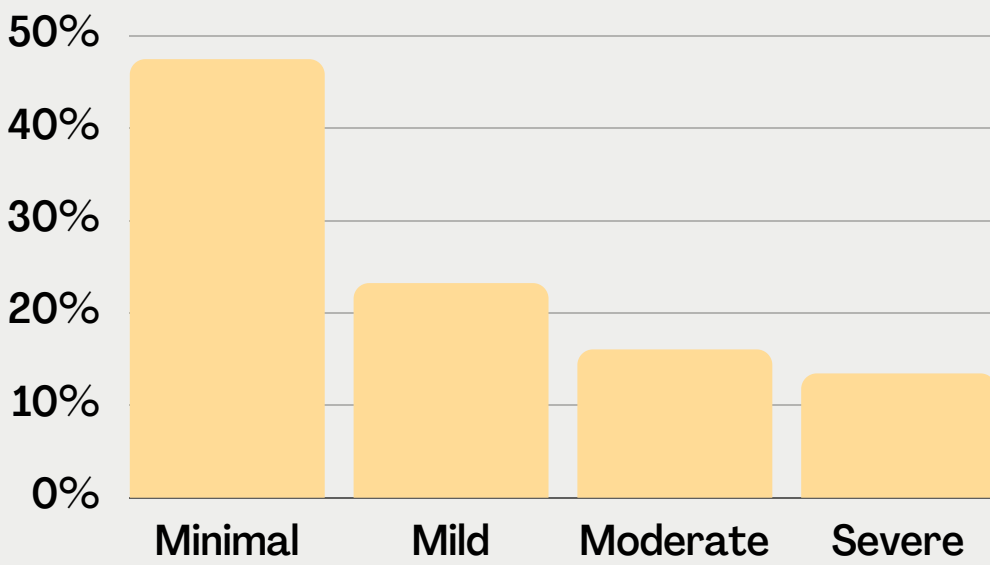


# The Mental Health of Canadian Youth During COVID-19



## Prevalence of Anxiety Symptoms

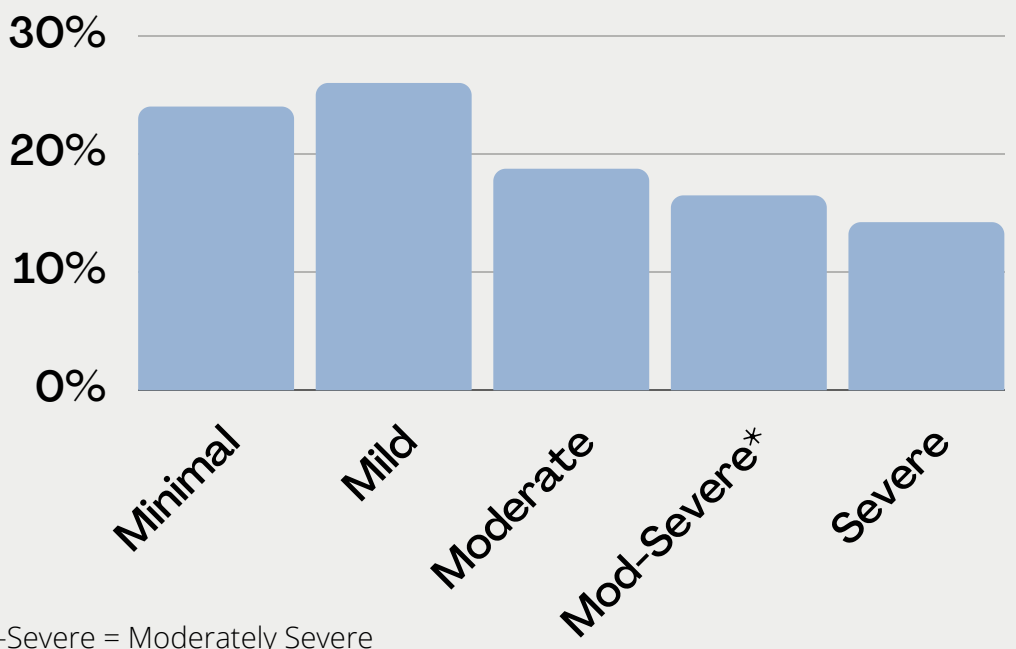
*% of Canadian Youth that Endorsed Different Severity Levels of Anxiety Symptoms*



About half of Canadian youth (aged 17-24) experienced **mild-severe anxiety**

## Prevalence of Depression Symptoms

*% of Canadian Youth that Endorsed different severity levels of depressive symptoms*



About half of Canadian youth (aged 17-24) experienced **moderate-severe depressive symptoms**

## Things that youth said would support their mental health...

"More face to face services. Too much is done online."

*"I think offering a free counselling service virtually to people who really need it would be helpful"*

"Increased social media accounts and posts that help to provide hope."