



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 like sports and concerts, graduation ceremonies and in-person college courses were canceled. And grieving these and other social gatherings has had a big impact.

TOP THREE CONCERNS FOR YOUNG PEOPLE DURING COVID-19:¹

1 Disruption of everyday life

60% OF RESPONDENTS

1.57 BILLION STUDENTS OUT OF SCHOOL

About 90% of students were out of the classroom.²

500 MILLION didn't get access to online learning.²

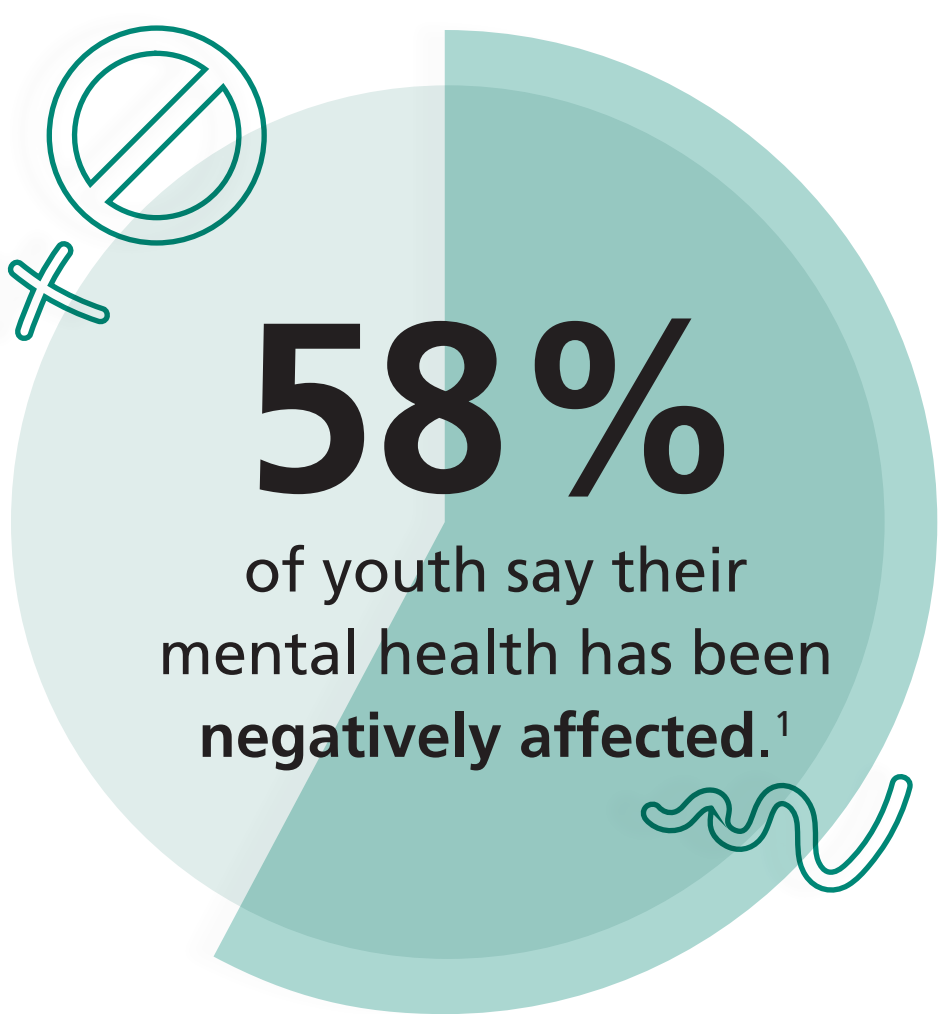
SCREEN TIME INCREASES FOR ALL:

↑72% in Turkey (kids)³

↑87% in Canada (kids)⁴

↑70% in China (all ages)⁵

↑49% in Poland (all ages)⁶



2 Mental health

55% OF RESPONDENTS

25% VS. 13%

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

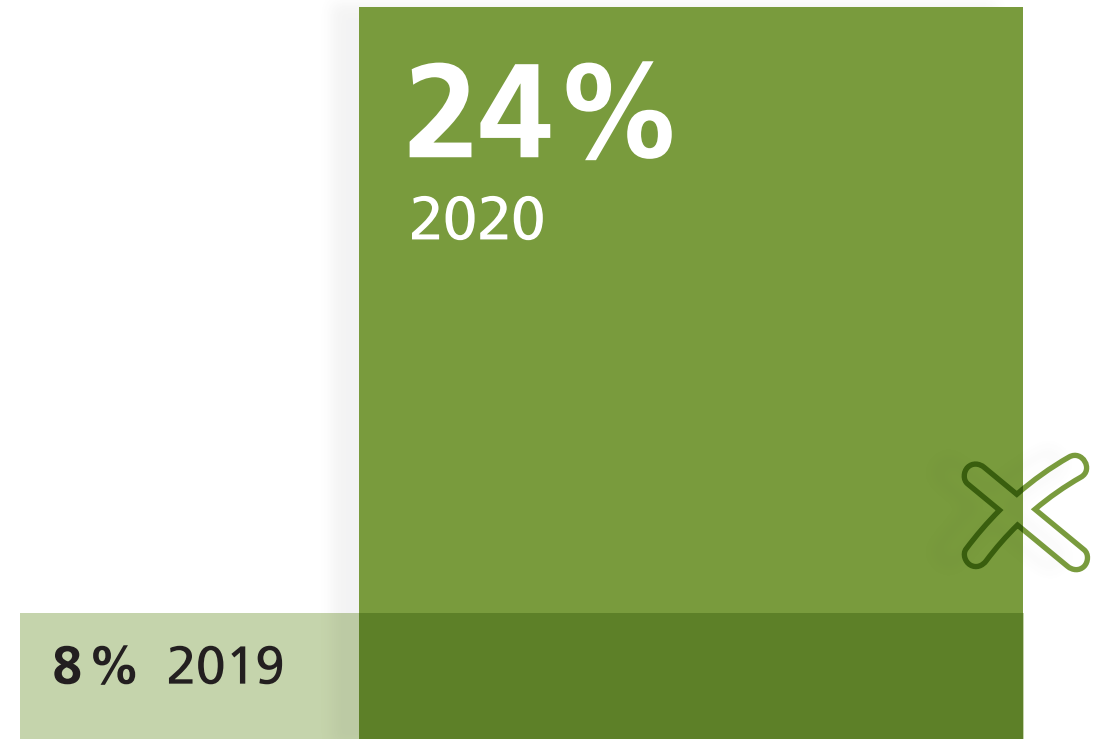
3 Financial security

44% OF RESPONDENTS

34% LOST JOBS

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

U.S. SPRING UNEMPLOYMENT



24.4% of young workers (ages 16–24) in the U.S. were **unemployed in spring 2020**.⁹

72% of countries "reported disruptions to mental health services for vulnerable people, including children and adolescents."¹⁰

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 program offers confidential support 24/7 at no cost to you and your dependents 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 program.

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