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.

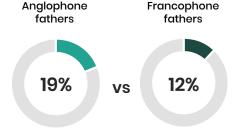
> Anxiety and depression



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



Report having high levels of psychological distress.

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

> Mentally unwell

Young English-speaking adults (15-29)



Experienced feeling mentally unwell within the previous two weeks, and over half felt like this "all of the time" or "most of the time".

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

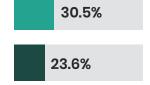
Social isolation



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



30.5% of English-speaking single parents of children 0-5, are living **below the low income cut off** compared to 23.6% of the majority population.

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



