CHSSN Montreal Community Forum

Mental Health and COVID-19
Quebec's English-speaking Communities

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This Presentation

➢ Findings from COVID Impact Research

➢ English-speaking Communities and Health Crisis Risk Factors

➢ Building Better Mental Health: Resilient Communities

Highlights

▶ **Multi-dimensional problem** needing solutions that are collaborative, multi-sectoral, locally based and adapted

▶ **Exacerbated inequalities**: between and within populations

▶ **Mental Health and Associated Factors**: Predominant characteristics and key social determinants of health

Psychosocial Impact: Who, what and where?

" In our study, 37% of adults aged 18-24 reported symptoms of anxiety or depression in the previous two weeks. It is concerning that a significant portion of young people are not doing well. **It is equally striking that Anglophones are twice as likely as Francophones to have anxiety or depressive symptoms."**

- *Dr. Melissa Genereux, Faculty of Medicine and Mental Health Services University of Sherbrooke and advisor to Quebec's Directorate of Mental Health Services*

Most affected by the pandemic:

► Men and young adults aged 18-24

► Anglophones

► Individuals residing in the Montreal area

► Health care workers

Anxiety and Depression among Quebec's English speakers (November 2020)

▶ Probable generalized anxiety disorder:

English speakers: **24.2%**   Others: **14.2%**

▶ Probable major depression episode:

English speakers: **28.5%**   Others: **17.8%**

▶ Probable anxiety or depression:

English speakers: **31.8%**   Others: **21.6%**

(n= 8,518 adults in all regions of Quebec)

Probable anxiety or depression by region

Capitale-Nationale   19.8%

Mauricie-CDQ   21.9%

Estrie   19.7%

Montreal   32.0%

Laval   24.1%

Lanaudière   19.0%

Laurentides   20.5%

Montérégie   22.5%

5 small regions   16.4%

(Bas-Saint-Laurent, Saguenay-Lac-Saint-Jean, Abitibi-Témiscamingue, Cote-Nord, Gaspésie-Ile-de-la-Madeleine)

English-speaking Minority Communities: Prior-to-COVID Risk Factors

► Low socioeconomic status

► Language barriers in access to information and services

► Mental health status: depression, stress and anxiety

► Other associated factors

Building Better: Recommended Strategy

▶ Inclusive and participatory planning

▶ Solutions that are locally based and adapted to the context of local culture and language

▶ Disaggregated data as knowledge base

▶ Short-term mitigation and long-term rebuilding

▶ Strengthen psychosocial protective factors like resilience, trust in authorities, sense of coherence and social support networks

Thank-you!

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