

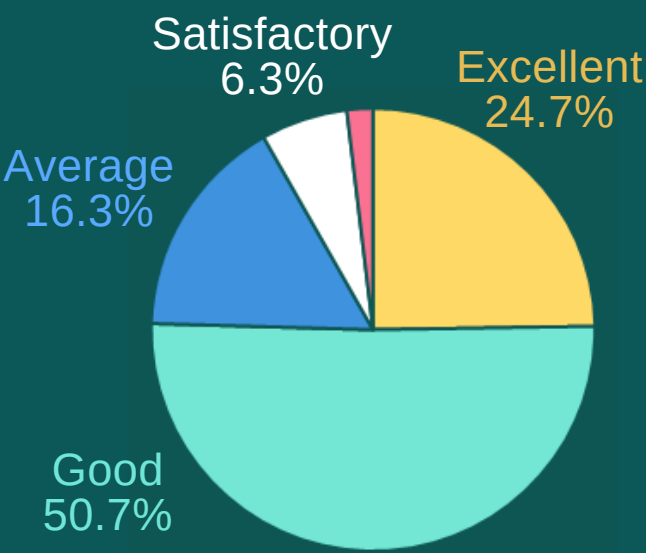
IMPACT OF COVID-19 ON MENTAL HEALTH

A summary of results pulled from around 3600 survey responses from rural residents in Huron and Perth County

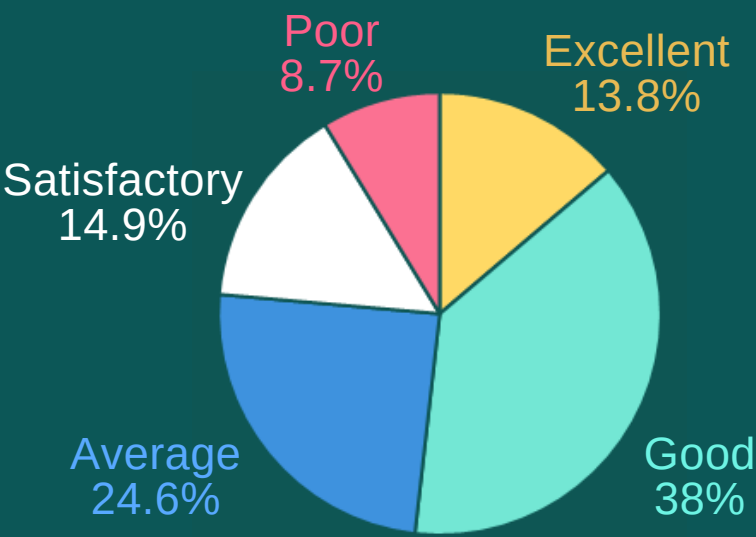
The ‘Rural Response to COVID-19’ project analyzes resilience capacities and vulnerabilities of small and rural communities in Ontario.

Respondents were asked to assess their mental health as **excellent, good, average, satisfactory or poor** prior to the pandemic and since the start of the pandemic.

BEFORE:



SINCE COVID-19:



45% decrease in # of participants who self assessed their mental health as "excellent"

79% increase in # of participants who self assessed their mental health as "poor"



Youth experienced highest levels of mental health decline.



Participants who **self-identify as female** experienced highest levels of mental health decline.



Those earning **lower incomes** faced highest levels of mental health decline.

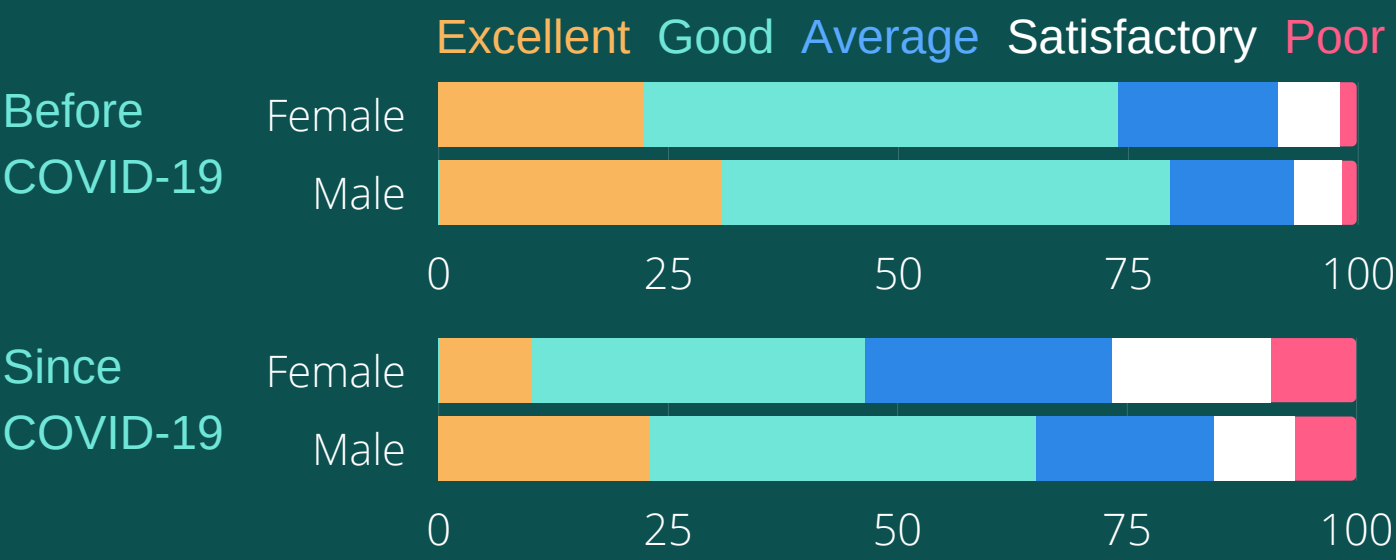
This project is led by Dr. Leith Deacon, University of Guelph and is possible due to the generous support of United Way. Poster design by Samporna Bhattacharya.

IMPACT OF COVID-19 ON MENTAL HEALTH

A summary of results pulled from around 3600 survey responses from *rural* residents in Huron and Perth County

BY SEX

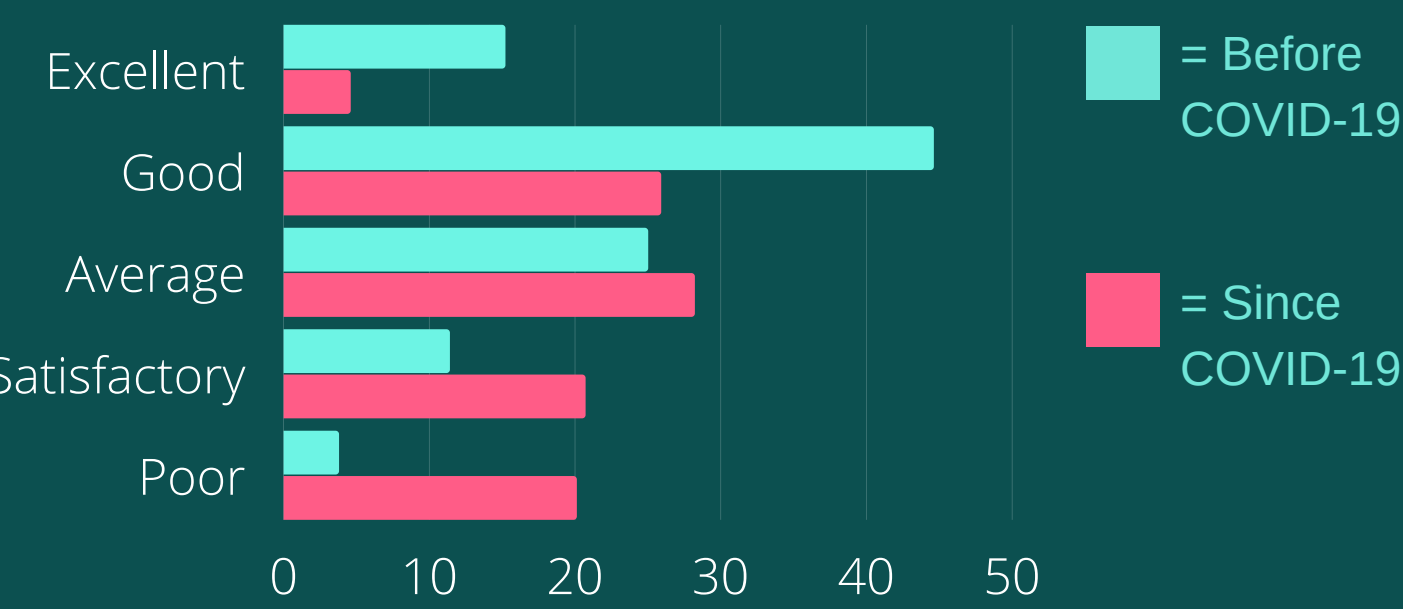
Respondents **identifying as female** faced the highest amount of mental health decline.



*2 of 3600 respondents identified as intersex

BY AGE

Ages 18 - 29 faced the highest amount of mental health decline of all surveyed age groups.



100% increase in # of self-identifying **male** respondents between **ages 18 - 29** who assessed their mental health as **"poor"**

BY INCOME

Respondents who indicated **earning less than \$50,000** annual income faced the highest amount of mental health decline.

47% decrease in # of participants who self assessed their mental health as **"excellent"**

79% increase in # of participants who self assessed their mental health as **"poor"**

92% increase in # of self-identifying **male** participants self assessed their mental health as **"poor"**

This project is led by Dr. Leith Deacon, University of Guelph and is possible due to the generous support of United Way. Poster design by Sampoorna Bhattacharya.