

Below is a selection of quotes to support findings listed in the accompanied briefing.

## **Mental Health**

### Long term health conditions

*It has given me really bad anxiety and borderline depression; I cannot sleep properly.*

### Young People

*In some respects, it means that I have more time to do the things I love like be outside (I moved to the countryside during the outbreak to self isolate) and this has been good for my mental health, but it has been even more difficult to keep up with school and I can't shake the feeling that everyone is disappointed in me.*

### BAME Communities

*I have been in a very low income before, now it will be much more difficult. It is also hard to find help and when I call benefit offices, I cannot get through. I sometime stayed on waiting for more than 45 minutes. I try to find mental help as well, they only said that they are very busy. I only had 2 to 3 session, then that's it.*

## **Shielding**

*"I do suffer for having to shield without garden, without balcony... lion in a cage - horrible".*

## **Parents with children with learning disabilities**

*"My son also had ADHD which makes it very challenging for him to stay at home and not engage in physical activities"*

## **Carers**

*"The carer left because of the pandemic and after 40 days without any help I called social service to help and they sent agency for 4 hours and I needed to show everything to them and it was very hard and now she starts to have help only since two weeks and it's not enough because I have my self-health problems and I'm the one who's looking after her for 24 hours and she lost all her support and respite."*

## **Relationships**

*"it is really difficult when you are working to spend time with your children. you just feel guilty all the time. I find I have no patience with anyone and am shouting at my family due to frustration".*

## **Appointments and Digital Technology**

*"GP practice is not providing me with the communication channels I need [because of my disabilities] and which are email and video consultations. Totally useless! My hospital, on the other hand, has provided me with one video consultation for a scheduled appointment and is also organising a zoom group meeting with shielded patients who have similar medical conditions."*