



SUPPORTING EMERGING ADULT MENTAL HEALTH

RESEARCH SAYS



Policy Wise
for Children & Families

In 2020, a survey of emerging adults in the Calgary-region, they identified their top 3 mental health supports as:

1 PEERS/FRIENDS (62%)

2 FAMILY DOCTOR (49%)

3 HIGH SCHOOL & POST-SECONDARY STAFF (47%)

CURRENT SERVICE DELIVERY GAPS

Unfortunately, these preferred sources of support do not align with where & how the majority of mental health services for this population are currently offered. This is a missed opportunity.

CONSIDERATIONS FOR SERVICE ALIGNMENT

Services can be reoriented around emerging adults needs & preferred supports to **promote timely access** and **early intervention**.

Key considerations include:

- Recognizing emerging adulthood as a distinct life stage with unique needs
- Providing sources of support with evidence-based information about mental health and where/how to seek help
- Connecting preferred sources of support to mental health services

FOR MORE INFORMATION VISIT

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