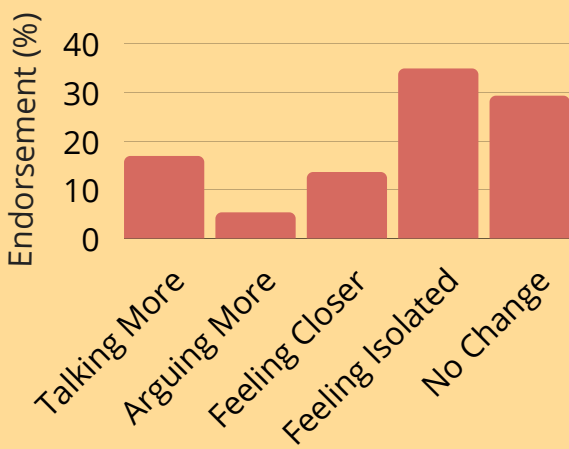


MAINTAINING MEANINGFUL CONNECTIONS

During COVID-19

Prevalence of Different Effects of COVID-19 on Relationships with Friends and Family

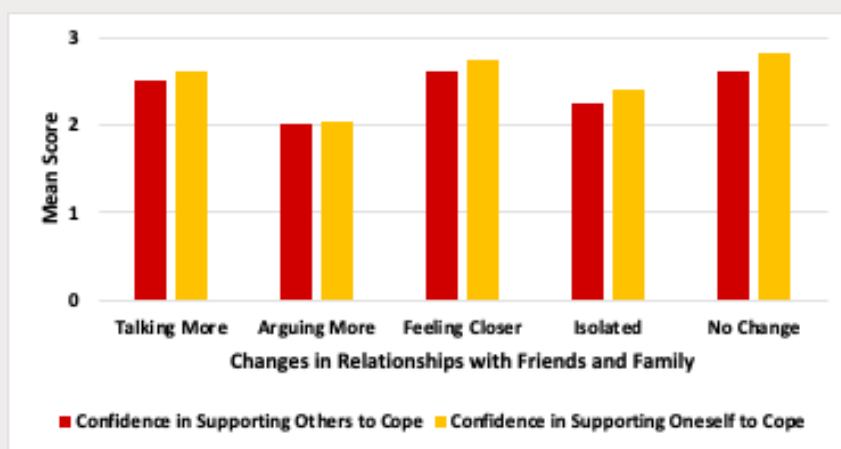


Effects on Relationships with Friends and Family

Demographic Differences

- Men were 7.0% more likely than women to report **no change** in their relationships as a result of COVID-19.
- Individuals aged 21-24 years were the most likely to report **talking more** to friends and family.
- Individuals under the age of 21 years were the most likely to report **feeling closer** to friends and family.
- Older individuals were more likely to report **no change** to their relationships as a result of COVID-19.

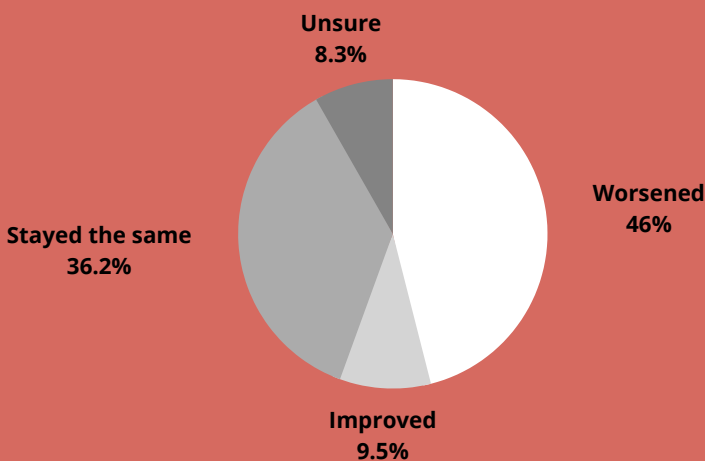
Confidence in Supporting Oneself and Others to Cope During COVID-19 Across Changes in Relationships



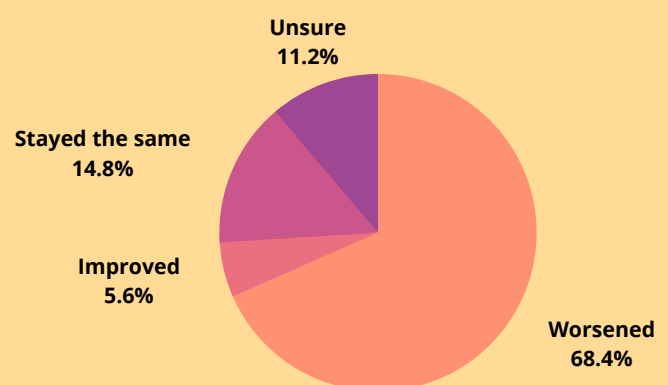
*Higher score indicates higher confidence

Changes in Mental Health as a Result of COVID-19

Reported changes for individuals who **feel closer** to friends and family:



Reported changes for individuals who **argue more** with friends and family:



How can Mental-Health Supports Improve?

"**Universal access** to mental health professionals, paid for by provincial health care, over Telehealth or in person where appropriate, so that anyone and everyone can have access to **therapy**."

"A **weekly call** to someone who is struggling would be helpful, even if it was from a **peer counsellor**."