



The state of the nation's mental health

Kooth Pulse 2021

**Identifying issues and collaborating to enable
positive mental health for all**

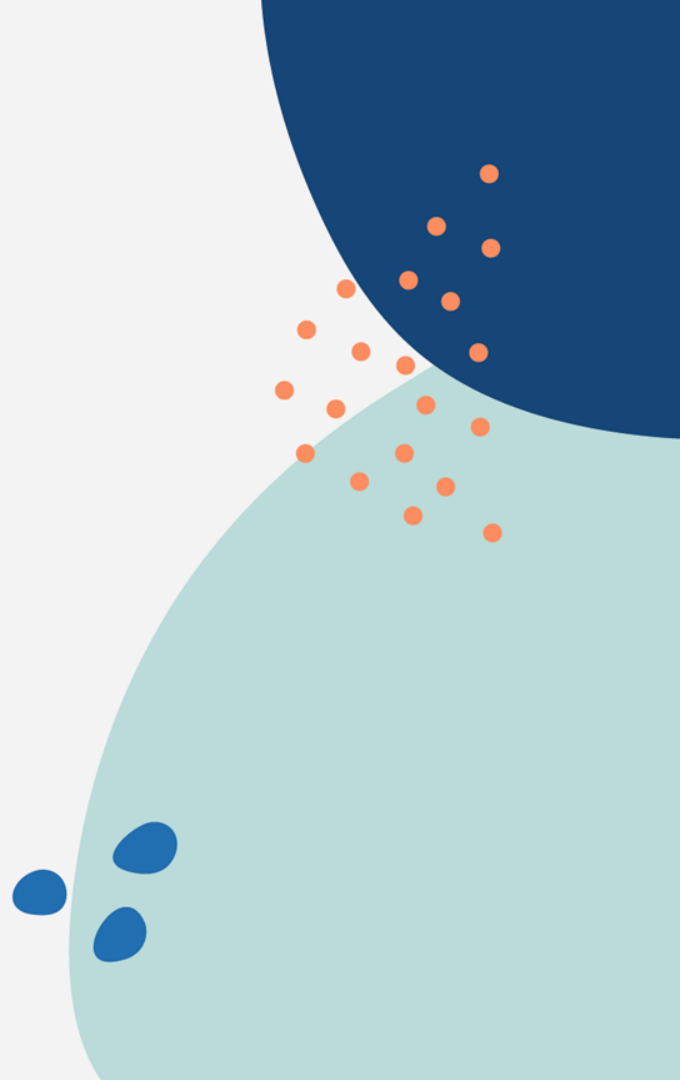




The purpose of this report is to examine the data from April 2020 to March 2021 (NHS Fiscal Year 2020) to present the state of the nation's mental health.

The Data: Kooth is an anonymous digital mental health platform that has access to self-declared demographic information such as age, ethnicity, geographic region, and gender but protects service user identity. The data for this report has been collected from over **192k** active, anonymous Kooth service users in NHS Fiscal Year 2020 (FY2020).

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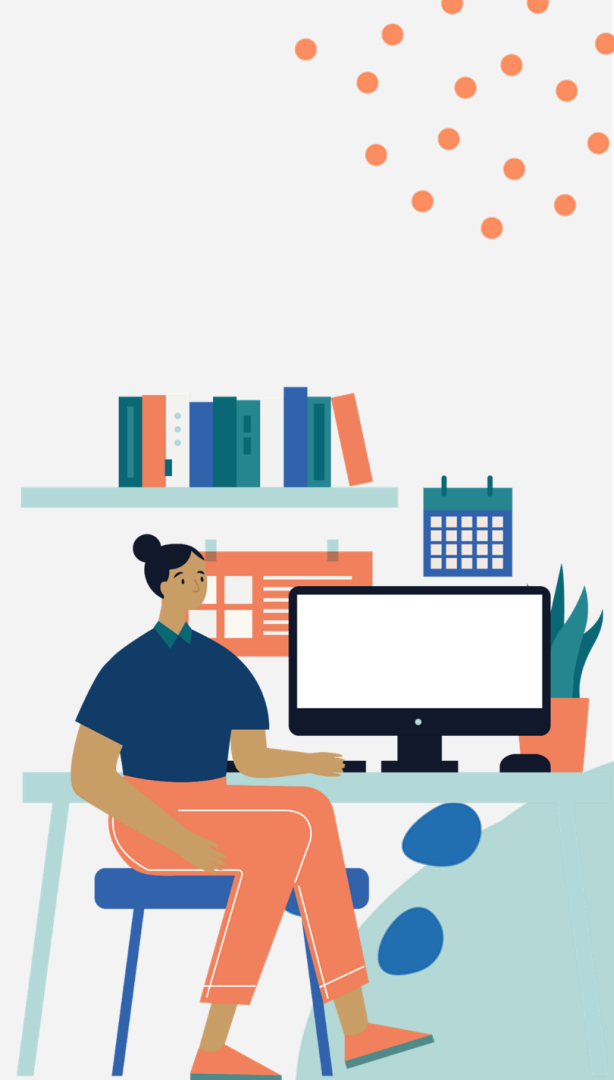


Ability to work

Using the Work and Social Adjustment Scale to measure functioning, there has been a **54%** increase in the number of service users reporting that their ability to work has been severely impaired, compared to last year.

“I used to really love my job but since the pandemic, I feel like I have more and more piled on me. It’s non-stop and just doesn’t slow down at all. I tried to speak up but was effectively told that I should feel lucky to have my job given the current economic situation. I truly don’t know what to do anymore. All I do is feel sick and stressed and guilty. Is it me? Should I just deal with it?”

Anonymous User, 2020



Suicidal thoughts

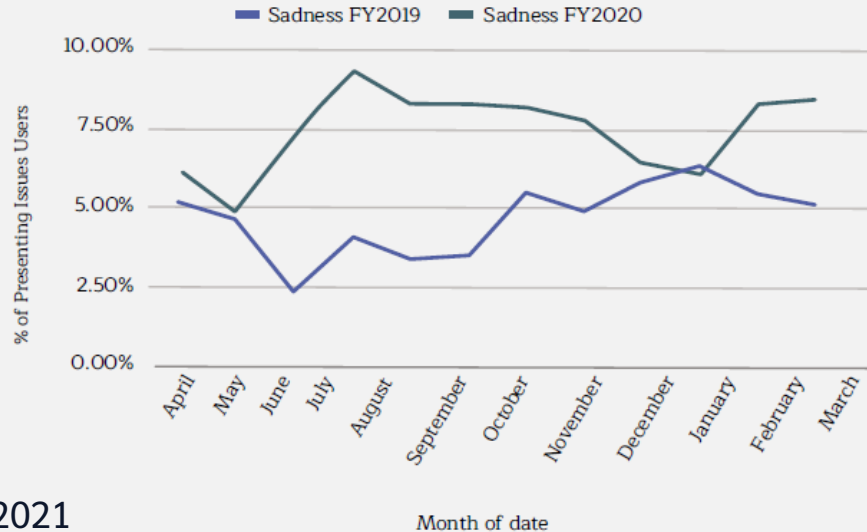
In February 2021, **27%** of all adults presenting issues displayed issues of suicidal thoughts. Across the year **17%** of adults accessing professional intervention say that they think about hurting themselves or feel suicidal nearly every day - a **40%** increase on the previous year.

“Struggling to stay on top of things. I thought that I had managed to get myself back on an even keel after the first lockdown but now I’ve got the kids around all the time again and all the pressures of work, I’m just losing it again. Honestly, I would be quite happy to just fall asleep and have someone wake me when this nightmare is over.”

Anonymous User, 2020

Sadness

Sadness in working age adults has increased over the last year, and in 2020 is significantly higher than the same months in 2019 (despite a slight decline in December 2020 and except for January). In July 2020, Kooth saw a **129%** increase in the proportion of users presenting with sadness.





Read the report in full at:
[**pulse.kooth.com/2021**](https://pulse.kooth.com/2021)

