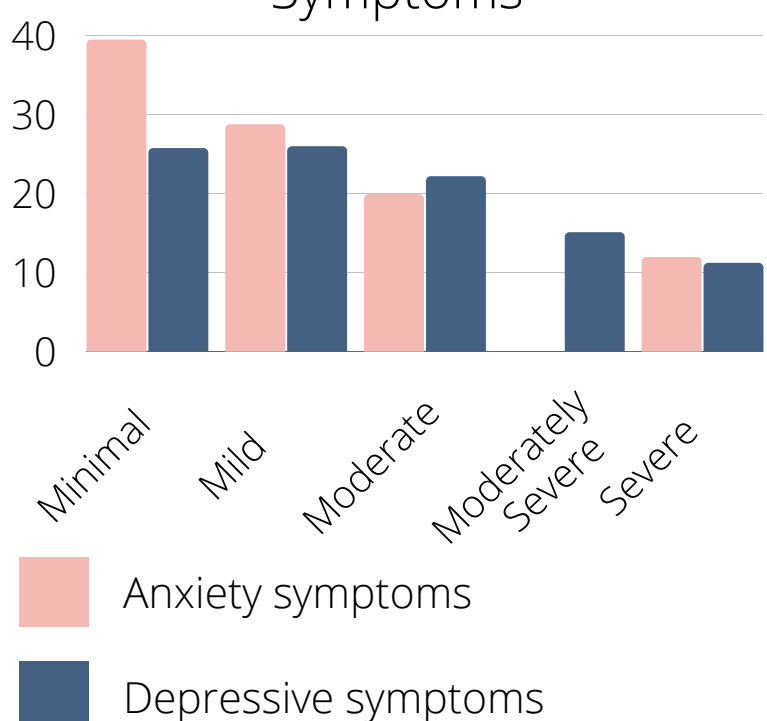


# The Mental Health of Canadian Youth During COVID-19



## Mental health

Rates of Anxiety and Depressive Symptoms



The average Canadian youth (aged 17-24) is experiencing **mild depressive symptoms**, and **minimal anxiety symptoms**

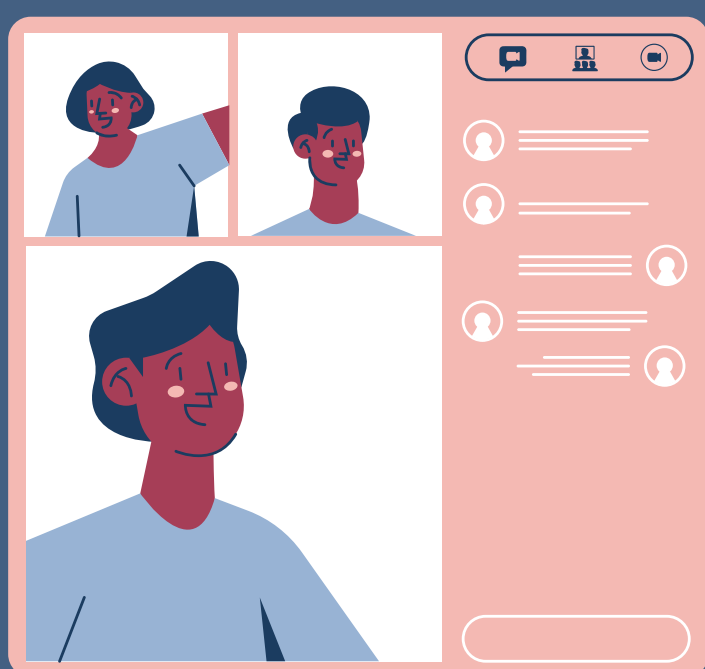
## Missed life events

Most youth have missed **3 important life events** (e.g., graduation)

This has had a **significant impact on their mental health**



## Social connections



Approximately **43%** of Canadian youth reported feeling **more isolated** from their friends/family since the beginning of COVID-19

