



## Lockdown Life: Mental Health Impacts of COVID-19 on Youth in Canada

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**Lucksini Raveendran** - Policy and Research Analyst, COVID-19 Policy Response



### Addressing the implications that the COVID-19 pandemic is having on children and youth mental health in Canada.

The world as they knew it had changed in a matter of days, with schools suddenly closed, celebrations cancelled, and many of their friends and loved ones only accessible online.

Fiona Haynes and Lucksini Raveendran from the Mental Health Commission of Canada (MHCC) share findings from the HEADSTRONG *Youth Survey*, highlighting thoughts and feelings in this extraordinary moment in time, the challenges and fears, as well as resilience and fortitude. Following this discussion, a youth panel will reflect on the survey findings and their own experiences of mental health challenges during the pandemic. The MHCC shares the *Lockdown Life* resource created directly from the voices of youth, and the full, newly released, report available from the *Youth Survey*. Finally, young people from across Canada will also share their thoughts about an approaching Holiday season like no other and their hopes for the future.

Please send questions you would like addressed to [ces@ahs.ca](mailto:ces@ahs.ca)

**FREE Webinar**  
**Tuesday December 8 2020**  
**6:30 – 8 pm (MST)**

**Register here**