

Senedd Cymru
Y Pwyllgor Plant, Pobl Ifanc ac Addysg

Welsh Parliament
Children, Young People and Education Committee

Ymchwiliad i effaith argyfwng Covid-19
ar blant a phobl ifanc yng Nghymru

Inquiry into the impact of the Covid-19 outbreak on
children and young people in Wales

COV 29
Ymateb gan: POPYRUS – Atal
Hunanladdiad ymhlith Pobl Ifanc

COV 29
Response from: POPYRUS - Prevention of Young
Suicide

PAPYRUS –Prevention of Young Suicide response to the COVID19 Children, Young People and Education Committee – CONSULTATION 5.5.2020

PAPYRUS –Prevention of Young Suicide

PAPYRUS is a UK wide charity which focuses on suicide prevention in those aged up to 35 years of age. PAPYRUS has a helpline HOPELINEUK which operates every day of the year to support people who are struggling with thoughts of suicide (up to age 35 years) it is also here for any concerned other who may be worried about a young person who may be experiencing thoughts of suicide. This includes family, friends, professionals who work with young people.

Every day we are hearing how Covid 19 is impacting on lives across the UK.

Our helpline HOPELINEUK is very busy and remains a much needed call, text and email service. Approximately **90%** of our contacts are currently mentioning the pandemic in some way.

Although every contact is different some themes are emerging.

Many are worried about:

- Their health, especially those with underlying health conditions
- Anxiety, depression and panic attacks are common.
- People are sharing their fears about loss of income, potential job loss and the worry of losing their home.
- Many young people are struggling to fight the urge to self-harm
- Students tell us about their concerns over exam cancellations and uncertainties around their academic future. Some report feeling

'robbed' of their opportunity to achieve the grades they were hoping for.

- Some young people tell us they are no longer receiving the support services they need.
- Many say how lonely it is being separated from a partner, family or friends and that the loneliness and isolation has a significant impact on their feelings of suicide.
- We are having more callers talk about family issues including domestic abuse.
- Some young callers miss the 'lack of routine' in their lives.

We have been pushing our text and email service via social media as we are hearing that people don't have the same access to privacy in the current situation and making phone calls to a suicide prevention charity can be challenging.