

Lockdown fatigue impacting mental health across UK



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London, January 31 (RHC)-- The UK's third lockdown is taking its toll, according to reports from London. Livelihoods are in jeopardy and planning for the future has become almost impossible. Observers say that the government's U-turns over the Christmas break, schools reopening and when the lockdown might end, have only made matters worse. Experts emphasize that the impact of the pandemic on people's mental health has been severe and mixed messages and fear mongering don't help.

The UK has used slogans to raise awareness during the pandemic. One of its most popular is Stay Home, Protect the NHS, Save Lives. Some government messaging has been comforting as well as informative. But it's becoming more and more intense – with TV ads showing people dying and incessant radio ads claiming joggers and people working outdoors are “highly likely” to have the disease.

The government is now under pressure to pull this ad, after Number 10 was condemned by MPs and public health experts for spreading false information. Parents worry they will affect their children.

Surely this messaging could be really damaging to vulnerable people and is irresponsible. Telling five year olds if someone bends the rules people will die seems really inappropriate. We need sensible messages; they should not be saying “people will die.” We are heading for a huge mental health crisis in this country.

And experts agree. Ten of the UK's top experts in child health say anxiety, self-harm and suicidal thoughts have reached frightening levels among children. Schools being closed is contributing to the problem. Pediatricians are urging the government to reopen them or risk a 'calamitous' impact on children's mental health.

Adults themselves are struggling. There has been a surge in people afraid to leave the house, alcohol consumption has gone up and helplines say calls regarding domestic abuse have increased many times over.

Health services in the UK say because of the pandemic, 10 million people are going to need some form of mental health support, and with no end in sight for the virus itself or the lockdown, more and more people are losing hope.

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