



DATA SLICE 55 - August 2, 2022

Social Support Protected Mental Health during the COVID-19 Pandemic

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Social support can protect mental health from the stressors of life. Support may be especially important during times of widespread crisis, like the COVID-19 pandemic. The figure below shows that adults who reported having more social support were less likely to report that their mental health was negatively affected by the COVID-19 pandemic one year into the pandemic (Feb-March 2021). Adults who reported having emotional support from family and friends were significantly less likely to report negative mental health effects from the COVID-19 pandemic (32.9%) compared to those without emotional support (50.2%). In addition, adults with higher levels of instrumental support - being able to count on someone would loan them \$200 or for a place to live, were significantly less likely than those without those types of support to report negative mental health impacts during the pandemic. Approaches that focus on strengthening existing social networks within local communities may be effective strategies for mental health promotion programs and may be especially helpful during population-level crises. To learn more, read the full [published study](#).

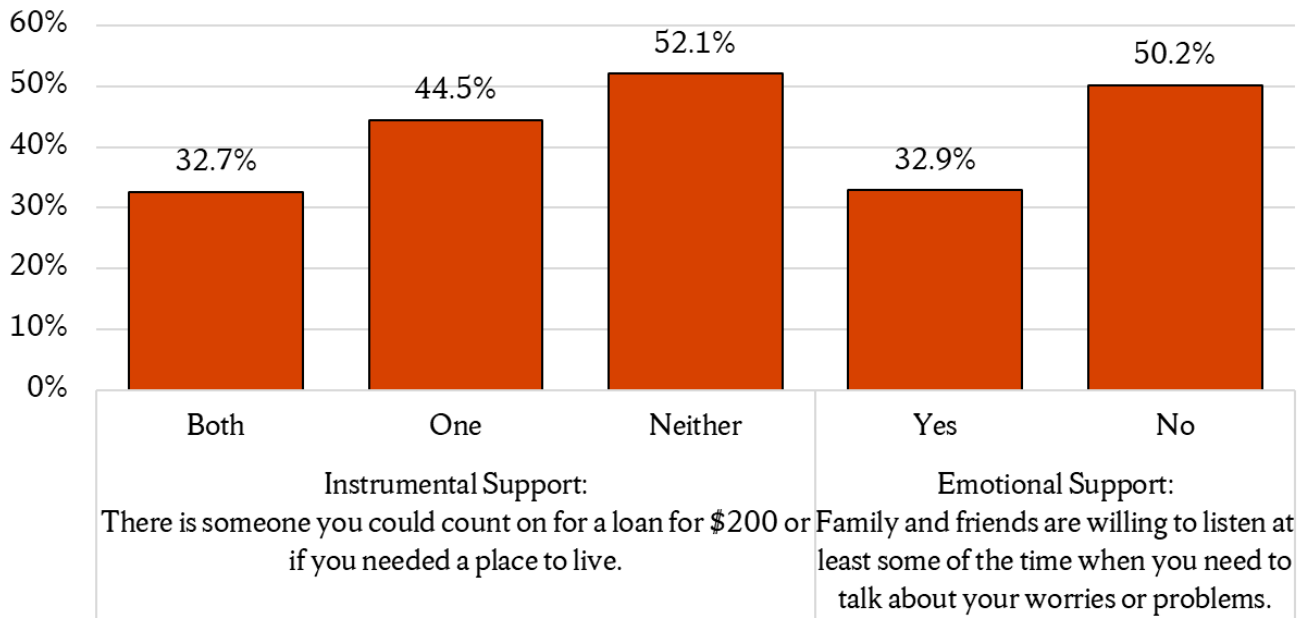


Figure 1. Percentage of Adults Ages 18-64 Reporting Negative Mental Health Impacts from the COVID-19 Pandemic by Reported Emotional and Instrumental Support

Data Source: National Wellbeing Survey, 2021

Notes: Percentages are weighted to be nationally representative of the working age population by sex, age, race/ethnicity, and education.

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