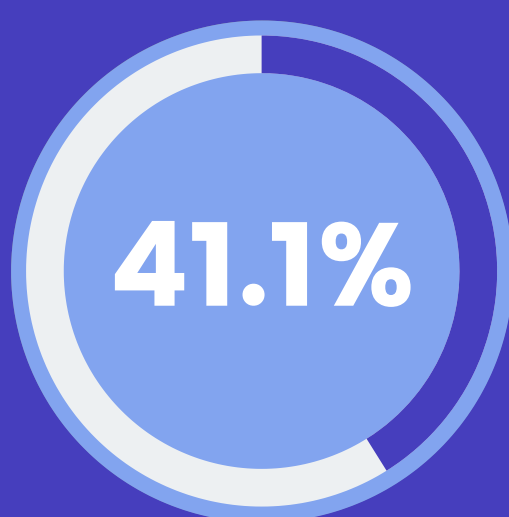


COVID-19:

The Implications for Adults' Mental Health



The COVID-19 pandemic and the resulting economic recession have negatively affected many people's mental health and created new barriers for people already suffering from mental illness and substance use disorders. During the pandemic, about **4 in 10** adults in the U.S. have reported symptoms of anxiety or depressive disorder. As the pandemic wears on, ongoing and necessary public health measures expose many people to experiencing situations linked to poor mental health outcomes, such as isolation and job loss.

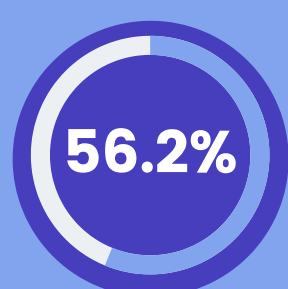


"All countries need to review their strategies now."

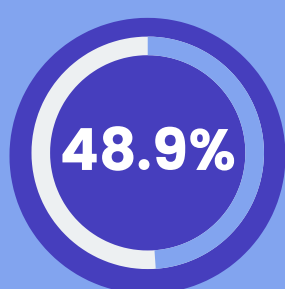
Dr. Michael J. Ryan, WHO Informal Advisory Group, March 2020

"Our findings show that, as a result of the pandemic, a significant number of people are using drugs alone right now — which means there's no bystander available to intervene or call 911. This greatly increases overdose risk."

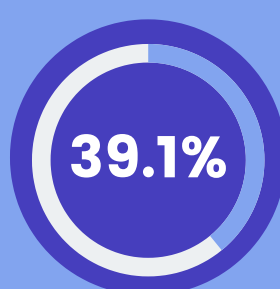
— Brandon Marshall



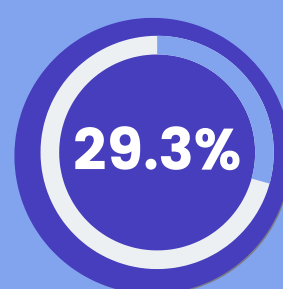
ADULTS AGES
18~24



ADULTS AGES
25~49



ADULTS AGES
50~64



ADULTS AGES
65+

Share of Adults Reporting Symptoms of Anxiety and/or Depressive Disorder During the COVID-19 Pandemic, by Age

An earlier survey from June 2020 showed similar findings for young adults relative to all adults. The survey also found that substance use and suicidal ideation are particularly pronounced for young adults, with **25%** reporting they started or increased substance use during the pandemic (compared to **13% of all adults**), and **26%** reporting serious thoughts of suicide (compared to **11% of all adults**). Prior to the coronavirus outbreak, young adults were already at high risk of poor mental health and substance use disorder, yet many did not receive treatment.

Every country should also pay attention to the mental state of the people as they are in greater need of care and care.

Learn more at www.kff.org and www.brown.edu

