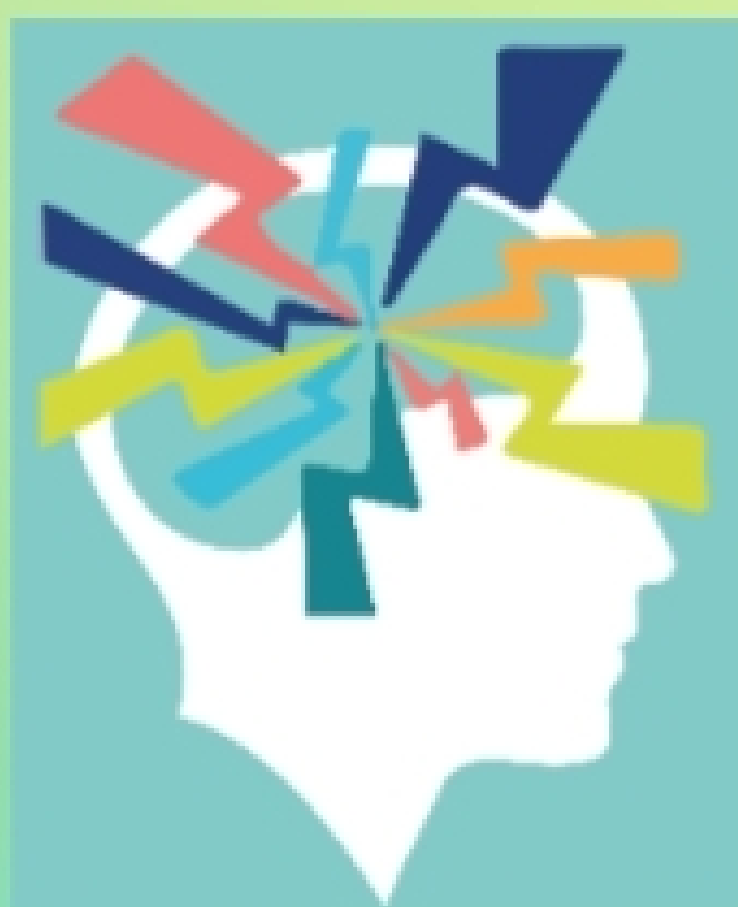


Impact of COVID-19 on the mental health of LGBTQ2S+ Youth in Canada

Data was collected during the month of August 2021 to understand the mental health impact on LGBTQ2S+ youth aged 18 to 30 years due to the COVID-19 pandemic. 17% of LGBTQ2S+ youth in Canada were studied.

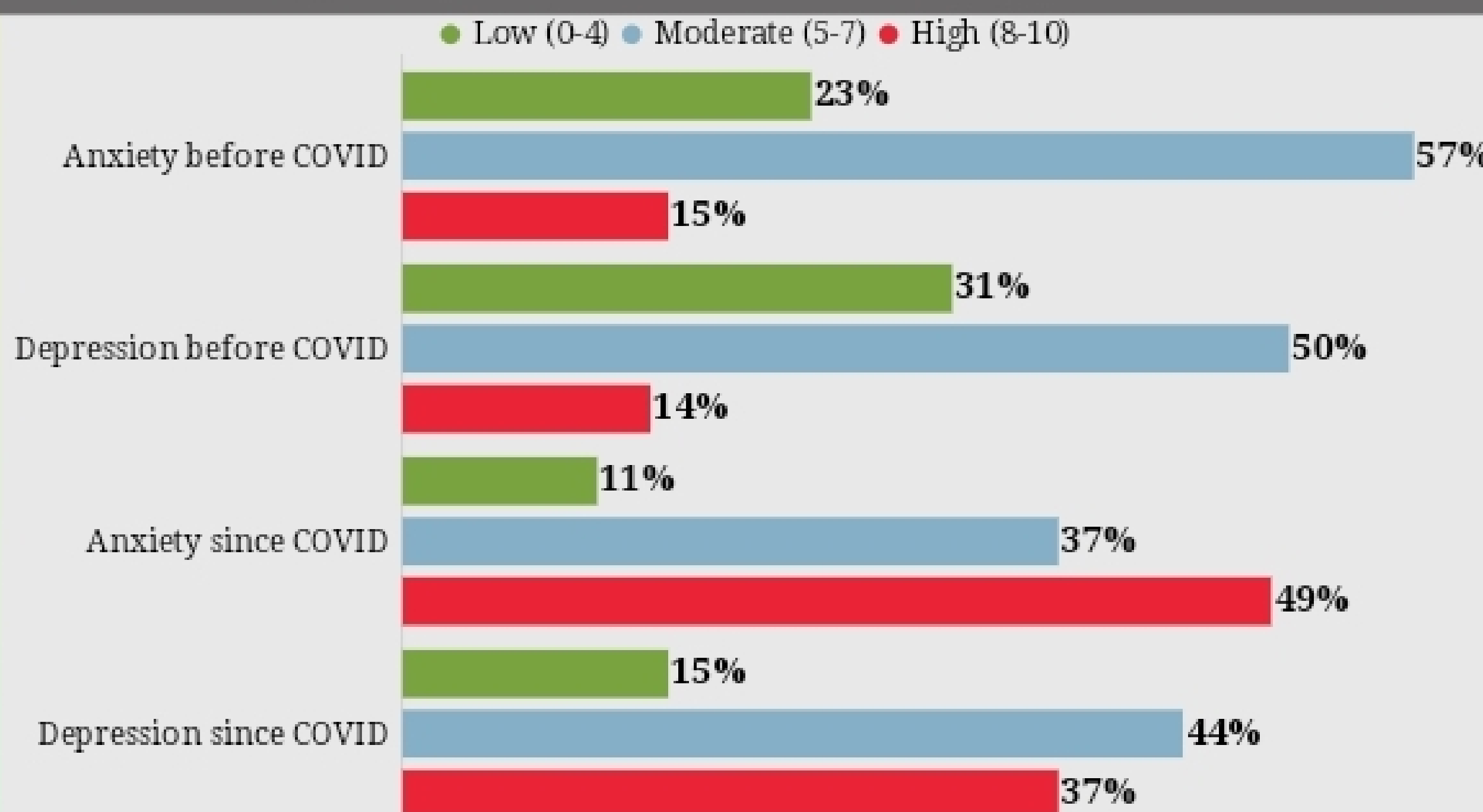


Level of Anxiety & Depression among LGBTQ2S+ youth (before and since COVID-19)



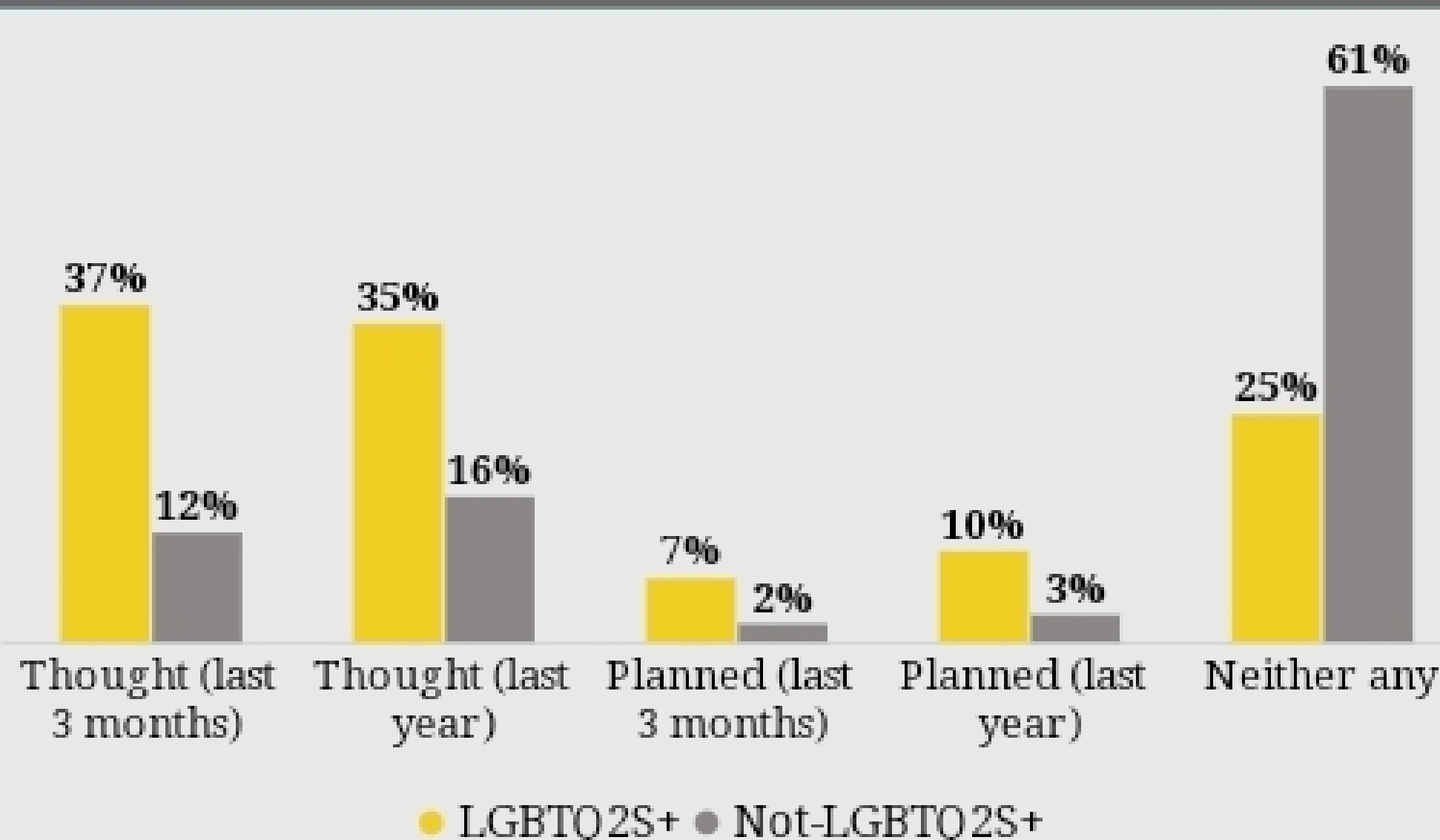
Nearly 15% of LGBTQ2S+ youth had high anxiety & depression

Since COVID-19, 49% and 37% of LGBTQ2S+ youth had high anxiety and depression levels,



INCREASE in overall Anxiety & Depression Levels since the pandemic.

Suicidal Ideation among LGBTQ2S+ youth



THOUGHT ABOUT SUICIDE

Nearly 35% of LGBTQ2S+ youth

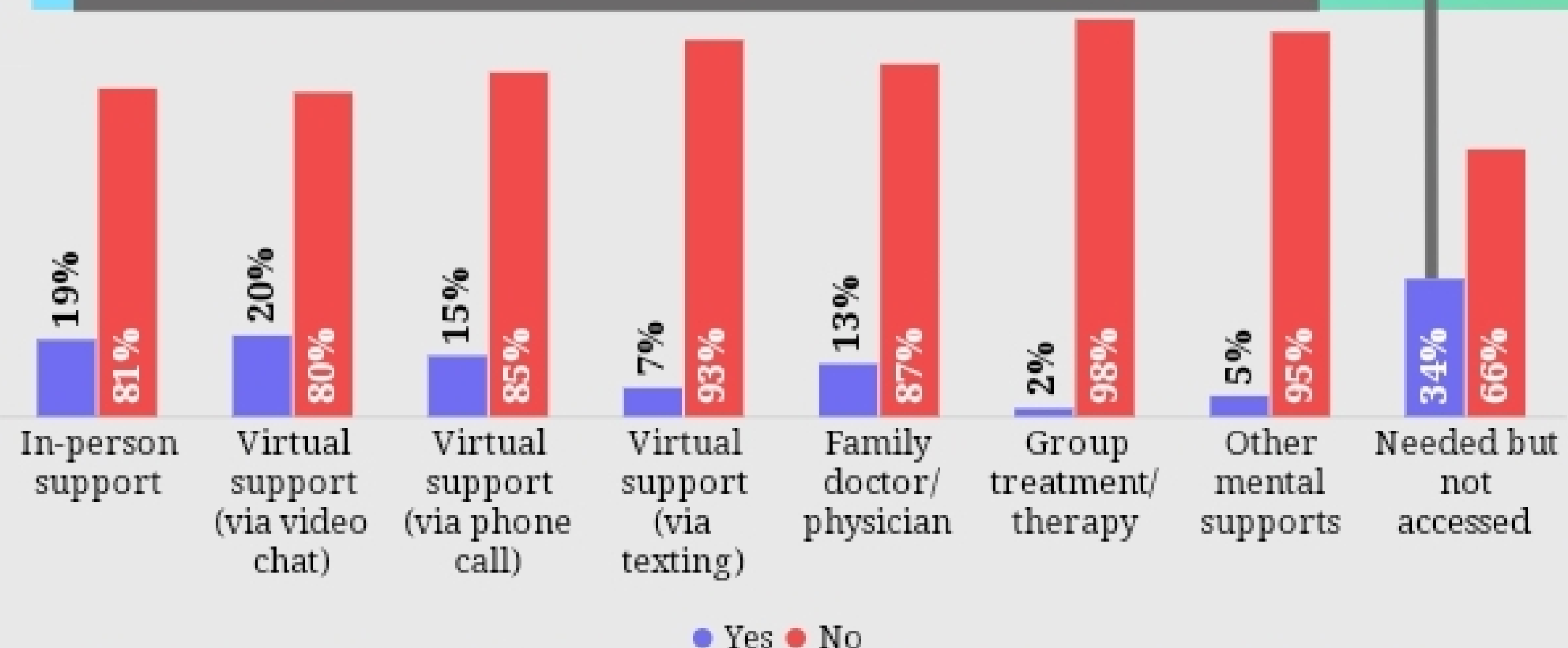
PLANNED TO ATTEMPT SUICIDE

Nearly 3x LGBTQ2S+ youth



34% of the LGBTQ2S+ youth Needed support but did not accessed.

Mental Health Supports since COVID-19



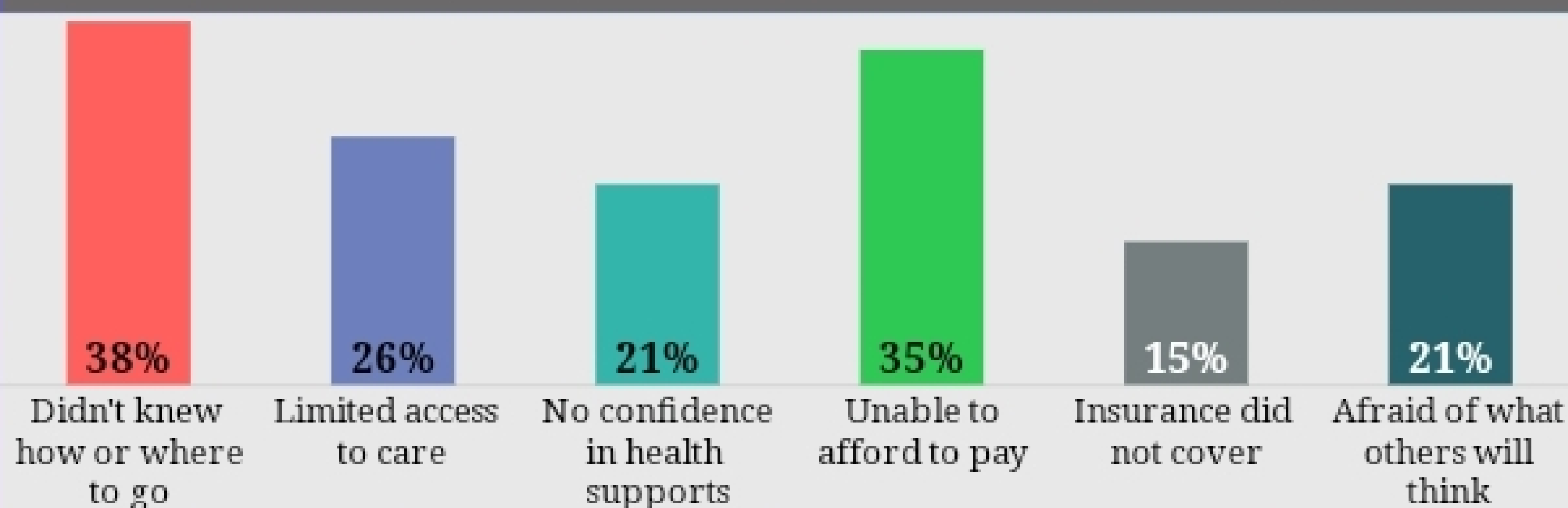
RECOMMENDATIONS

1. Develop transgender-specific mental health interventions and policies.
2. Support groups in schools for all students.
3. Programs for families and friends of LGBTQ2S+ youth in order to understand what they are going through and to teach about LGBTQ2S+
4. Insurance providers should make provisions in their policies for transgender-specific medical care.
5. Website which consists of all information for Trans youth.

CONCLUSION

The COVID-19 pandemic has caused detrimental effects on the mental health of LGBTQ2S+ youth. We propose many recommendations to support LGBTQ2S+ youth.

Why LGBTQ2S+ youth avoided mental supports?



BY:

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