



# THE EFFECT OF COVID-19 on YOUTH MENTAL HEALTH and SERVICE NEEDS

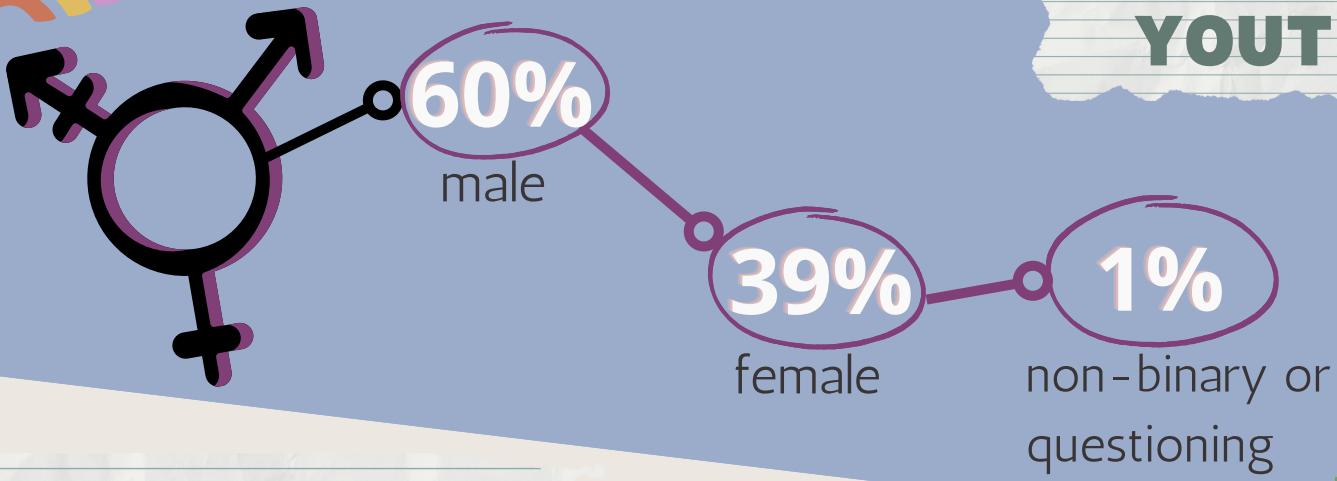
## SURVEY

**32%**

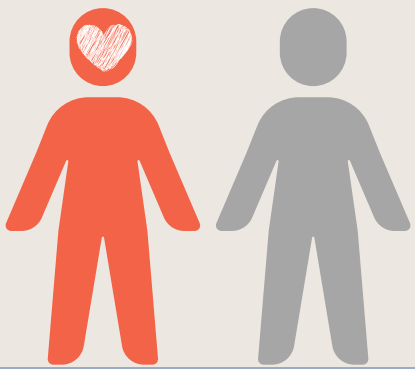
of caregivers report having at least 1 youth aged 13-26 years with a mental health and/or substance use concern.



## YOUTH



## MENTAL HEALTH



**1 OUT OF 2**

youth had a **negative** change in their overall mental health since the pandemic.

**34%** of YOUTH lack **energy or motivation**.



**23%** have **low/sad mood** or **worry constantly**.



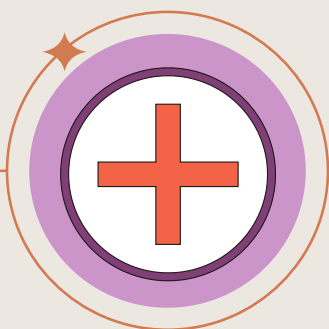
**14%** of YOUTH use **alcohol excessively**.



## SERVICE IMPACTS



**39%** of YOUTH have **UNMET service needs**.



Service access **DECREASED** by **20%**.

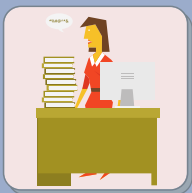


**16%** of YOUTH are on **WAITLISTS**.

## SUPPORT TYPES PREFERRED FOR YOUTH WITH UNMET SERVICE NEEDS



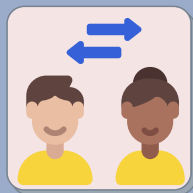
**76%** navigator



**70%** case manager



**64%** family doctor



**50%** youth peer



**47%** information & referral services



**41%** multimedia resources



CIHR IRSC

Canadian Institutes of Health Research / Instituts de recherche en santé du Canada

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Family Navigation Project

at Sunnybrook