

# Putting COVID into Perspective: The Impact in the US in 2020

*The rising mental health challenges have created a second pandemic. It affects us all.*

**1 in 4 COVID deaths in the U.S. left a child without a parent or caregiver** (KPBS, 2021)

**Children of racial and ethnic minorities accounted for 65% of those who lost a primary caregiver due to the pandemic** (National Institutes of Health, 2021)

**Emergency Department visits related to mental health increased 24-31% for 5-17 year olds compared to 2019** (CDC, 2020)

**Over 100,000 people died of overdoses, an all-time high** (CDC Data 2021)

**Mental health is now the #1 source of disability worldwide** (AACAP, 2021)



**High school students say the strength of their relationships with teachers has decreased by 50% and 47% with their peers.** (Kids Under Pressure 2021)

**About 70% of both children and adults reported some degree of mental discomfort, resulting in loneliness, irritability or fidgetiness.** (Children's Mental Health Report 2021)

**56% of high school students reported that their stress about school has increased** (Kids Under Pressure, 2021)

**Children who lived in financially unstable households or who experienced food instability experienced worse mental health outcomes than their more financially secure peers** (Children's Mental Health Report 2021)

**A four-fold increase in adults reporting symptoms of anxiety or depression and adults with children under 18 were more likely to report these symptoms** (Kaiser Family Foundation, 2021)

*Students may need additional support, reassurance, and comfort before they're ready to learn. By enhancing relationships, demonstrating compassion and instilling hope, we can heal and foster a path forward.*

To find resources visit the [Student Wellness & School Culture Department webpage](#)