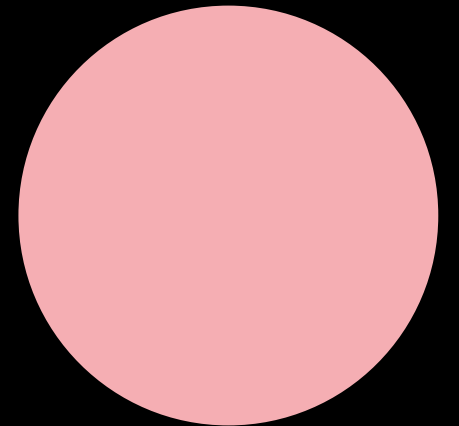
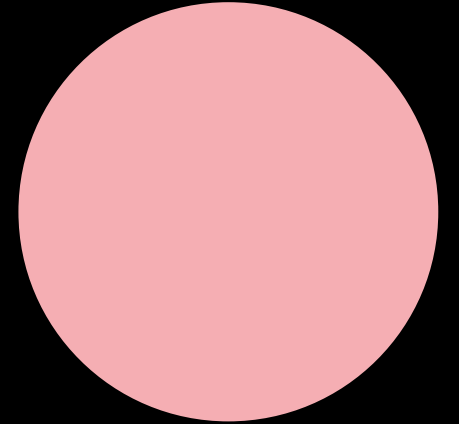


The Royal Foundation

Youth Mental Health Research

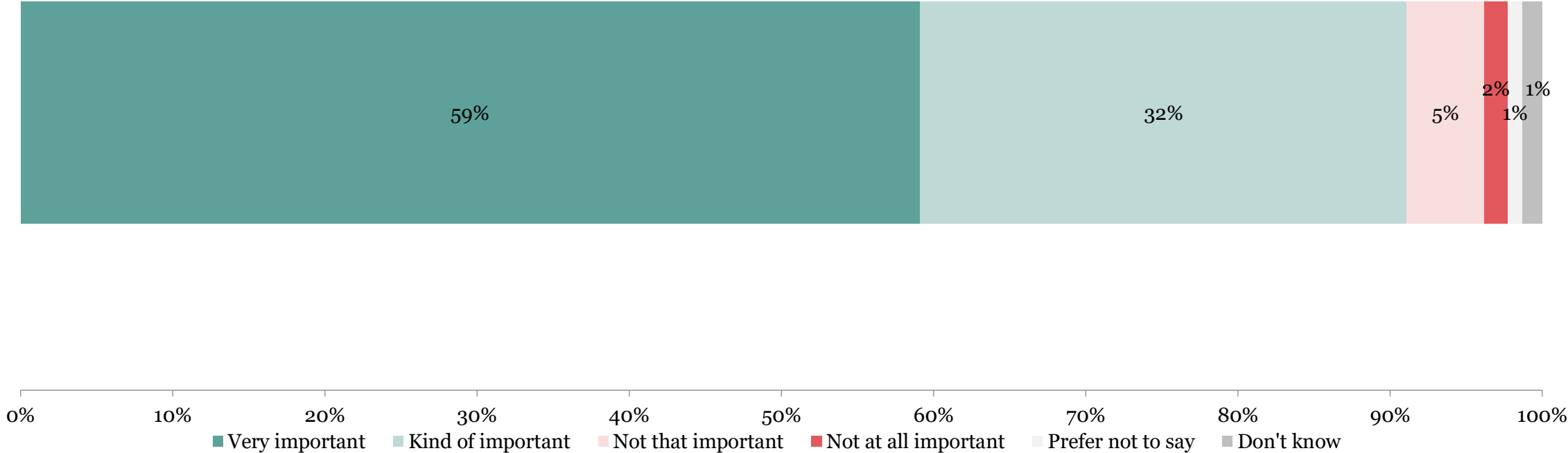


About this report

- ❑ Savanta was commissioned by The Royal Foundation to conduct research into youth mental health.
- ❑ Through an online survey, Savanta interviewed 3,125 people between the ages of 10 – 24 across the UK, between 18th – 26th September 2023. The survey asked young people about their perceptions of mental health, their emotional wellbeing and support received, as well as asking about understanding and desire to learn more about social and emotional skills.
- ❑ Savanta used its proprietary online panel to recruit participants. Savanta uses a wide network of sources to recruit panel members, including email campaigns, telephone, online banner advertising, word of mouth and key strategic partnerships, the combination of which increases the diversity of respondents.
- ❑ Quota sampling was used to ensure reportable sample sizes for sub-groups and a representative overall sample, encompassing the following demographic characteristics: age, gender, ethnicity, socioeconomic group, and region.
- ❑ Participants were asked a series of questions around mental health, their views on it and experiences with it. With the sensitivity of the topic in mind, participants were encouraged to respond “Prefer not to say” to any questions they felt uncomfortable answering or would rather skip.
- ❑ Data is weighted by age, gender, ethnicity, socioeconomic group and region to be nationally representative of young people aged 10-24. The weighted data tables were produced using Savanta’s system, AllVue. Where reference is made to data points being significant, the difference is statistically significant to a confidence level of 95%. Results that do not equal sum of 100% this may be down to rounding, multiple responses or the exclusion of categories (e.g. Prefer not to say). Results that are <1 but >0 are shown using an Asterix (*).

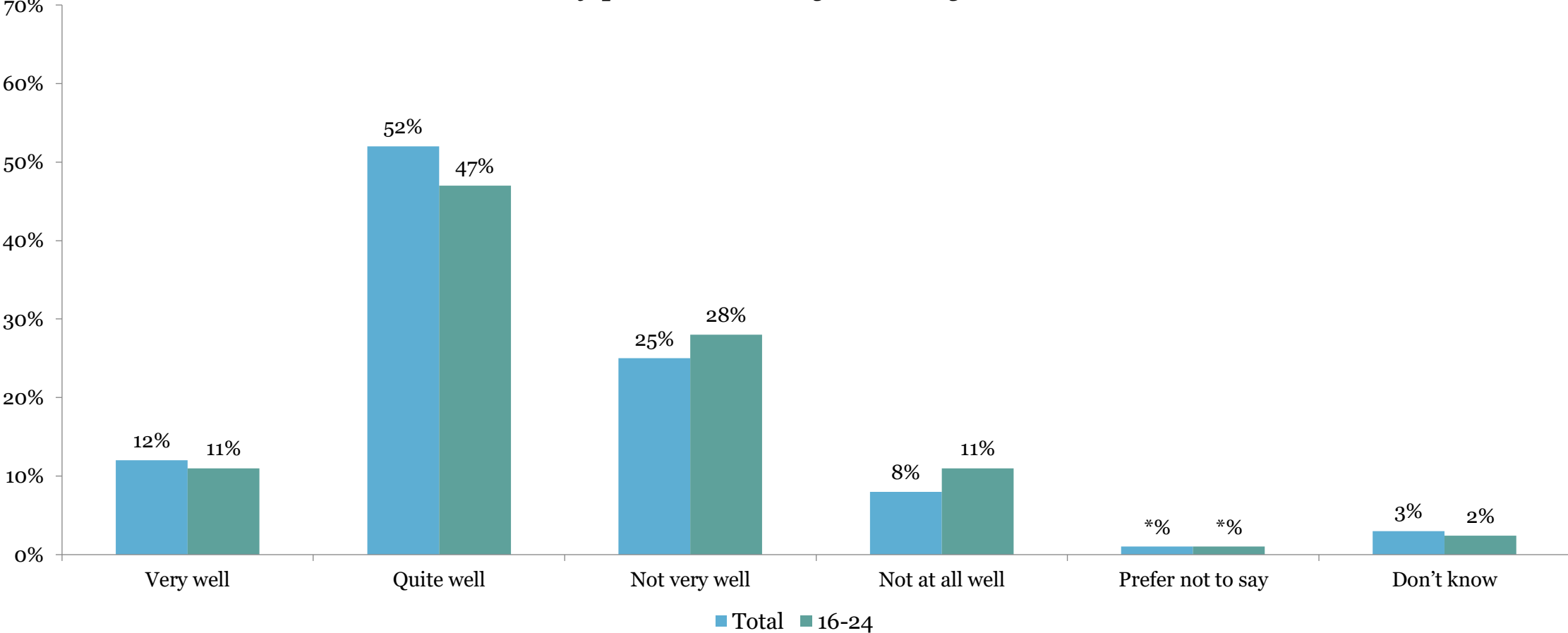
Most 16-24 year olds think it is important for young people to have greater awareness and understanding of social and emotional skills

Perceived importance of young people having greater awareness and understanding of social and emotional skills



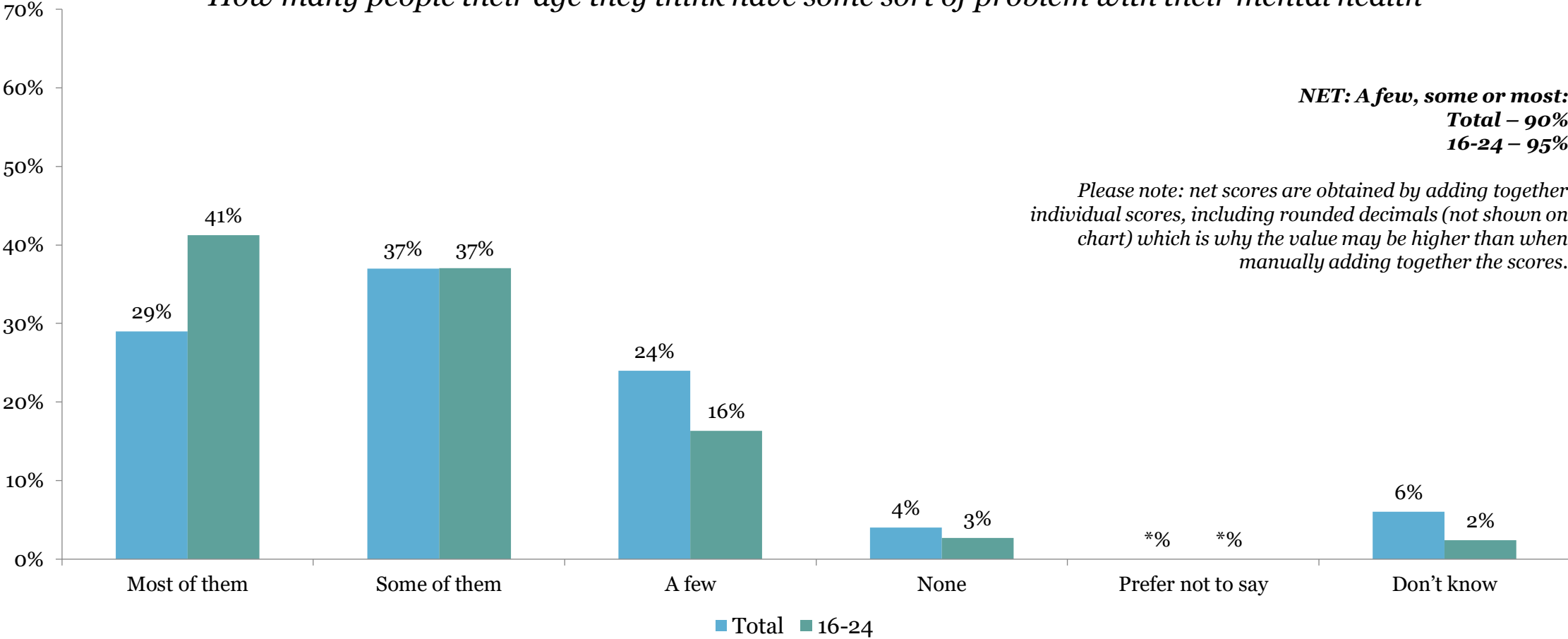
Around 1 in 10 young people say they manage their emotions very well

Self-perceived ability to manage their emotions



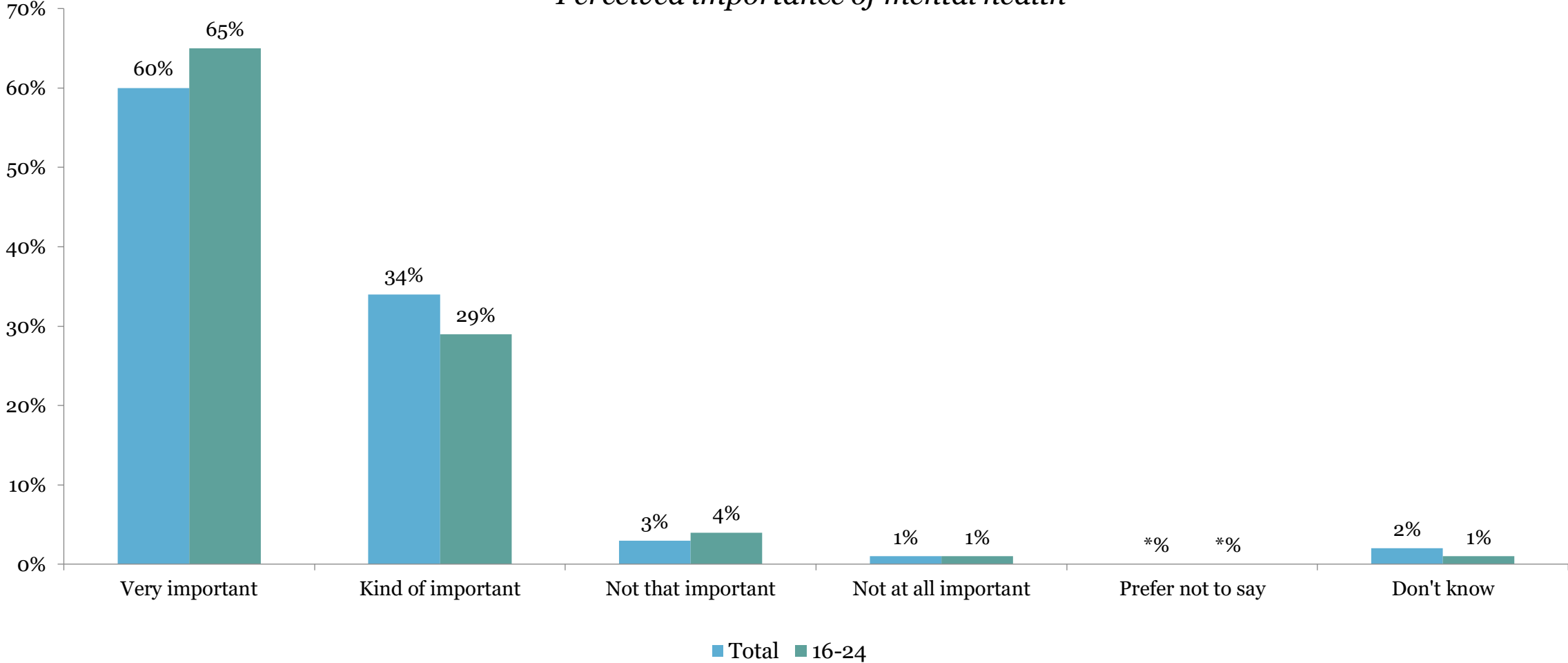
It is well-recognised by many young people that at least some of their peers are struggling with mental health

How many people their age they think have some sort of problem with their mental health

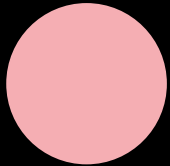


The majority of young people consider their mental health to be important, with the largest proportion saying it is very important

Perceived importance of mental health

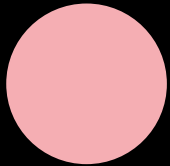


Thank you



William Pearce
William.pearce@savanta.com

Anita Pavic
Anita.pavic@savanta.com



Anna Parker
Anna.parker@savanta.com

Rachel Ditchfield
Rachel.Ditchfield@savanta.com