

# CREATORS SUMMIT ON MENTAL HEALTH

## To improve parents' mental health, give families with kids a tax credit

### 36 million

US families with 62 million children received the expanded Child Tax Credit in 2021

### 5.3 million

People lifted out of poverty in 2021 by the expanded Child Tax Credit

### 25%

Decline in food insufficiency among low-income households with children as a result of the expanded Child Tax Credit

### 13%

Decrease in anxiety symptoms among those who received the expanded Child Tax Credit in 2021

### KEY TAKEAWAYS

#### Expanding the Child Tax Credit in 2021 improved adult mental health

- Living in poverty is detrimental to parents' mental health—and to their kids' mental health, too.
- In response to financial hardship during the COVID-19 pandemic, the US Congress temporarily expanded the Child Tax Credit to as much as \$3,600 per child from July - December 2021 (up from \$2000 per child). The expansion also allowed families to receive the CTC through automatic monthly payments rather than in one lump sum after taxes had been filed.
- Using data from the Census Bureau's Household Pulse Survey, researchers looked at how the expansion of this federal program affected the mental health of low-income adults with children.
- They found that people reported fewer symptoms of anxiety and depression after receiving assistance.
- Anxiety symptoms in particular were reduced by 13.3% from baseline.
- The mental health benefits were largest among adults of Black, Hispanic, and other (non-Asian) racial and ethnic minority backgrounds.
- It didn't take long for the mental health boost to show up: Anxiety symptoms decreased within a month after the monthly Child Tax Credit payments began. Depressive symptoms were reduced a few months later.

#### Content Resources:

Hamad et. al. [Effects of the Expanded Child Tax Credit on Adult Mental Health: A Quasi-Experimental Study](#). Health Affairs, 2023

#### Audience Call to Action:

Tell your federal representatives about the evidence that expanding the Child Tax Credit protects parents' mental health

#### Hashtags:

#CTCAwareness #ChildTaxCredit #CTC #HSPHCreatorsSummit



**CREATOR ASSETS**

