

The Effects of Covid 19

Evidence indicates that the **Covid 19 pandemic** has had increased negative effects on the mental health of English-speakers in the province of Quebec versus the majority French-speaking population: ¹

- Young adults, **Anglophones**, & health care workers are among the 3 most affected groups
- **Anglophones** are 2x more likely to have anxiety or depressive symptoms

There was an increased demand for mental health services and resources among English-speaking communities during the pandemic, especially among priority populations:

- Youth
- Seniors
- Low-income families
- Those living in rural and isolated regions
- Members of BIPOC communities

The Concerning State of Mental Health

19%

of Anglophone fathers reported having high levels of psychological distress compared to 12% of Francophone fathers.²



Due to language barriers, a higher proportion of English-speaking seniors are socially isolated.³

90%

of young English-speaking adults (15-29) experienced feeling mentally unwell within the previous two weeks of completing the survey.⁴

Socio-Demographic Factors of English-speakers in Quebec



Higher unemployment rates (10.9%)



Lower median incomes



Higher rates of poverty⁵

72%

Of English speakers said that providing mental health services in English is 'very important'

Increased Need for Community Interventions to Reach the Most Vulnerable