

COPING DURING COVID-19



BRIEF RESEARCH SUMMARY ON YOUTH MENTAL HEALTH AND SUBSTANCE USE IN ONTARIO DURING THE COVID-19 PANDEMIC

On March 11th 2020, the World Health Organization (WHO) announced the COVID-19 pandemic.

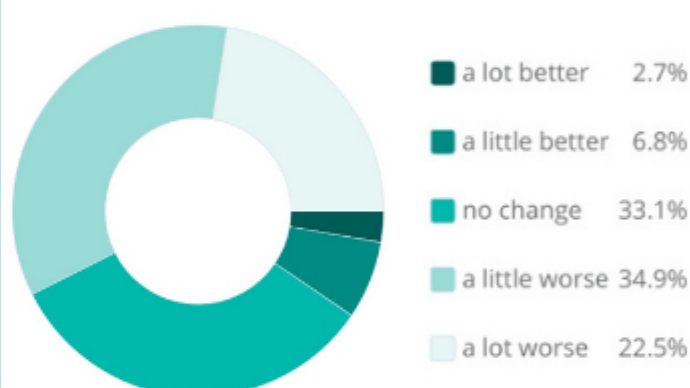
We started surveying youth (aged 14-29) every 2 months starting in April 2020 to learn more about the impacts the pandemic was having on young people. **All surveys were developed with youth co-researchers.**

In **April 2020**, early in the pandemic, we found that **over 50% of youth had more mental health concerns than before the pandemic.**

Youth with **physical health concerns and transgender and gender expansive youth** found the pandemic to be **especially challenging.**

30% of youth told us that they **needed mental health or substance use services that they weren't getting.**

Change in mental health from before the pandemic to April 2020



Many youth were **worried about family members and themselves getting COVID-19.** Youth were also concerned about how the pandemic would **impact their mental health, schooling and career paths.**

Many youth reported **positive impacts** of the pandemic.

- Time for hobbies
- Time with family
- Time to relax
- Time to reflect
- Time for taking care of yourself

This is just some of our early findings, we will have more updates in the future! If you want more information contact us at McCain.Centre@camh.ca

This resource was developed by young people on CAMH's Youth Engagement Initiative, supported by the Margaret and Wallace McCain Centre for Child, Youth & Family Mental Health and the Child, Youth and Emerging Adult Program at CAMH.