALL THAT APPLY TO YOU AND FEEL FREE TO ADD YOUR OWN REASONS IN THE 'OTHER' BOX SHOULD THEY NOT BE LISTED HERE. 'MY MENTAL HEALTH HAS BEEN MADE WORSE BECAUSE: (66 RESPONSES)**



**QUESTION 5: IF YOU FEEL THAT YOUR MENTAL HEALTH HAS BEEN SOMEWHAT BETTER BECAUSE OF SOCIAL ISOLATING OR COVID-19, PLEASE EXPLAIN WHY. (17 RESPONSES)**

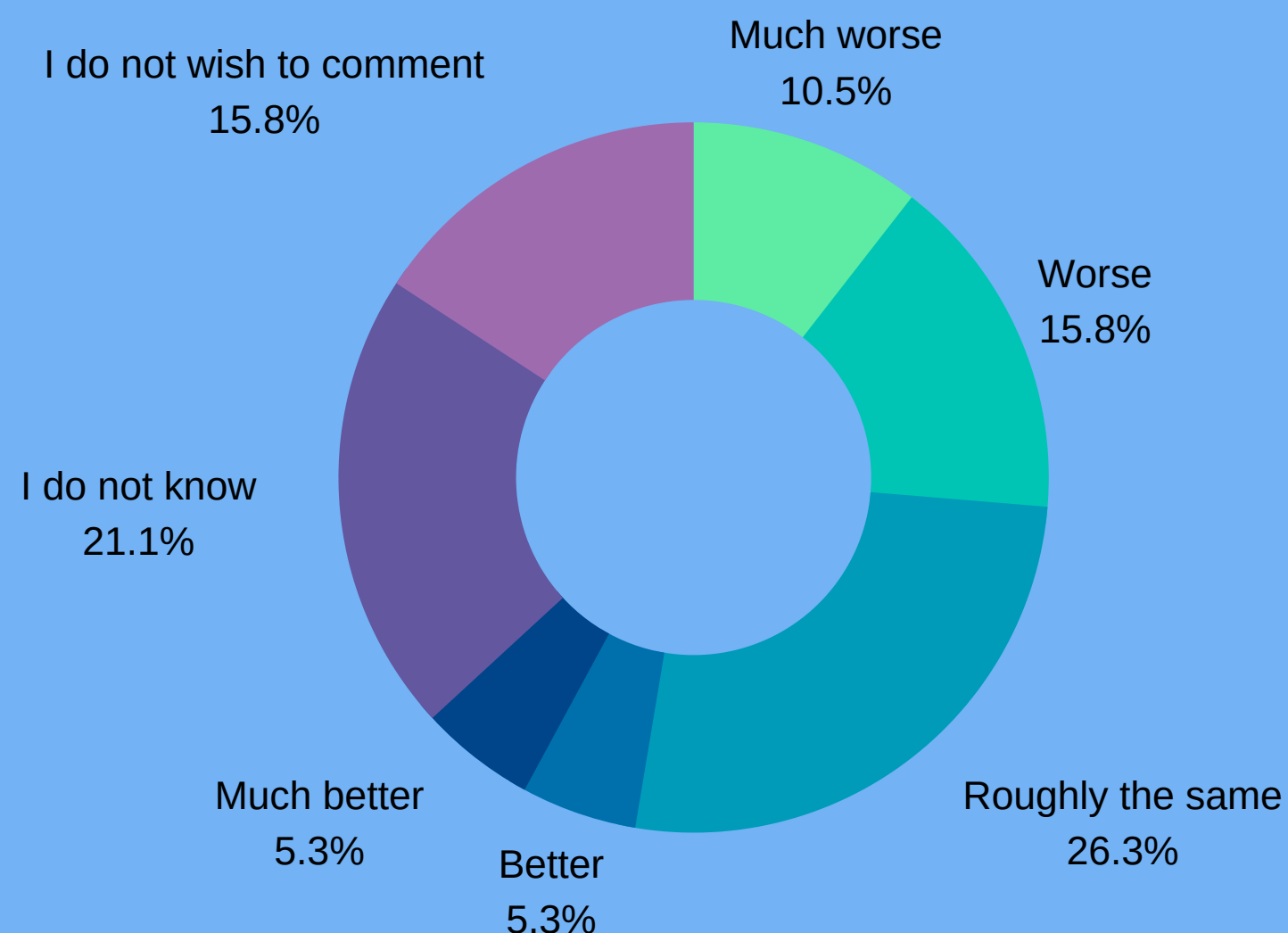
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|---|--|
| More time for friends and family                | Less pressure to do social things          |
| A break for yourself; time to think and process | Fewer expectations from family or work     |
| Time to get creative                            | More in control at home                    |
| It has been good for the environment            | More civility / friendliness in the street |

## QUESTION 6: DO YOU RECEIVE SUPPORT FROM MENTAL HEALTH SERVICES? (65 RESPONSES)



## QUESTION 7: WOULD YOU SAY THAT THE SUPPORT YOU RECEIVE FROM MENTAL HEALTH SERVICES HAS BECOME:

66 responses to this question, 42 that were marked 'not applicable' have been removed for ease of reading



## QUESTION 8: DO YOU FEEL YOU HAVE BEEN ADEQUATELY SUPPORTED WITH YOUR MENTAL HEALTH DURING THIS TIME? (60 RESPONSES)

SELECT THE OPTION THAT APPLIES AND GIVE DETAIL IN THE 'OTHER' BOX SHOULD YOU WISH TO

**12** Yes      **20** I don't know  
**14** No      **6** Other

### Comments

My maternity appointments have been reduced and antenatal classes cancelled, I am not receiving as much support around my pregnancy from the NHS as I would have otherwise, and I think that might have had an impact on my wellbeing.

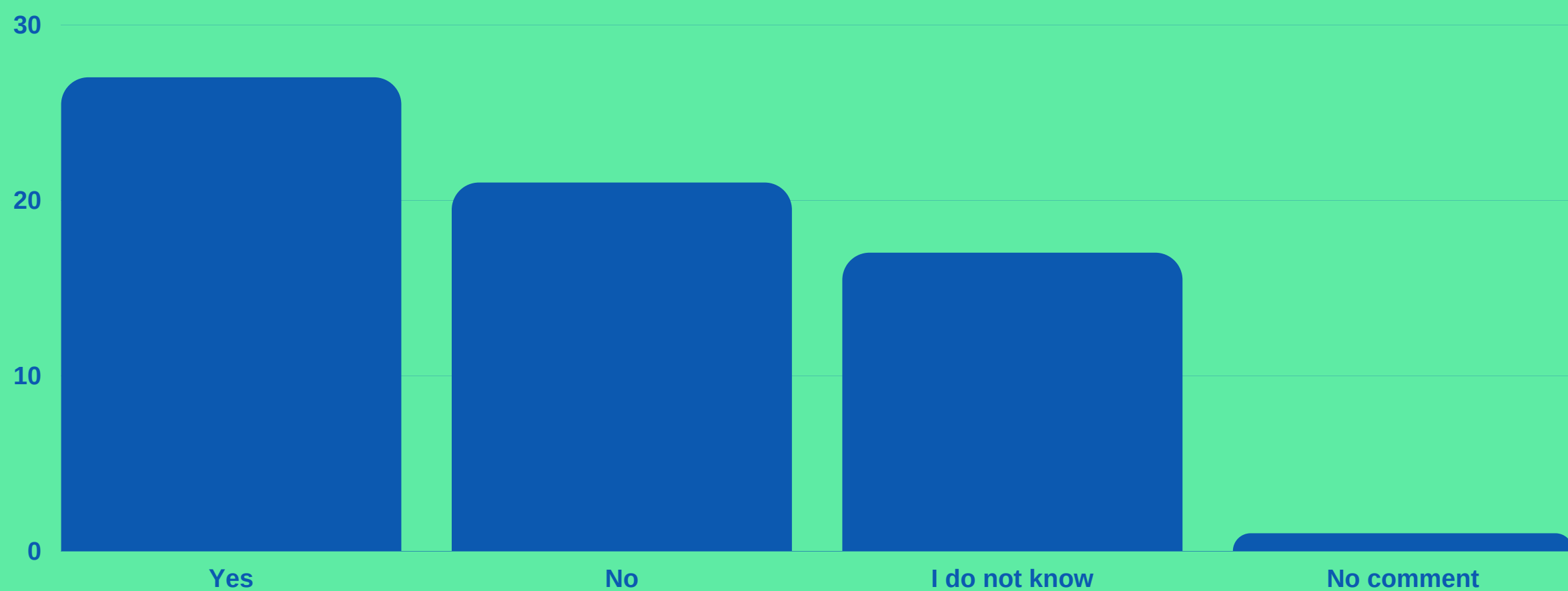
I am benefitting from help, ideas, thoughts and images that people are sharing online.

I have not requested support in fear they will make me worse.

I have never had any help. The doctor did mention IAPT but all services are during work hours!

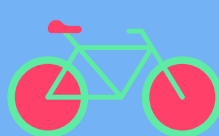
Surprisingly my manager has not only recognised the impact of furlough on staff's mental health, but tried to be supportive and offered their own perspective and personal journey in conversations, which is refreshing and welcomed.

**QUESTION 9: DO YOU FEEL CONFIDENT THAT YOU KNOW ABOUT ALL THE SUPPORT THAT IS AVAILABLE TO YOU AT THE MOMENT? (66 RESPONSES)**

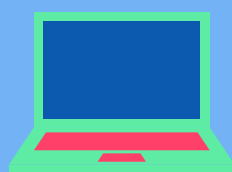


**QUESTION 10: WHAT SUGGESTIONS WOULD YOU GIVE TO OTHERS WHO ARE STRUGGLING WITH THEIR MENTAL HEALTH DURING THIS TIME (52 RESPONSES)**

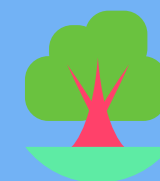
Responses to this question are categorised under 10 broad themes. Participants were free to share their responses in their own words



**Physical exercise**  
(e.g going for a walk, working out)



**Staying in contact with friends and family**



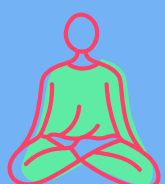
**Spending time in nature**  
(e.g bird watching, going for a walk)



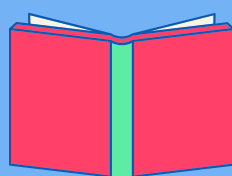
**Crafts and creative hobbies**  
(e.g cooking, sewing, drawing, art)



**Structures and routines**  
(e.g getting dressed, working hours)



**Yoga, meditation and mindfulness**



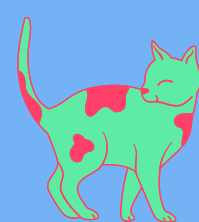
**Reading books and learning new skills**



**Volunteering**  
(e.g foodbank or local faith community)



**Limiting news consumption**



**Spending time with pets**

**SHEFFIELD  
FLOURISH**



**SHEFFIELD**  
MENTAL HEALTH GUIDE

**SHEFFIELD**  
suicide support

