



IMPACT OF A PANDEMIC:

# Young adult mental health

More than a year into the pandemic, we've all had stressful moments – and a lot of missed ones, too. For teens and young adults, rites of passage such as sports and concerts, graduation ceremonies and in-person college courses were cancelled. And grieving for these and other social gatherings has had a big impact.

TOP THREE CONCERNS FOR YOUNG PEOPLE DURING COVID-19:<sup>1</sup>

## 1 Disruption of everyday life

60% OF RESPONDENTS

**1.57** BILLION STUDENTS OUT OF SCHOOL

About 90% of students were out of the classroom.<sup>2</sup>

**500 MILLION** didn't get access to online learning.<sup>2</sup>

SCREEN TIME INCREASES FOR ALL:

**↑72%** in Turkey (kids)<sup>3</sup>

**↑87%** in Canada (kids)<sup>4</sup>

**↑70%** in China (all ages)<sup>5</sup>

**↑49%** in Poland (all ages)<sup>6</sup>

**58%**

of youth say that their mental health has been negatively affected.<sup>1</sup>

## 2 Mental health

55% OF RESPONDENTS

**25%** VS. 13%

In the U.S., young adults (aged 18–24) are about **twice as likely** as all adults to report **new or increased substance use**.<sup>7</sup>

## 3 Financial security

44% OF RESPONDENTS

**34%** LOST JOBS

34% of college students in England reported that they had **lost a job, had reduced hours or had not been paid for work completed**.<sup>8</sup>

### U.S. SPRING UNEMPLOYMENT

**24%** 2020

8% 2019

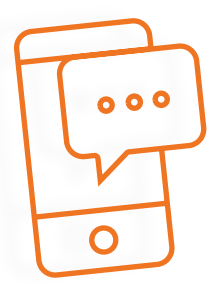
**24.4%** of young workers (aged 16–24) in the U.S. were **unemployed in spring 2020**.<sup>9</sup>

**72%**

of countries reported 'disruptions to mental health services for vulnerable people, including children and adolescents'.<sup>10</sup>

If you're dealing with depression, anxiety or stress related to the pandemic – or your teen or young adult child may be – **help is available**.

Your employee assistance programme offers confidential support 24/7 at no cost to you and your dependants on the plan. You may even qualify for in-person or virtual visits with a therapist at no additional cost.



**CONCERNED ABOUT A YOUNG ADULT?**

**Contact your employee assistance programme.**

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