



COVID CONFESSIONS: BRITS EXPERIENCING THE HIGHS AND LOWS OF LOCKDOWN LIFE AS WE ENTER NINTH WEEK IN THE UK

- Brits find themselves on an emotional rollercoaster with one in five saying they have experienced anxiety since the UK lockdown began
- A third have said they have felt stressed, isolated, or alone
- Although, 32% have not experienced negative emotions during this lockdown
- Lloyds Bank and Mental Health UK are offering help and support to people who are experiencing mental health issues due to Covid-19

Tuesday 19th May: In a temperature check of the nation, new research shows that nearly 1 in 5 Brits (18%) say they have experienced anxiety since the Covid-19 lockdown began in March, with 33% saying that they have felt stressed, isolated or low.

The research, commissioned by Lloyds Bank, of over 4,000 people up and down the country reveals the difference in anxieties and concerns they are facing. The study shows that one in five (18%) of those living in the South are reporting heightened feelings of anxiety, while one in 10 people in the North report to feelings of stress (11%). Liverpoolians are experiencing the lowest mood (20%), whereas feeling isolated is the most prevalent in Cardiff and Glasgow (12%). Meanwhile, nearly half of people in Nottingham (49%) and Plymouth (41%) have reported feeling no negative emotions.

With continued calls for greater social distancing and messages of staying at home and alert during this health crisis, the research found people reporting feelings of stress (10%), isolation (8%) and depression (8%). Women across the country are feeling considerably more anxious than men, with almost a quarter of women (23%) reporting feeling anxious compared to just over 1 in 10 (13%) men.

One in four people in the UK has experienced a mental health issue. Managing mental health during this coronavirus outbreak is more important than ever before. Lloyds Bank, as part of its ongoing partnership with Mental Health UK, is launching Covid Confessions. The activity aims to support customers who have been affected by the Covid-19 crisis and encourages people to share how they are feeling, stressing the importance of not bottling feelings up, finding solidarity in realising they are not alone.

In a series of anonymised Covid Confessions, research participants have said:

I'm worried about our finances and being able to cope in the months ahead.

The lack of human contact is really isolating. I feel low and hopeless about how long this will go on for.

I feel anxious and paranoid hearing about the number of deaths and continued lockdown and I'm worried about me and my family getting ill.

My partner works for the NHS, and I have been furloughed. She is under a lot of pressure, which makes me feel guilty for not being at work and enjoying my time off.

Jo Harris, Managing Director, at Lloyds Bank says: "During these challenging times, we understand that some of our customers are experiencing high levels of stress and anxiety. Our work with Mental Health UK continues to offer help and support to people during this period. No matter how big or



trivial your problem may seem, just know that it's completely ok not to feel ok. Talking about what's on our minds and acknowledging the rollercoaster of emotions we are experiencing in a positive release."

Lloyds Bank and Mental Health UK have released a series of tips and advice to help people manage their money and their mental health during this difficult time. The advice includes what to do if you have been furloughed or if you are feeling stressed or depressed.

Brian Dow, Chief Executive, Mental Health UK says: "This coronavirus pandemic is the defining global health crisis of our time. As a result of Covid-19, we are seeing a growing number of us experiencing new or worsening mental health problems. It's now, more important than ever, to ensure no one is left isolated or feel that they are unsupported. There is help available and we are proud to continue our partnership with Lloyds Bank on this campaign to connect people with the advice and information they need – and move the nation's mental health forward."

This coincides with the bank's new advert highlighting how Covid-19 has affected people's mental health, financial security and plans for the future. The adverts feature real people dealing with real situations due to Covid-19 from across the country as well as Lloyds Bank colleagues as they discuss some of the challenges associated with the current pandemic.

To find advice on how to manage your money and mental health during Covid-19, visit <https://www.lloydsbank.com/mental-health>.

Notes to editors:

The advert can be found here: <https://youtu.be/yZaDrYXZSAI>

For more information, interview requests, please contact the team on LBGConsumer@grayling.com

About Lloyds Bank

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Research methodology

All figures, unless otherwise stated, are from Opinium Plc. Total sample size was 4,000 adults. Fieldwork was undertaken between 12th- 14th May 2020. The survey was carried out online. The figures have been weighted and are representative of all UK adults (aged 18+).