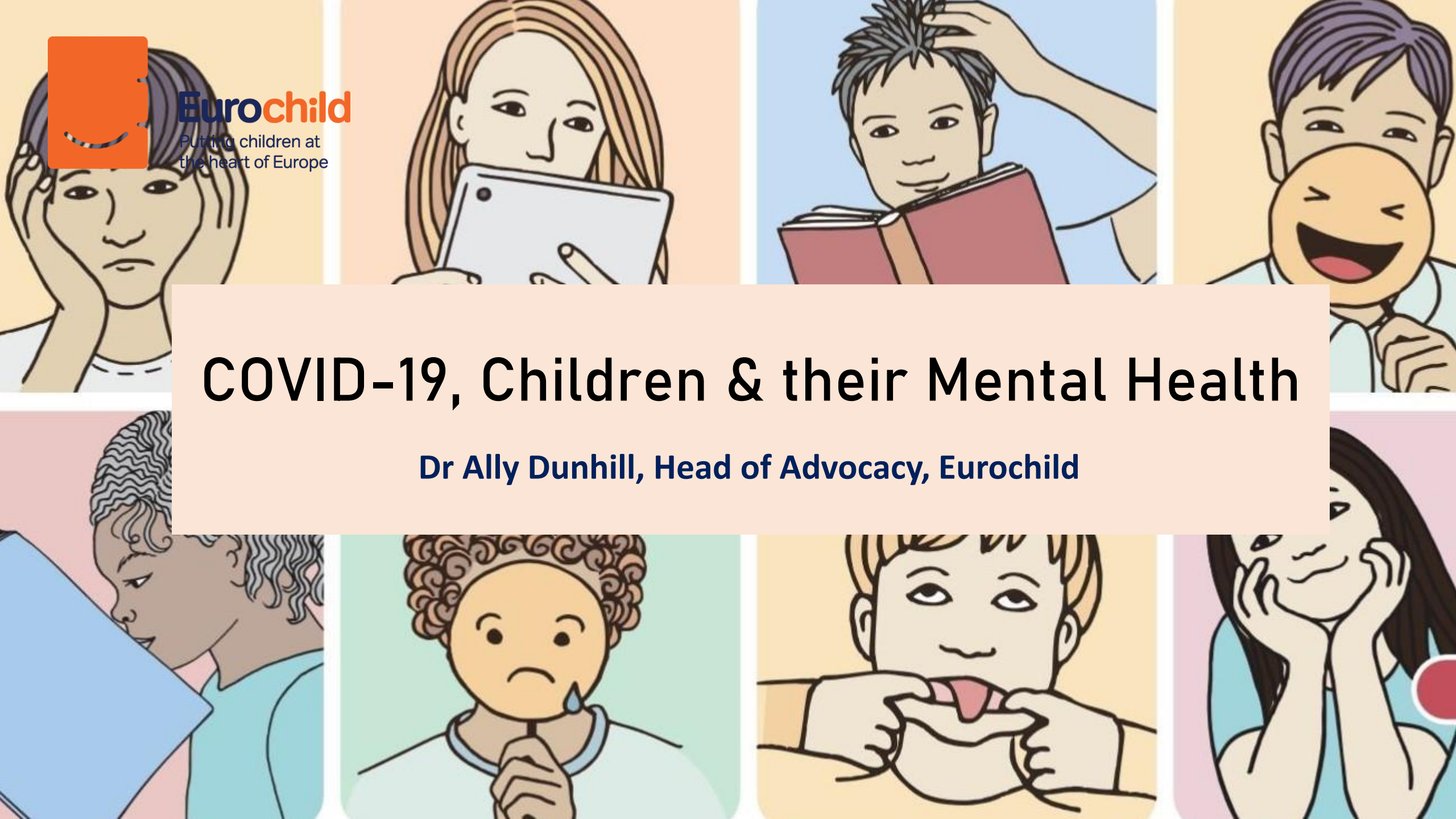




Eurochild

Putting children at
the heart of Europe



COVID-19, Children & their Mental Health

Dr Ally Dunhill, Head of Advocacy, Eurochild

Children's experiences of the Pandemic

1 Precarious family situations, financial distress

2 Care facilities closed, educational and digital divides

3 Lack of socialising, physical movement

4 Domestic violence, child abuse

5 Reduced or no access to basic services

6 Anxieties, uncertainty, mental health issues



The Pandemic and Children's Mental Health



COVID-19 disrupting children's lives

School closures

- disrupted the provision of life-saving & protective services;
- increased emotional distress & mental health problems.

Supporting children's mental health & well-being

- Accessible & inclusive services;
- Involve children - ask them what they need, where & when they need it;
- Ensure all children are aware of these services & their rights;
- Talk more about mental health & reduce stigmatization.





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**Thank you very much
for your attention**

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Growing Up in Lockdown Report

<https://www.eurochild.org/resource/growing-up-in-lockdown-europes-children-in-the-age-of-covid-19/>

Our Europe Our Rights Our Future Report

<https://www.eurochild.org/resource/our-europe-our-rights-our-future/>