Mohamed

Social Isolation and Mental Health

Photo retrieved from: Progress in Mind, (2021)

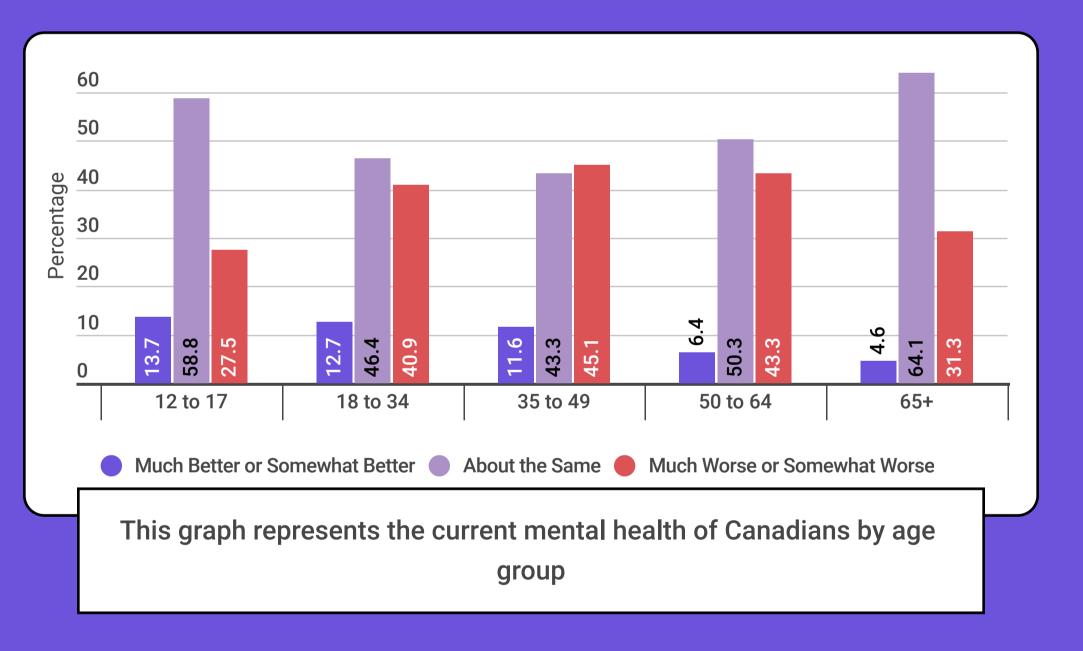
Social Isolation: Insufficient quality and quantity of social relations with other people

Did you know 1 in 5 Canadians feel alone?

- Effects of Social Isolation include:
- Weakened immune systems +
- Risk of premature death 1
- Risk of mental illness 1
- Anxiety and depression rates 1



39.5% of Canadians reported a decline in mental health

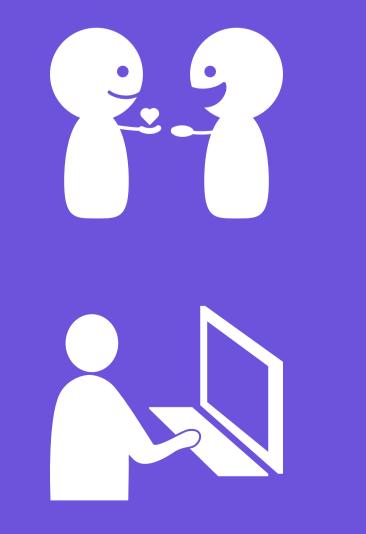


Who's at Risk?

- Elderly
- Marginalized
- Groups
- Indigenous
- Immigrants
- The Isolated

Ways to prevent social isolation

Social connectedness



Maintain healthy habits



Do the things you love



Sources: Statistics Canada, 2021, "Canadians health and COVID-19, by age and gender" theBMJ, 2020, "Mitigating the psychological effects of social isolation during the covid-19 CBC News, 2019 "Feeling lonely? You're not alone — and it could be affecting your physical health"pandemic