

CONCERNING STATE OF MENTAL HEALTH OF ENGLISH-SPEAKING QUEBECERS

> Among most affected



Young adults, Anglophones & health care workers are among the **3 most affected** groups from the COVID 19 pandemic.

Source: University of Sherbrooke, 2020. *Study on the psychosocial impacts of the pandemic.*

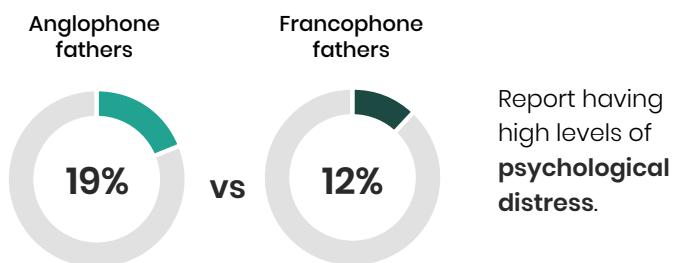
> Anxiety and depression



Anglophones are **2x** more likely versus the majority population to have **anxiety** or **depressive symptoms**.

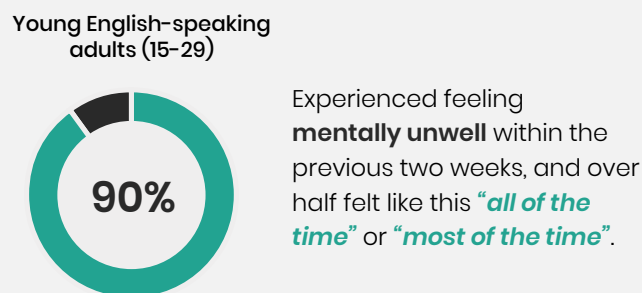
Source: University of Sherbrooke, 2020. *Study on the psychosocial impacts of the pandemic.*

> Psychological distress



Source: SOM, 2022. *Survey on Vulnerability in the Context of Fatherhood*

> Mentally unwell



Source: Community Health and Social Services Network (CHSSN), 2022. *Youth Pulse Check Survey Key Findings*

> Social isolation



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

Source: CHSSN, 2019. *Promoting the Health and Well-being of English-speaking Seniors in Québec.*

> Living on low income



Source: CHSSN, 2020. *Profile of Children Aged 0 to 5 and their Parents.*

The Canadian Mental Health Association (CMHA) Québec Division infographics aim to sensitize Quebecers to populations that have particular mental health challenges and realities. – Executive Director, Geneviève Fecteau