Twitter Thread by Prof Ellen Townsend #StopMassTesting



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@ProfETownsend



1/ Updated thread. The impact of lockdown on children/adolescents 2021. Or, why we need to keep schools open.

2/ https://t.co/btxlm8CSZG
'.. a group of UK academics who work with children and adolescents. … concerned about the lack of focus on the needs of this age group … in policy making during the pandemic. We provide scientific evidence that might help to redress this imbalance.'

3/ .@DrHelenDodd wrote about the importance of f2f play: 'Without the opportunity to play closely with peers, children can feel lonely and socially isolated, which is linked to short- and long-term mental health problems.'
https://t.co/ljAGD72fol

4/ .@utafrith wrote on the impact of children missing school: https://t.co/IY4JHnCiAK

Conclusion: 'The consequences of a large gap in schooling are waiting to be documented and these effects will occupy social services and mental health specialists for many years to come.'

5/ .@sjblakemore Highlighted the impact on teenagers. 'Research … has demonstrated the crucial importance of social interaction and social learning in adolescence, which is a sensitive period of social brain development.'
https://t.co/SURM7tDdaI

6/Essi Viding, Eamon McCrory & Ian Goodyer wrote about the mental health crisis in young people

https://t.co/WDSSlXC2LT
Concluding: Ensure safeguarding, bereavement, & mental health needs are promptly identified & evidence-based provision is made available to those who need it

7/ @neilhumphreyUoM & @darren_a_moore highlighted impact of lockdowns on education - they are vast and the stark inequality is growing daily.
https://t.co/UCXeBgqt5Z

8/ @Tamsin_J_Ford highlighted need for mental health services to adapt urgently

‘Regional & local multi-agency planning to support the mental health of those known to be vulnerable & to maximise capacity to meet increased need over the next few years.’
https://t.co/qbRUnJmzad

9/ Guest writer @MariaLoades wrote a powerful piece about the impact of lockdown on loneliness
‘Loneliness is associated with later depression and anxiety, up to 9 years later.’
https://t.co/j7DKZmwYDV

10/ I wrote about the impact on self-harm https://t.co/gj8U3MJMa5

Importantly I noted ‘Suicide is the leading cause of death in England in 5-19 year olds and many more young people will die from suicide and road traffic accidents than Covid-19 this year’

11/ @sunilbhop & @DJDevakumar wrote about the urgent need to choose a different path in public health responses to avoid further damage to young people.

‘… we can choose to put the needs and rights of children first – we can choose a different path.’
https://t.co/44nWfvLol6

12/ Dr Matthew Owens wrote a powerful call to action in his guest briefing.
https://t.co/Bk0yFH2e4h

We must ask ourselves whether future actions will in fact, ‘help, or at least, do no harm... safeguarding young people is everyone’s responsibility.’

13/ @ProfAnnJohn wrote about suicide prevention

https://t.co/20uX1RLcP0
‘Self-harm has been rising in recent years, alongside anxiety & depression. A real worry is that the pandemic & the measures taken to curb the spread of COVID-19 will exacerbate &entrench these trends.’

14/ @ProfAnnJohn - public health approach to suicide prevention:
'Mental health research is underfunded. The current emphasis on COVID-19 research is likely to widen that inequality. Funders need to explicitly address this...to protect young people ...'

https://t.co/lIa30X8ctg

15/ 15 year old Tiasha Sen penned an inspiring guest piece on young people, mental health & gang membership

'More support needs to be readily available for those struggling with their mental health ...'

https://t.co/H0mFuipkzl

16/ The harms of denying the basic right of free education to millions of children are STILL not being named and accounted for. Why? Why are people not challenging this more? Why are repeating our mistakes over and over?

17/ What will it take for the government to factor young people into their decision making? #KeepSchoolsOpen

End.

@threadreaderapp unroll