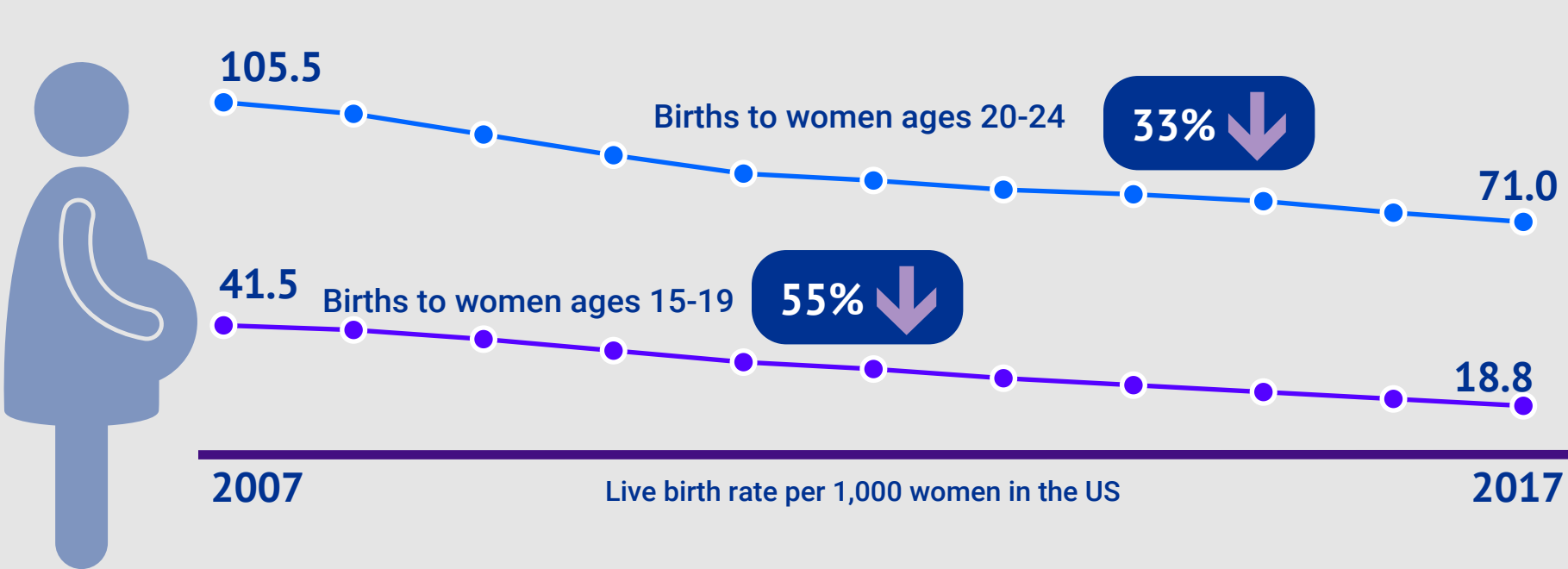


The Mental Health of Young Parents During COVID-19 and Beyond

While the birth rate has been declining for women under age 24, there is still a sizable population of young parents living with children



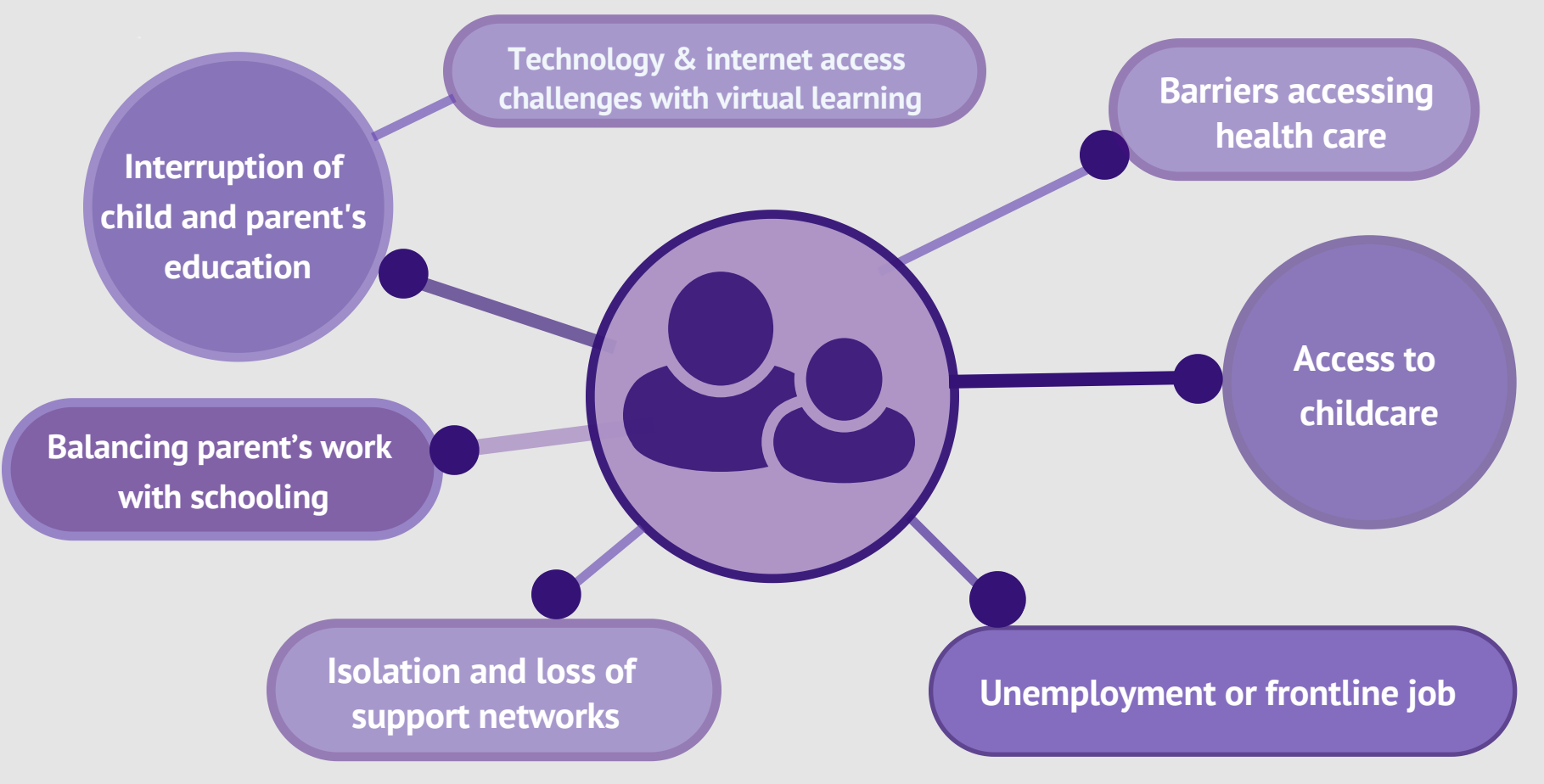
In 2013, **56%** of young parents ages 18-24 were **single mothers**. There were a total of **3.6 million** young parents living with their children in the U.S.

Young moms experience higher rates of mental health conditions than peers

Young mothers' prevalence of mental health challenges is up to **4x higher** than their peers without children and mothers older than 21



Young parents are vulnerable to the many stressors related to the COVID-19 pandemic



Single young parents who are the sole caretaker, or lack outside support, face added challenges during the pandemic

Solutions and initiatives to support young parents during COVID-19 and beyond

- Home Visiting Programs**
- Child Care Options**
- Telehealth**
- Address Basic Needs** (housing, food, health care)
- Peer Support Specialists**
- Co-locate Providers** (pediatricians, psychiatrists & social workers)
- Therapy & Counseling** (individual/group therapy and parents with their children)

While young parents are resourceful and resilient, it is important to support their mental health and well-being during the pandemic and long-term