

# THE NEXT CRISIS: Major Depressive Disorder (MDD) Post Pandemic

## BEFORE & DURING THE PANDEMIC

### BEFORE COVID-19

**Worldwide Depression Rates Prior To COVID-19:**  
**1.3%–3.4%.<sup>1</sup>**

**Youth Experiencing Depression Before The Pandemic:**  
**12.9%<sup>2</sup>**

### DURING COVID-19

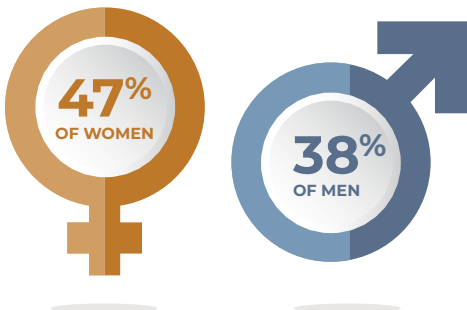
**Worldwide Depression During The Onset Of COVID-19:**  
**~24%** from February through July 2020.<sup>1</sup>

**Youth With Clinically Elevated Depression Symptoms In 2020:**  
**25.2%**, 2X the estimates developed before COVID-19.<sup>2</sup>

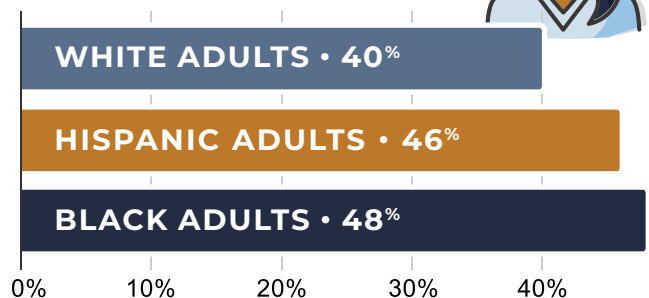


## STATISTICS BY DEMOGRAPHIC

### Reported Symptoms of Anxiety & Depressive Disorder in December 2020<sup>3</sup>



### Likelihood to Report Anxiety & Depressive Disorder Symptoms During the Pandemic<sup>3</sup>



## LOOKING AHEAD & FACING CRISIS

### Mental Health Professional Visits<sup>4</sup>

Once the acute impact of the COVID-19 pandemic subsides...



Mental health professional visits in Canada could reach **~6.3–10.7 million** annually for the foreseeable future.<sup>4</sup>



This is **up from 4.1 million** annually pre-pandemic.<sup>4</sup>



This is a projected increase of **54%–163%** over the number of mental health visits prior to the onset of COVID-19.<sup>4</sup>

### United States Spending Bill Response<sup>3</sup>

The Consolidated Appropriations Act, which was signed into law in December 2020, includes about **\$4.25 billion** in funding for:



**1 Mental health services<sup>3</sup>**



**2 Substance abuse recovery services<sup>3</sup>**



1. *Pandemic Has Increased Worldwide Incidence Of Anxiety & Depression*. OPEN MINDS. (2021, April 13). Retrieved October 1, 2021, from <https://openminds.com/market-intelligence/news/covid-19-mitigation-measures-impact-mental-health-worldwide/>.

2. *Children & Adolescents Experiencing Double The Rate Of Depression & Anxiety Due To COVID-19*. OPEN MINDS. (2021, September 1). Retrieved October 1, 2021, from <https://openminds.com/market-intelligence/news/children-adolescents-experiencing-double-the-rate-of-depression-anxiety-due-to-covid-19/>.

3. Nirmita Panchal, R. K., 2021, F. (2021, July 20). *The Implications Of COVID-19 For Mental Health And Substance Use*. KFF. Retrieved October 1, 2021, from <https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>.

4. *Canadian Mental Health Utilization Projected To Rise Due To COVID-19*. OPEN MINDS. (2020, August 21). Retrieved October 1, 2021, from <https://openminds.com/market-intelligence/news/canadian-mental-health-utilization-projected-to-rise-due-to-covid-19/>.

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