

Mental health across generations



BABY BOOMERS
1946-1964

THE BOOMERS

- Born after World War II
- Radically changed society at every stage
- Grew up in an era when mental health issues were not discussed



One in four adults 65 or above deal with a mental health issue, including:

- Depression
- Anxiety disorder
- Dementia
- Substance abuse or misuse

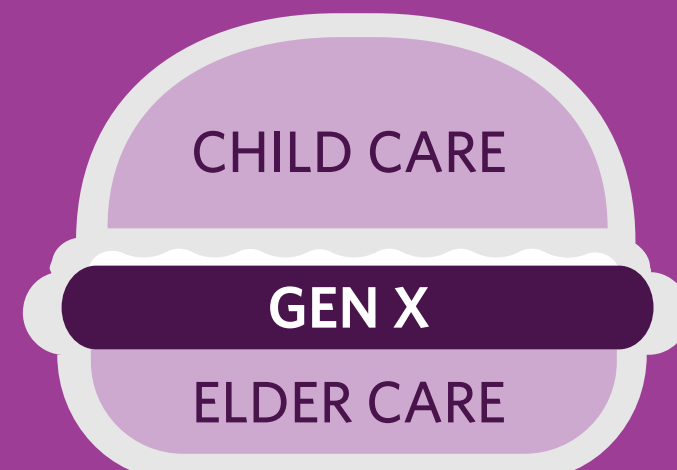


GEN X
1965-1979

THE LOST GENERATION

- Small demographic between Boomers and Millennials
- Compared to Boomers, Gen X suffer from poorer mid-life mental health

Also known as the **SANDWICH GENERATION**



Overburdened by conflicting responsibilities of child care and aging parents

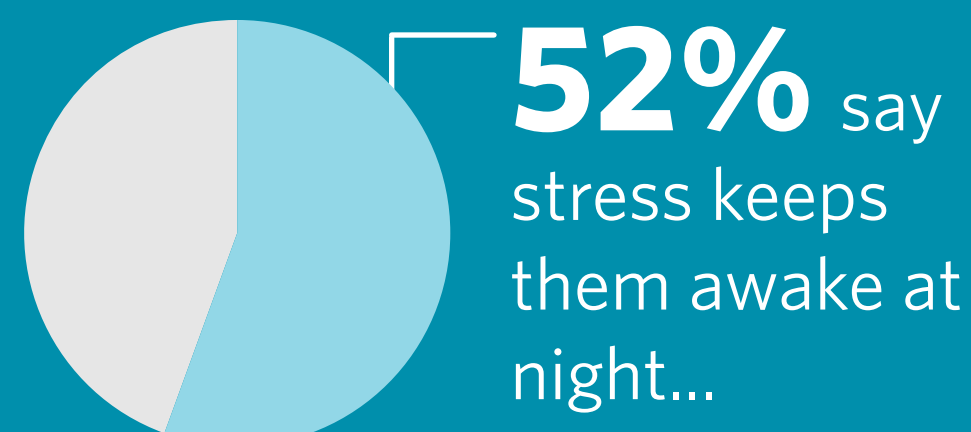
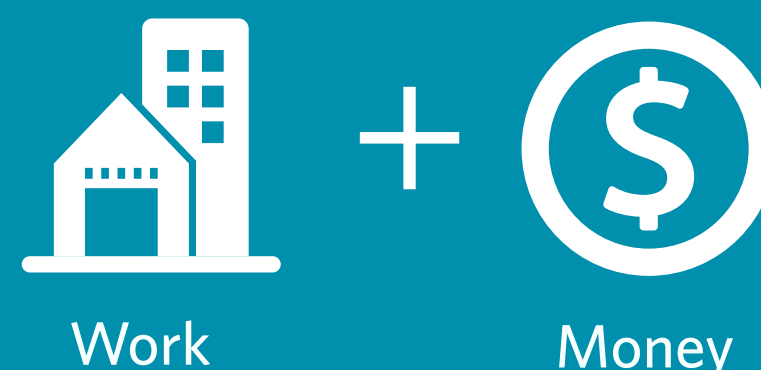


GEN Y
1980-1999

MILLENNIALS

- Highly educated & tech savvy
- Witnessed and adapted to rapidly changing technology
- Caused a cultural shift and destigmatized mental health issues

Stress for Millennials



BUT, they are willing to seek help



GEN Z
2000-2016

iGEN

- Mostly in their tweens/teens
- Growing up slower than previous generations; putting off traditionally "adult" activities like working, driving, drinking etc.

- Digital natives
- Socially isolated
- Politically aware



Three in four are worried about:

- Getting a job
- Debt
- Terrorism

Rise in

- Anxiety
- Pessimism
- Depression
- Suicide

BUT, they are willing to seek help