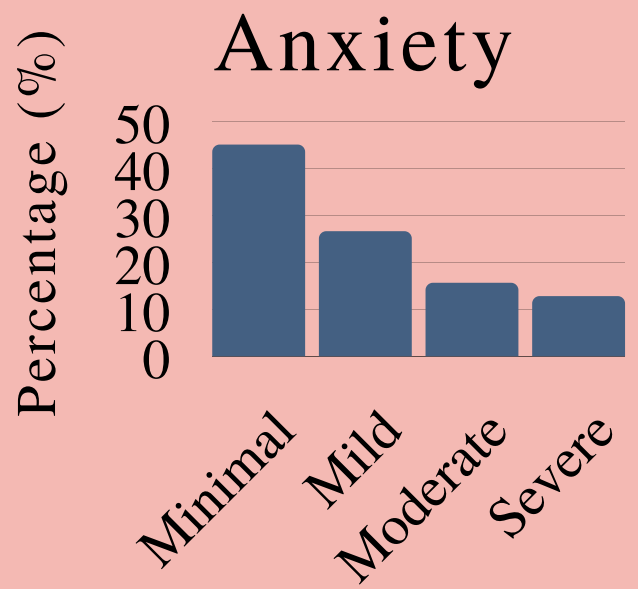
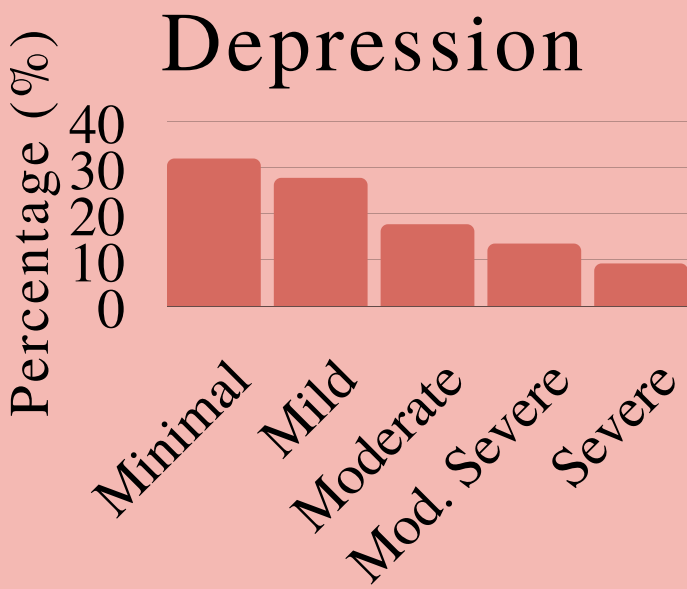


Mental Health of Young Canadians During the COVID-19 Pandemic

For Canadians 34 years old and younger...



Of Canadians who are currently experiencing suicidal thoughts,

64%

Have experienced an **increase in suicidal thoughts**

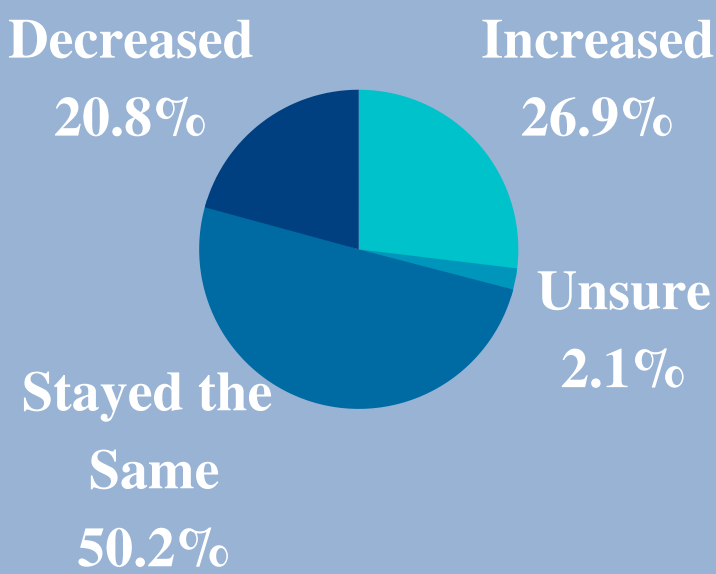
Of Canadians who engaged in self-harm before the pandemic,

42%

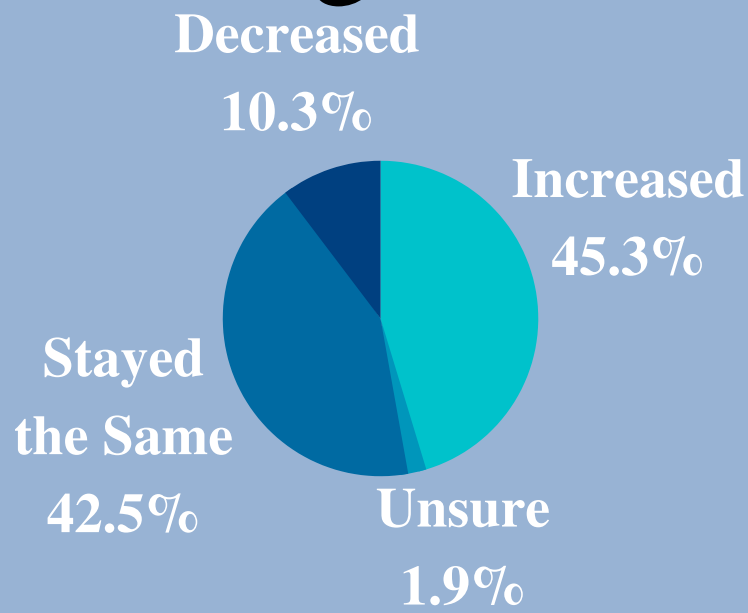
Have experienced an **increase in self-harm**

For Canadians who reported alcohol or drug use...

Alcohol Use



Drug Use



What Supports do Young Canadians Say Would Be Most Helpful?

"Having multiple **mental health hotlines** available **24/7**"

"More widely available and easily **accessible** (maybe anonymous) **emotional support** online"