



TSPN

# Health and Wellness

## Four Key Findings

**The Early Impacts of COVID-19 on Graduate Students Across Canada**

Find out more about the COVID-19 Graduate Student Survey at:  
**[toscipolicynet.ca/covid19-report](https://toscipolicynet.ca/covid19-report)**



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# 1 Students experienced housing changes

**9%**

of graduate students  
required additional housing  
support due to COVID-19.

2

## Students considered leaves-of-absence

**26%**

of graduate students are considering taking a long term leave-of-absence from their degree.

Reasons for considering taking a leave-of-absence included:

- Inability to work remotely
- Financial challenges
- Caretaking needs

## 3 Dissatisfaction with health supports

**23%**

of graduate students were dissatisfied with access to primary care.

**21%**

of graduate students were dissatisfied with access to mental health supports.

Graduate students level of satisfaction regarding additional mental health supports during COVID-19:

**52%** Uncertain whether resources were provided

**30%** No resources were provided

**21%** Insufficient resources were provided

**17%** Sufficient resources were provided

## 4 Student mental health declined

Graduate students experiencing an increase in severity of mental health challenges:

**77%** Feelings of anxiety

**72%** Feeling of being overwhelmed

**76%** Feelings of helplessness

**71%** Feelings of loneliness

**63%** Feelings of depression