



Young Adults and Mental Health

COVID-19



STATISTICS

The center for addictions and mental health (CAMH), conducted a survey after the COVID-19 pandemic began, and has found that young people perceive their mental health to have deteriorated.

The survey was completed by over 600 young people from across Ontario ages 14–27.

It included youth who had sought mental health services from the past, and young people who were recruited directly from the community.

At the time of the survey in April 2020:
39 per cent of the youth from the community reported significant problems with mood and anxiety.

For those drawn from the group of youth who previously sought mental health support, the figure jumped to 68 per cent.

Mental Health and Youth and Young Adults

While young Quebecers may not be suffering the brunt of the physical effects of COVID-19, they are reporting the highest increase in psychological distress, according to [a recent study by the Institut national de santé publique du Québec](#).

- ❖ The pandemic has negatively affected the mental health of almost half of young adults in Montreal, according to a survey by the city's public health agency.
- ❖ Forty-five per cent of Montrealers surveyed between the ages of 18 and 29 said the pandemic has had a “significant impact” on their mental health.
- ❖ That's compared to 36 per cent of respondents between 30 and 49 years old, and 31 per cent of respondents between 50 and 64 years old.
- ❖ Slightly more than 30 per cent of respondents in the 18-29 age bracket said they lost their jobs because of the pandemic -- compared to 22 per cent of people between the ages of 30 and 64.

Effects: Youth and Young Adults

It's easy to dismiss the pandemic-linked challenges youth are facing as resolvable

“Just delay the graduation, meet with your friends later, put off leaving home, figure out a way to start university and cegep entirely online”

“But grief and loss take many forms, and just because the loss of prom may seem trivial to those who celebrated their own without worry, these are major life milestones that are going unmarked, uncelebrated, forgotten”

“ Not allowed to grieve publicly, have to grieve in private as though it was shameful”

“We see this generation as safe because they are not as vulnerable to the virus; however, they are vulnerable to the confinement and adaptation”



Youth Support

“We are going to need to respond as a system with new ways of thinking about how to connect with young people, including making sure the voices of youth are part of the solution.”

Director, [Margaret and Wallace McCain Centre for Child, Youth & Family Mental Health](#); Implementation Director, [Cundill Centre for Child and Youth De.ression](#); and Senior Scientist in the Child, Youth and Emerging Adult Program



Access to Mental Health Services

“During these unprecedented and anxiety producing times, it's critically important that youth have access to the mental health care they need. Accessing services should come with the least barriers possible, so services should be online, free, and readily available at all times of the day, said Em Hayes, Youth Facilitator at CAMH”.



Remote Access to Counselling

The survey results also showed that 50 per cent of young people drawn from the group who previously sought help for mental health concerns reported that their access to care since the pandemic began has been disrupted.

The authors, which included youth co-researchers, make several recommendations as a result of the survey, including enhanced access to remote counselling.

How to Help ?

Validate and listen to their feelings about the pandemic and their losses

Provide time for them to express their feelings in a safe space

“Having your feelings validated, makes you feel that you are a priority in this world”

“The feelings are normal. The situation is not.”



Offer Resources in their Community

- ❖ Canada Suicide Prevention Service: 1-833-456-4566 (Phone) | 45645 (Text, 4 p.m. to midnight ET only) [crisisservicescanada.ca](https://www.crisisservicescanada.ca)
- ❖ In Quebec (French): Association québécoise de prévention du suicide: 1-866-APPELLE (1-866-277-3553)
- ❖ Kids Help Phone: 1-800-668-6868 (Phone), Live Chat counselling at www.kidshelpphone.ca
- ❖ Canadian Association for Suicide Prevention: [Find a 24-hour crisis centre](#)

Out of the Dark

digital series looks at impact of COVID-19 on young adults

<https://www.cbc.ca/news/canada/montreal/mental-health-youth-covid-19-quebec-1.5888451>

