

COVID-19: YOUTH MENTAL HEALTH SURVEY



Between April and June 2020, we asked young people and parents/caregivers about their mental health experiences to understand how COVID-19 has affected their mental health and what their service needs and preferences are.

1,341 young people participated

(ages 12 to 25)

725 parents/caregivers participated

(child between the ages of 4 and 25)

Nearly 1/3 of young people said that their mental health got worse



1/4+ of parents/caregivers said that their mental health was below "good"

1/2+ stated that their child's mental health had gotten worse

Those at increased risk for mental health distress:



female



18 to 25 years



employed



from a low-income household



resident of a northern community



accessing mental health services before the pandemic



Many experienced moderate to severe caregiver strain

Caregiver strain was linked to overall mental health – those experiencing greater strain reported worse mental health



Mental health state was linked to their child's deteriorating mental health



1/3 of young people were getting help for their mental health



1/3 said they did not need mental health services



1/3 had already sought, or were planning to seek, mental health support



1/5 would like their child to discuss their mental health with a professional

90%+ said that services might be helpful in the future:

- lower-intensity services (online information, self-help supports) for those who weren't getting help before but felt stressed since the pandemic
- in-person or online meetings for those already accessing services



60%+ of parents/caregivers know where they can take their child for mental health support



1/4 are unsure how to find help



To learn more about this project, visit cymh.ca/covid19