**Against COVID-19 lockdown**

**How COVID-19 effects businesses**

On Monday, November 23rd Toronto and Quebec will go into lockdown which mean restaurants and bars will only be able to provide takeout food. Barber shops, casinos and indoor sports will be closed. Non-essential stores such as retail department stores will only be allowed curbside pickups. Also, no social gathering will not be permitted. With this lockdown, these closures can be very bad and challenging for small business owners and employees. Without assistant from the government, may force permanent closures to stores, gyms and restaurants etc. These closures will be difficult for the unemployed to pay for rent and food. This lockdown couldn’t come at a worst time of year because the holiday’s is only one month away and these closures will not only have an impact on businesses but mental health as well as people will be struggling to pay bills.

**Lockdown impacts on mental health.**

Covid-19 is impacting the mental health of Canadians. Depression and anxiety are on the rise since the start of the Pandemic. If the c,ountry goes on full lockdown again, I believe the number of people struggling with depression, anxiety, stress and suicidal thoughts will increase more. Many young people are feeling lonely and have no social support, and some do not have access to professional therapists. With a lot of Canadians being unemployed and staying home, some feel there going to have a grim future. With Christmas coming up, loneliness, substance abuse and depression will increase as they cannot get together with their family and friends. The unemployed cannot afford any gifts this year.

I believe masks should be mandatory in all public places, but I do not think there should be a lockdown as it will have a negative impact to Canada.

<https://www.thestar.com/news/canada/2020/11/20/toronto-covid-19-lockdown-will-have-major-impact-on-residents-and-businesses-says-councillor.html>

<https://www.uvic.ca/news/topics/2020+knowledge-mental-health-impacts+news>