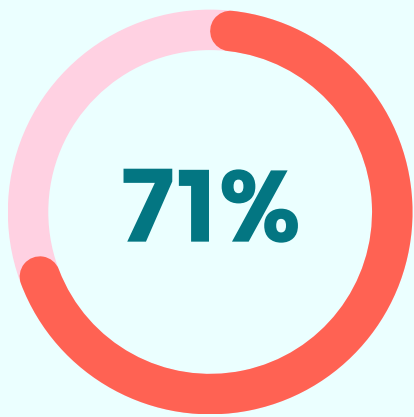
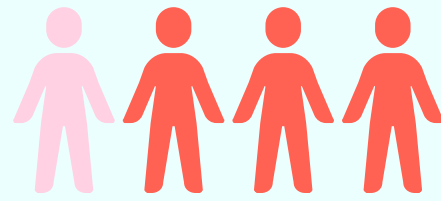


# The Impact of the COVID-19 Pandemic on Adolescents and Young Adults



Students indicated increased stress and anxiety due to the COVID-19 outbreak.<sup>1</sup>



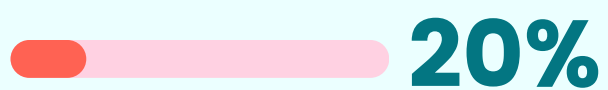
One in 4 respondents ages 18-24 had considered suicide and a similar number started or increased substance use because of the pandemic.<sup>2</sup>



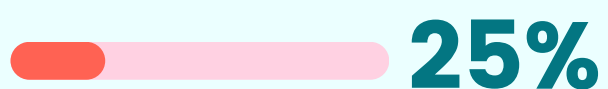
## Quick Facts About Mental Health

- Depression, anxiety, and behavioral disorders are among the leading causes of illness and disability among adolescents.<sup>7</sup>
- Suicide is the fourth leading cause of death among 15-29 year-olds (young adults).<sup>8</sup>
- Globally, one in seven 10-19-year-olds experiences a mental disorder, accounting for 13% of the global burden of disease in this age group.<sup>9</sup>

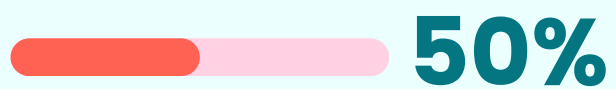
**Adolescents**  
diagnosable mental health disorder<sup>6</sup>



**Increased global prevalence**  
anxiety and depression during first year of COVID-19<sup>4</sup>



**More than**  
diagnosed with a mental illness or disorder at some point in a lifetime<sup>5</sup>



"This is a new way of life we are all getting used to - there will be good mental health days and bad mental health days. It's okay."

Meera Varma, UCLA Graduate<sup>3</sup>

The COVID-19 pandemic changed our lives, whether for the best or worst, the lives of everyone across the world have changed.



# COVID-19 Pandemic Impacts

Every population was impacted by the COVID-19 pandemic. However, adolescents and young adults experienced the pandemic in a unique way, which brought some challenges. These challenges include becoming isolated from their friends and peers, change in routines (sleeping habits), employment or educational challenges (adapting to virtual learning or not having a job), missing significant life events (birthdays, graduations, trips, funerals, etc.) and so many more challenges.

10

These challenges and experiences have impacted the mental health of adolescents and young adults and we need to recognize how large each challenge and experience has impacted these populations. Therefore we need to provide the information by educating, caring, and supporting adolescents and young adults.



## How to Manage Your Mental Health

- Self-care:
  - Getting regular exercise
  - Eating healthy, regular meals and staying hydrated
  - Making sleep a priority
  - Trying a relaxing activity
  - Setting goals and priorities
  - Practicing gratitude
  - Focusing on the positive things in life
  - Staying connected
- Is it time to see a professional?
  - Do you have a difficult time sleeping?
  - Has your appetite changed, resulting in unwanted weight change?
  - Do you struggle to get out of bed in the morning due to your mood?
  - Do you have a difficult time concentrating?
  - Have you had a loss of interest in the things you find enjoyable?
  - Are you unable to perform your daily functions and tasks?<sup>11</sup>

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