

Supporting Emerging Adult Mental Health

Connecting child & adult mental health services

<https://policywise.com/wp-content/uploads/2021/04/Emerging-Adult-Final-Report.pdf>



There are established mental health service systems for pediatric populations (0-16 years) & adult populations (18+ years), but there are **distinct needs for emerging adults (age 15-24) seeking mental health support** that are not consistently addressed.

Emerging adulthood is a time of great transition. It is also when **2/3 of mental health concerns emerge**. This means that the need for mental health support for this population is great.

Research shows that emerging adults **access mental health services less** because of barriers to service use that include:

- perceived stigma & judgement
- lack of knowledge of available services
- lack of fit with available services or service providers
- lack of trust in the system
- personal feelings preventing them reaching out for help

Community-based organizations are often able to bridge system gaps by being adaptive and flexible and by offering mental health services tailored to the needs of emerging adults.

Diverse service delivery settings are critical to facilitate service access & how system coordination is needed to improve continuity of care.

System-level support is needed to prioritize mental health service delivery for emerging adults & to explore the best modes of delivery.

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