



Understanding the Mental Health of Canadians through COVID-19 and Beyond: Poll #13



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August 2022

Methodology

Methodology: This online survey was conducted among a sample of 3,000 adult Canadians. This was the thirteenth poll of this study (see below). Results between the polls are compared where applicable.

Weighting: National results have been weighted by the most current census data in terms of gender, age, and region to ensure the total sample is representative of the population as a whole.

National	Interview Dates	Number of Interviews	Margin of Error	Poll Nine	Number of Interviews	Margin of Error
Poll One	April 22 to 28, 2020	1,803	±2.3%			
Poll Two	August 21 to 31, 2020	4,010	±1.5%	British Columbia	370	±5.1%
Poll Three	October 22 to 28, 2020	2,004	±2.2%	Alberta	371	±5.1%
Poll Four	December 10 to 18, 2020	2,761	±1.9%	Prairies	252	±6.2%
Poll Five	February 1 to 8, 2021	3,005	±1.8%	Ontario	955	±3.2%
Poll Six	April 20 to 28, 2021	4,005	±1.5%	Quebec	650	±3.8%
Poll Seven	June 7 to 13, 2021	4,010	±1.5%	Atlantic Canada	425	±4.8%
Poll Eight	August 17 to 24, 2021	3,010	±1.8%			
Poll Nine	October 22 to Nov 3, 2021	4,108	±1.5%			
Poll Ten	Dec 13 to 22, 2021	3,701	±1.6%			
Poll Eleven	Feb 15 to 22, 2022	3,512	±1.7%			
Poll Twelve	April 13 to 25, 2022	3,000	±1.8%			
Poll Thirteen	July 13 to 22, 2022	3,023	±1.8%			

Table 1. Poll Sample Size, Margin of Error and Field Dates, Overall and by Province

A message to readers



Thank you for your interest in Mental Health Research Canada's (MHRC) national polling initiative. We are committed to sharing the most comprehensive, accurate and timely results possible to ensure that our work continues to be useful to stakeholders across Canada and beyond.

As Canada begins to move out of the COVID-19 pandemic era and into the recovery period, our work has reflected that change through a shift in the questions we have asked our participants regarding their mental health. Those who have followed our reports over the last two years will notice this shift.

One change reflected in our results is the way we ask about self-rated anxiety and depression levels. While our previous collections have asked about these levels “before COVID-19” and “since COVID-19” our question now asks for your “current” anxiety and depression levels. We believe this change in language and timing accounts for a portion of the considerable decrease in these indicators this poll. This is a **positive sign** of improvement in the mental health of Canadians, but we still have a ways to go to reach (and hopefully surpass) levels seen prior to the pandemic. You may note a few examples of this change throughout where we are more focused on the now than a broader past experience of the last two years.

We are proud of the stakeholder informed nature of our work. We thank all those who contributed their feedback and collaborated with us as we move into the next phase of monitoring the mental health of Canadians.



Major Findings



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Major Findings

- Anxiety and depression are improving considerably in the COVID-19 recovery period with high self-rated levels of anxiety nearly halved from Poll 12 (21% to 11%) and high self-rated depression decreased by one third (from 14% to 9%). They have not, however returned to levels seen prior to the pandemic which indicates the continued need for effective mental health supports.
 - Despite these positive mental health indicators on the broader population, the Kessler Psychological Distress Scale results demonstrate that those self-reporting high anxiety or depression still are much more likely to be experiencing symptoms of a severe mental health disorder (54% compared to 42% from last poll).
- One in ten Canadians have accessed mental health support in the past year. Of those, more than one quarter have paid for them (27%), at least partially, out of pocket. While most of those who have accessed support have done so through government provided services, nearly one fifth (17%) sought support through free community or campus based programs.
- A third (33%) of Canadians experience some level of food insecurity whether it be concern about their ability to feed themselves and their family or actively using food support programs. New mothers, unemployed Canadians, those with a physical impairment, those who rate their anxiety or depression as high (8-10) or with a severe mental health disorder, or those who demonstrate a dependence on alcohol or cannabis are considerably more likely to report moderate to serious levels of food insecurity.

Major Findings

- While over half of Canadians are experiencing some symptoms of post-traumatic stress disorder, one in ten (10%) indicate experiencing symptoms at a level that is considered severe. Younger respondents, those who identify as 2SLGBTQ, young mothers, and those with financial instability are some of the groups who indicated being particularly vulnerable to these symptoms.
- 5% of Canadians are demonstrating signs of alcohol dependency and 9% are indicating harmful behaviours. One in ten report being unable to stop drinking once they have started at least once a month. This is particularly prevalent among young Canadians, and those with high self-rated levels of anxiety or depression.
 - Canadians experiencing cannabis use disorder also demonstrate to be more likely to show symptoms of alcohol dependency (48%). One in ten respondents indicate using cannabis to an extent that is considered to range from hazardous to dependent.
- Mothers with newborn children (under 1 year) demonstrate more negative mental health indicators than the average Canadian. They are more likely to be diagnosed with a mental health disorder (16% vs. 5%), and are more likely to indicate feeling they needed mental health support but are not accessing it (14% vs. 5%).



Key Findings



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Key Findings

- **Canadians' concern over the continuing threat of COVID-19 has gone down only slightly:** with little change in the fears of themselves or others in their family contracting COVID-19.
- **More than a tenth of the Canadians have thought about suicide in the past year,** consistent with findings of past polls.
- **Hope has declined in this poll:** Despite the positive findings, there has been a decline in those feeling hopeful (from 66% to 63%) as well as those feeling they have people they can count on who will help if need be (78% to 74%). Additionally, one in three of those working are feeling exhausted and burnt out.
- **Concerns over the economic downturn increased slightly.** While Poll 12 saw a slight increase in those being negatively impacted by the economic downturn, the number increased further this poll. Food insecurity is a reality to one third of Canadians, with one-sixth also having housing insecurity.
- **Satisfaction with mental health supports accessed stays consistent** with Poll 12. After a steep decline in satisfaction with these supports in Poll 10, satisfaction increased in the last poll and is back to levels seen in Poll 9 (69%).
- **Canadians actively think of their mental health, but rarely talk about it:** Two-fifths think of their own mental health, and a third think of others' mental health at least a few times a week. However, Canadians are less likely to consume information or communication about mental health with others, and most never talk to a professional about it.



Results in Detail



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Anxiety and Depression

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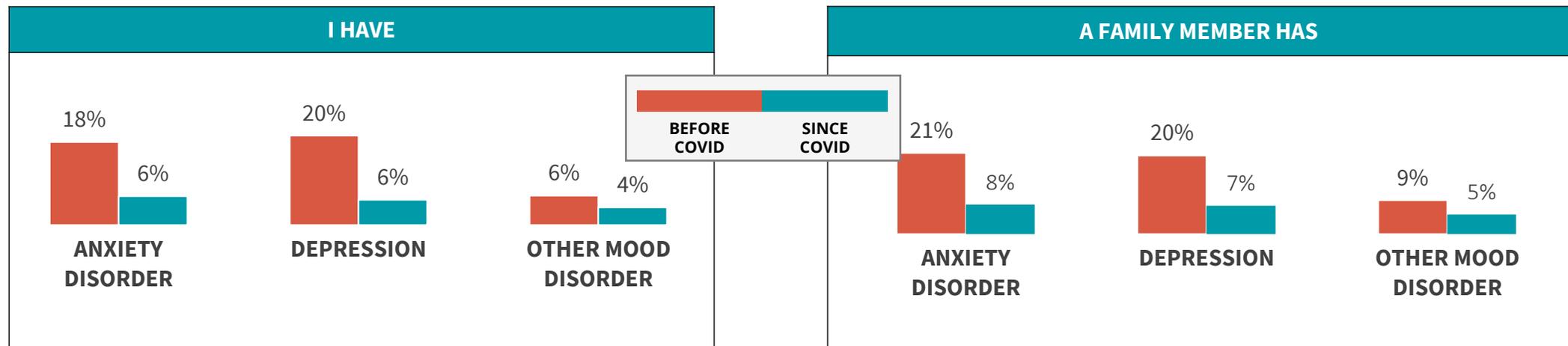
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Three in ten Canadians have been diagnosed with anxiety or depression since the onset of COVID-19

- Prior to the pandemic, almost one fifth of Canadians have dealt with a personal or family diagnosis of anxiety (18% personal, 21% family) or depression (20% personal, 20% family). Other mood disorders are less common, with 6% having a personal diagnosis, and 9% a diagnosis in their family.
- Since the onset of COVID-19, another 6% say they have personally been diagnosed with anxiety and another 6% with depression. Another 8% and 7% say a family member has been diagnosed with anxiety or depression, respectively.
- Younger Canadians (18-34 12%, 35-54 7% vs. 55+ 2%), frontline healthcare workers (20%) and pregnant women or new mothers (with kids of 0-1 year: 17%) and individuals with physical impairment (12%) are more likely to have received a diagnosis of anxiety since COVID-19.
- Those with children (under 9: 11%, under 18: 10% vs. no children: 4%), and new mothers (with kids 0-1 year: 16% vs. not new mother: 5%), frontline healthcare workers (19%) and members of visible minorities are facing depression diagnoses since the onset of the pandemic.



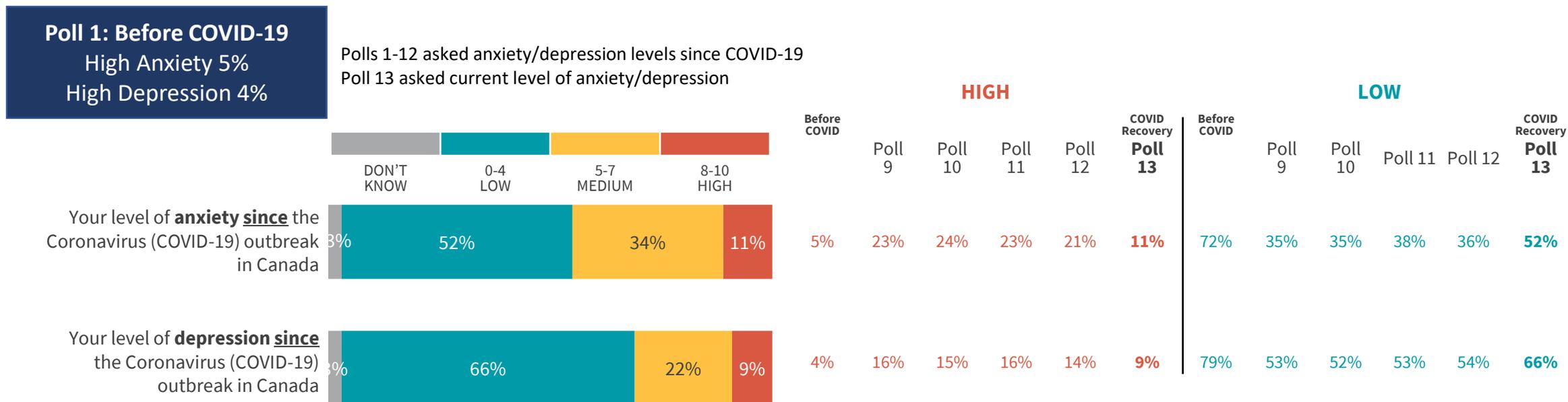
Base: (Total n= 3,023)

A1A. Have you ever, either before the COVID-19 outbreak or since it, received a diagnosis from a healthcare professional stating that you are affected by any of the following:

A1B. Has a close family member ever, either before the COVID-19 outbreak or since it, received a diagnosis from a healthcare professional stating that you are affected by any of the following

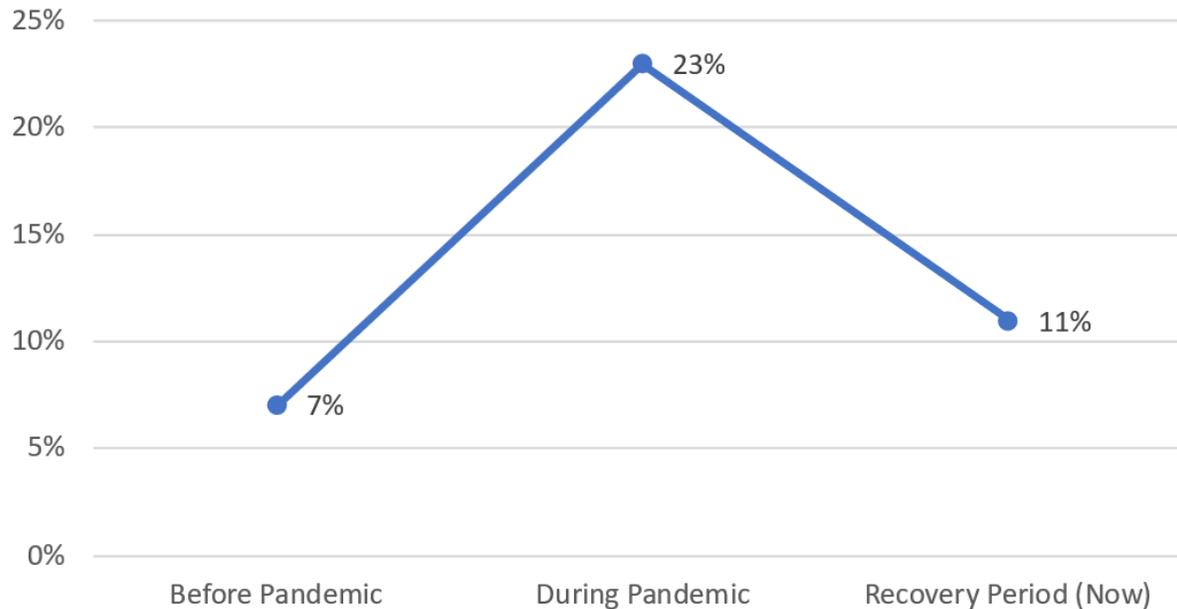
High anxiety and depression are down considerably in the COVID-19 recovery period

- A tenth of Canadians report experiencing high levels of anxiety, which continues to be higher than before COVID-19.
 - Anxiety continues to be worse for younger and middle-aged Canadians (16-17: 16%, 18-34: 16%, 35-54: 13% vs. 55+: 5%), women (12% vs. 9% of men), and those who are unemployed (19%). Members of LGBTQ2S+ community (18%) also experience higher levels of anxiety.
 - Those relying on financial support (28%), dependent on alcohol (34%) or having a disorder of cannabis use (35%) are likely to have high anxiety.
- The percentage of Canadians reporting high levels of depression has also declined considerably since Poll 12.
 - Depression also continues to be worse for younger Canadians (16-17: 10%, 18-34: 13%, 35-54: 11% vs. 55+: 5%), as well as among the unemployed (18%).
 - Members of the LGBTQ2S+ community (16%) report experiencing a higher level of depression.
 - Those relying on financial supports (30%), experiencing alcohol dependency (31%) or having a disorder of cannabis use (32%) are likely to experience high levels of depression.

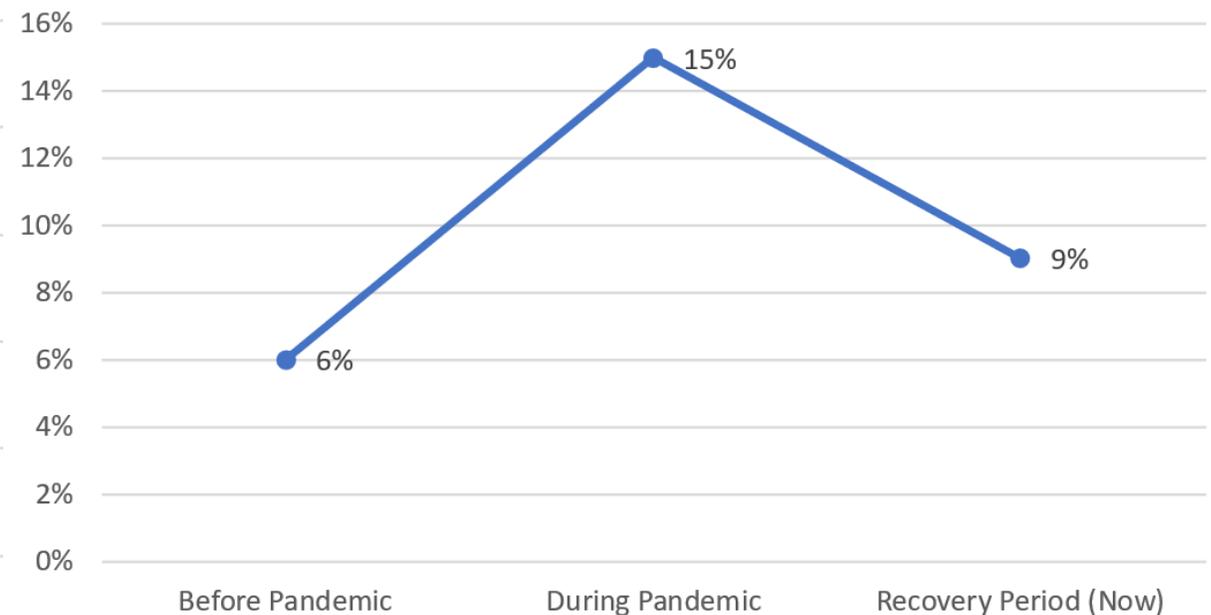


Levels of high anxiety and depression are at a pandemic low, but are still double pre-COVID-19 numbers

Canadians Reporting High Anxiety (8-10)



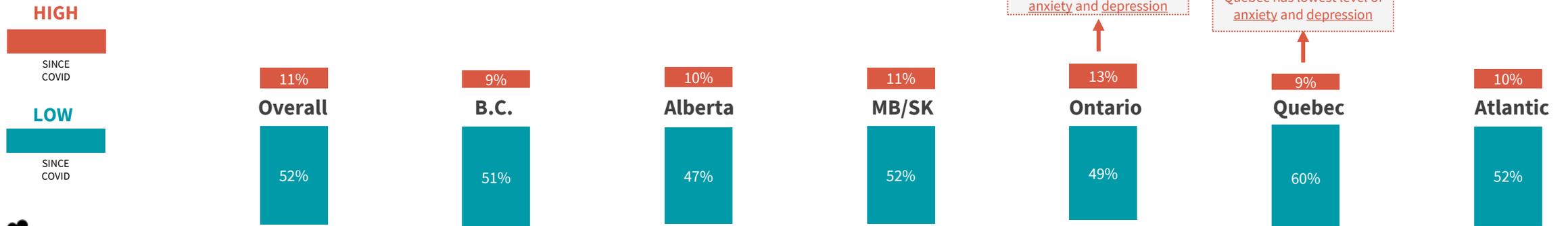
Canadians Reporting High Depression (8-10)



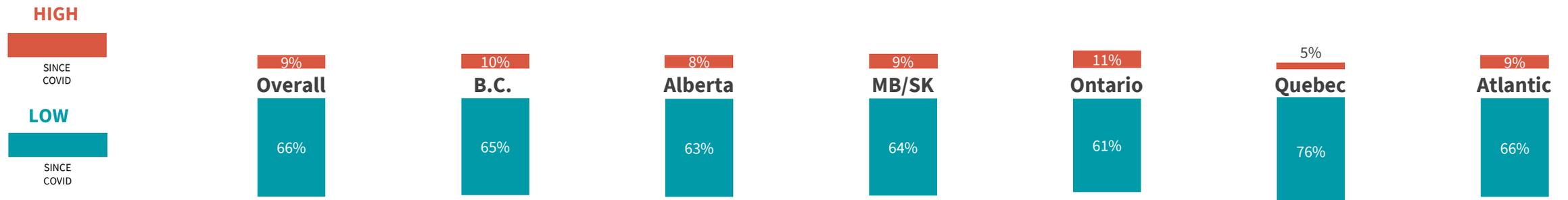
The averages for “Before Pandemic” and “During Pandemic” were taken from an aggregate data set to accurately represent levels of self-rated anxiety and depression. To account for a potential for recollection bias, the “Before Pandemic” average was taken from the aggregate data of polls 1 to 7 and “During Pandemic” was taken from polls 1 to 12.

In the recovery period of COVID-19, Ontario has the highest levels of anxiety and depression

ANXIETY DISORDER



DEPRESSION



Polls 1-12 asked anxiety/depression levels since COVID-19. Poll 13 asked current level of anxiety/depression.

Those reporting a high level of anxiety or depression are more likely to have symptoms of a moderate to severe mental disorder

- Three quarters (75%) of the Canadians who rated their anxiety or depression high since COVID-19 (8-10) are likely to have symptoms of a moderate (21%) or severe (54%) mental health disorder, while a quarter (25%) are likely to have symptoms of a mild (13%) or no (12%) mental health disorder.
- While levels of high anxiety and depression have declined, the likelihood that these people will have symptoms of a moderate to severe mental disorder has increase since April (from 60% to 75%).
- Among those who rate their anxiety or depression as moderate (5-7), almost two-in-five are likely to have symptoms of a moderate (19%) or severe (23%) mental health condition, while a fifth (23%) are likely to have symptoms of a mild mental health disorder and a third (36%) are likely to have no mental health disorder.
- Younger Canadians more likely to be classified as severe (16-17*: 42%, 18-34: 38% vs. 35-54: 27%; 55+: 15%).
- Members of LGBTQ2S+ community (37%) and visible minority (36%) and those who are diagnosed with a mood disorder (36% vs. 15% with no mood disorder) are likely to have a severe mental disorder.

Mental health scores among Canadians with high and moderate anxiety or depression since COVID-19

Psychological Distress 1-5 Point Scale Items	(All/Most)	(None/Little)
Tired out for no good reason	33%	32%
That everything was an effort	26%	43%
Nervous	25%	36%
Depressed	21%	52%
Restless or fidgety	19%	48%
Hopeless	19%	58%
Worthless	19%	61%
So sad that nothing could cheer you up	15%	64%
So restless you could not sit still	11%	68%
So nervous that nothing could calm you down	10%	67%

Moderate: 5-7					High: 8-10								
Poll 13	Poll 13	Poll 12	Poll 11	Poll 10	Poll 9	Poll 8	Poll 7	Poll 6	Poll 5	Poll 4	Poll 3	Poll 2	
36%	12%	23%	19%	19%	20%	21%	20%	23%	19%	19%	18%	21%	Likely to have no mental health disorder symptoms (<20)
23%	13%	16%	17%	19%	19%	20%	19%	18%	18%	18%	19%	16%	Likely to have symptoms of a mild mental disorder (20-24)
19%	21%	18%	19%	18%	22%	22%	21%	21%	20%	22%	26%	21%	Likely to have symptoms of a moderate mental disorder (25-29)
23%	54%	42%	45%	44%	38%	38%	40%	37%	43%	40%	36%	42%	Likely to have symptoms of a severe mental disorder (30-50)

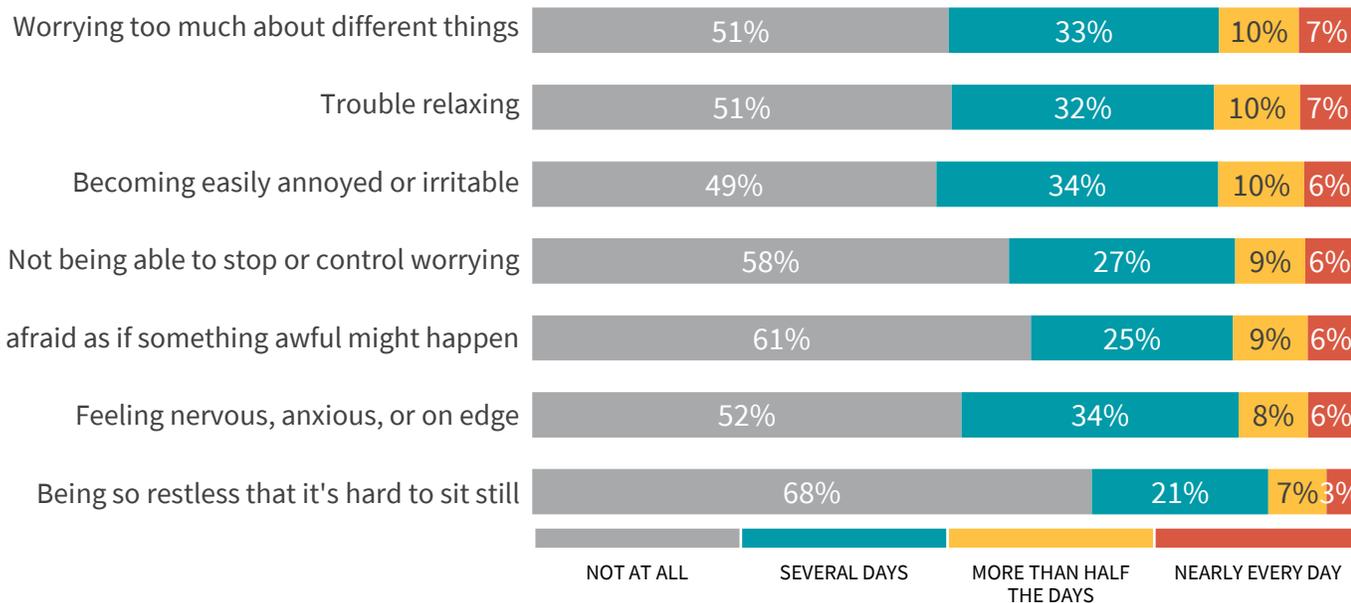
* Small sample size

A2C. In the past 4 weeks, how often did you feel...: Base: (Depression or anxiety since COVID-19 rated 1-5 n= 1477; 8-10 n= 447; 5-7 n= 1255) * Caution, small base size

One-seventh of Canadians likely to have symptoms of moderate to severe anxiety using the GAD-7

- Using the General Anxiety Disorder -7 (GAD-7) screening test, 5% of Canadians are experiencing symptoms of severe anxiety and 9% have symptoms of moderate anxiety. Scores have remained consistent since this test was started in Poll 6.
- Levels of anxiety are highest among young Canadians, particularly 16–17-year-olds* (11% severe, 16% moderate), but also 18–34-year-olds (7% severe, 15% moderate), particularly compared to those 55+ (3% severe, 5% moderate). Those with physical impairments (7% severe, 21% moderate) and members of the LGBTQ2S+ community are also more likely to experience symptoms of severe (13%) or moderate (17%) anxiety based on this test.

Psychological Distress Anxiety Frequency Scale Items



Mental Health Scores among Canadians with anxiety since COVID-19

Poll 13	Poll 12	Poll 11	Poll 10	Poll 9	Poll 8	Poll 7	Poll 6	
66%	65%	64%	62%	65%	63%	63%	62%	Likely to have no anxiety disorder symptoms (0-5)
20%	23%	22%	23%	22%	23%	22%	23%	Likely to have symptoms of a mild anxiety disorder (6-10)
9%	8%	10%	9%	9%	9%	9%	9%	Likely to have symptoms of a moderate anxiety disorder (11-15)
5%	5%	5%	5%	4%	5%	5%	6%	Likely to have symptoms of a severe anxiety disorder (16-21)

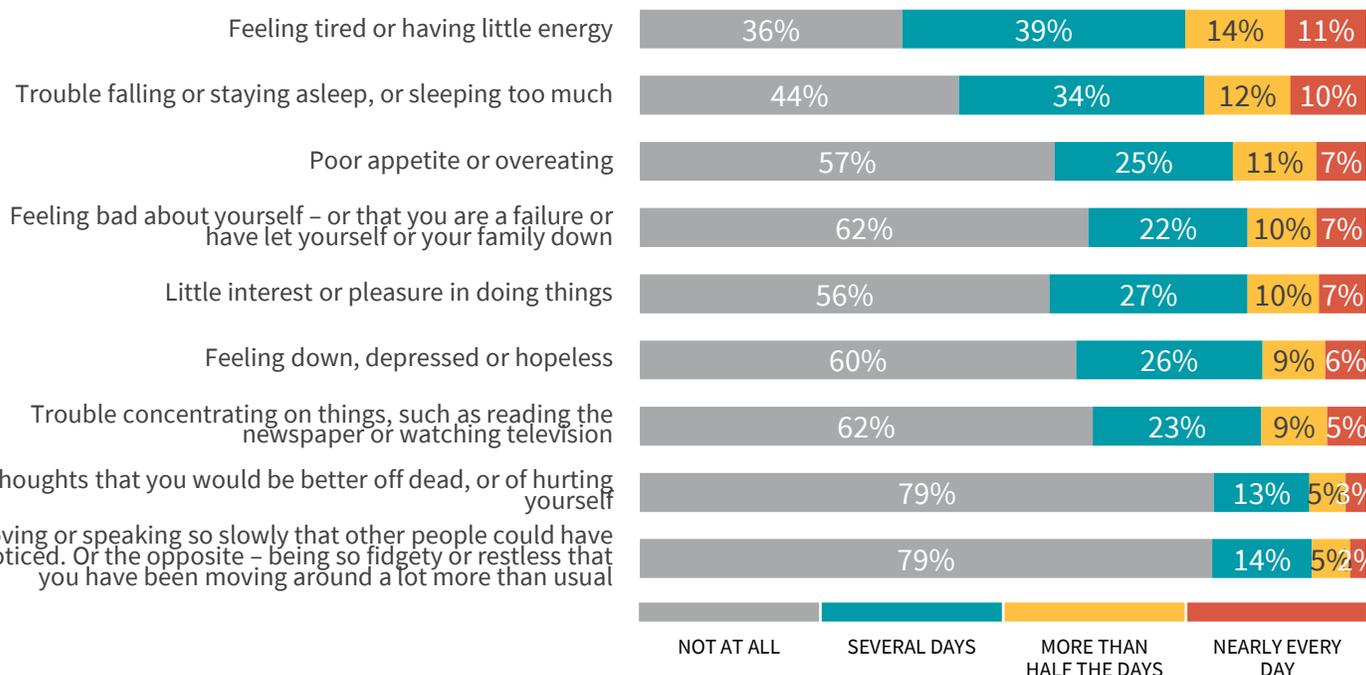
* Small sample size

A10. In the past 2 weeks, how often have you been bothered by... Base: (Total n= 3,023) * Caution, small base size

More than one-fifth of Canadians are likely to have symptoms of moderate to severe levels of depression using the PHQ-9

- Using the Patient Health Questionnaire -9 (PHQ-9) test, 22% of Canadians are likely to have symptoms of a moderate to severe depression disorder, with 4% having symptoms of a severe, 7% moderately severe, and 11% moderate disorder. Results have remained consistent since the implementation of this test (Poll 6).
- Canadians more likely to be classified as severe: Younger 16-17* (5%, 18-34: 6% vs. 35-54: 6%; 55+: 2%); unemployed (11% vs. employed 4%), members of the LGBTQ2S+ community (11%) and those experiencing physical impairment (12%), and income less than 30k (9%).

Psychological Distress Depression Frequency Scale Items



Mental Health Scores among Canadians with depression since COVID-19

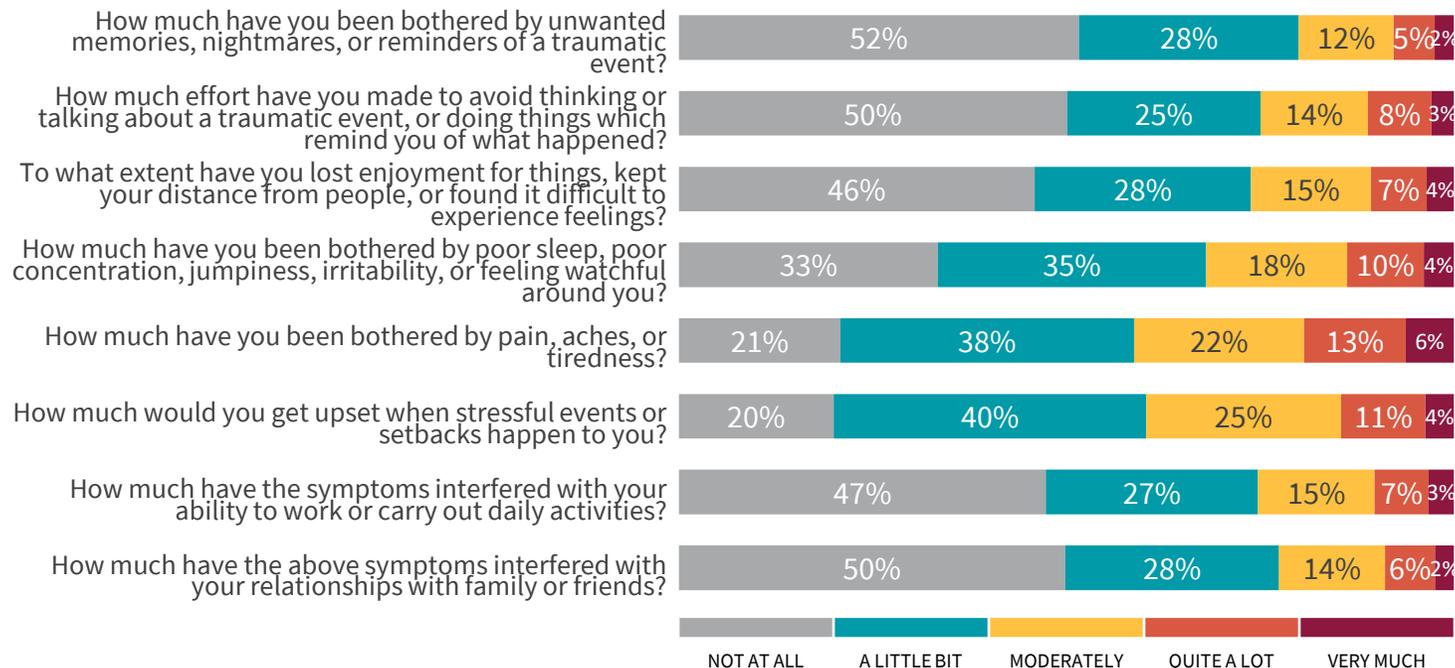
Poll 13	Poll 12	Poll 11	Poll 10	Poll 9	Poll 8	Poll 7	Poll 6	
58%	55%	55%	54%	55%	53%	52%	52%	Likely to have no depression disorder (0-4)
20%	23%	21%	21%	21%	23%	24%	24%	Likely to have a mild depression disorder (5-9)
11%	12%	12%	12%	13%	12%	12%	12%	Likely to have moderate depression disorder (10-14)
7%	7%	8%	7%	7%	7%	8%	9%	Likely to have moderately severe depression disorder (15-19)
4%	4%	4%	5%	4%	4%	5%	5%	Likely to have severe depression disorder (20-27)

A10. In the past 2 weeks, how often have you been bothered by... Base: (Total n= 3,023)

One in ten Canadians are exhibiting symptoms of severe PTSD

- Using the SPRINT Short PTSD Rating interview, one in ten (12%) Canadians are showing severe symptoms of PTSD, while one fifth (20%) are showing moderate symptoms.
- Younger Canadians are most likely to have severe symptoms (16-17*: 30%, 18-34: 15%, 35-54: 14%, 55+: 6%) as are unemployed (20%), frontline healthcare workers (17%), those with a physical impairment (25%), a member of the LGBTQ2S+ community (23%) or a visible minority (16%).
- Those with symptoms of alcohol dependency (45%) or cannabis disorders (41%), as well as those dependent on financial support (32%) are most likely to have severe symptoms.
- These results are in line with Statistics Canada's *Survey on Mental Health and Stressful Events, August to December 2021*.

Psychological Distress Anxiety Frequency Scale Items



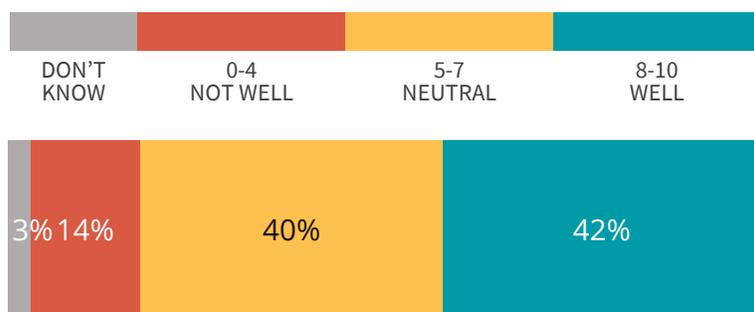
Mental Health Scores among Canadians with anxiety since COVID-19

Poll 13	
42%	Likely to have no symptoms of PTSD
26%	Likely to have a mild symptoms of PTSD (6-10)
20%	Likely to have moderate symptoms of PTSD (11-17)
12%	Likely to have severe symptoms of PTSD (18+)

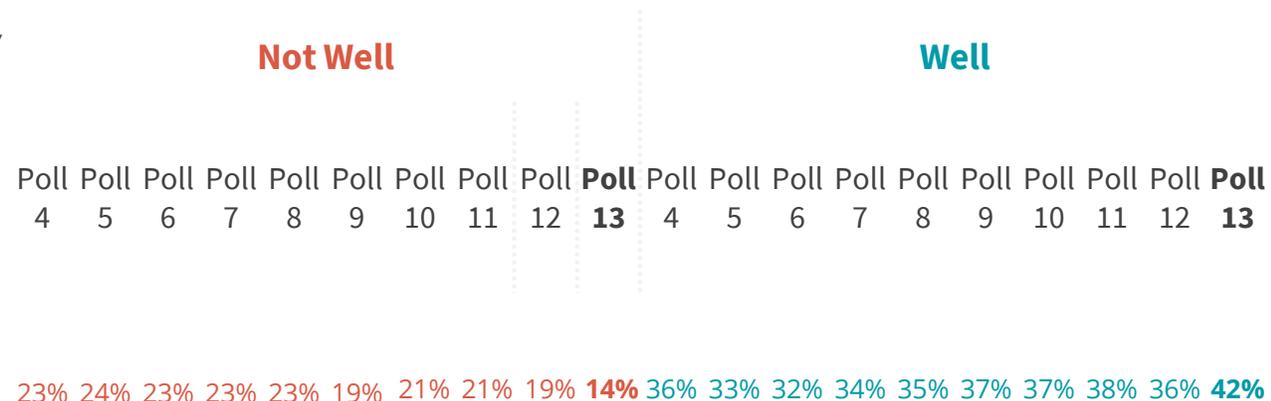
Canadians are feeling more confident in their ability to cope with mental health impacts of COVID-19

- This poll has seen a considerable increase (up 6%) in the number of Canadians who say they are coping well and the number of those who are not coping well has reduced (down 5%) with those providing a neutral score (40%) remaining consistent with Poll 12.
- Young people continue to be less likely to feel they are now handling their stress well (16-17: 30%, 18-34: 25% vs. 35-54: 36%, 55+: 59%), a finding consistent with Poll 12.
- People with a mental health condition continue to be more likely to say they are not handling their stress well (18%), a slight decrease from Poll 12.

MANAGED FEELINGS OF STRESS, ANXIETY AND DEPRESSION



Since the Coronavirus (COVID-19) outbreak in Canada





Impacts on Mental Health



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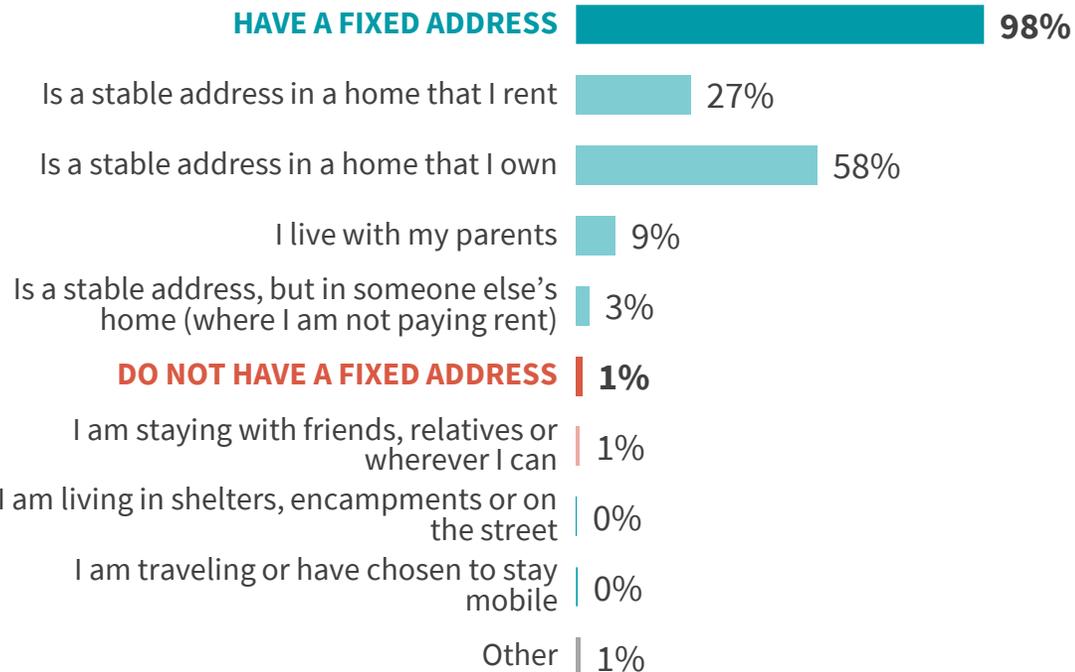
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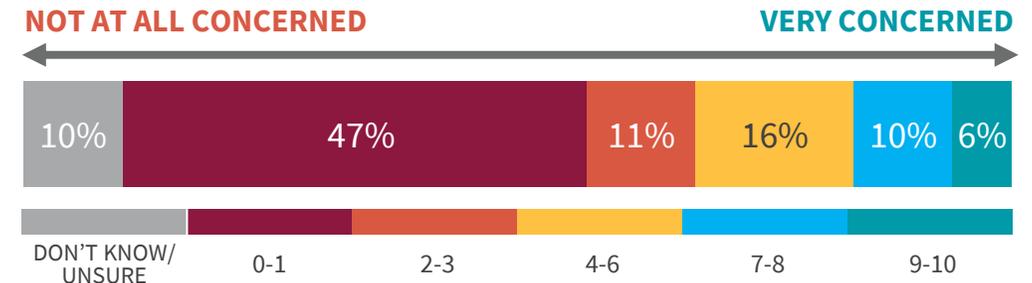
One third of Canadians experience food insecurity

- Most Canadians facing food insecurity (98%) report having a fixed address.
- When asked about how concerned Canadians are about paying rent or mortgage, 16% have housing insecurities, with 6% being very concerned, and half (47%) are not at all concerned.
- One third of respondents have food insecurities, and are worried about how they will feed their family, with 3% relying on food supports already.
- **Profile of those with food insecurities:** Residents of Alberta (43%), younger Canadians (18-34: 41%, 35-54: 43% vs. 55+: 21%), those who have children under 9 (52%), unemployed (45% vs. 35% of employed), visible minorities (42% vs. 32%), those with a physical impairment (55%) and members of the LGBTQ2S+ community (46%).

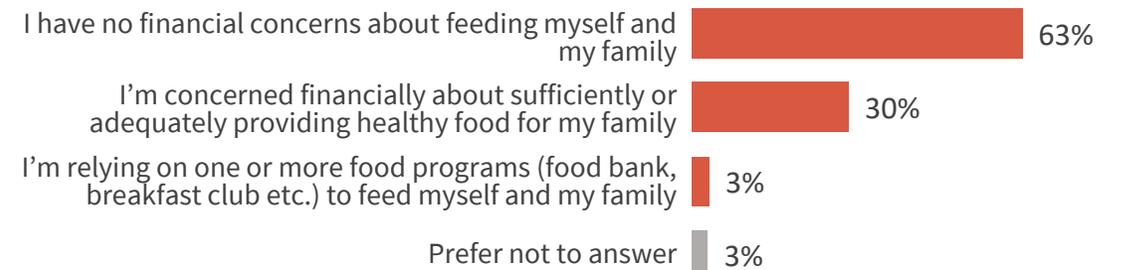
CURRENT HOUSING SITUATION



RENT/MORTGAGE MONTHLY PAYMENTS



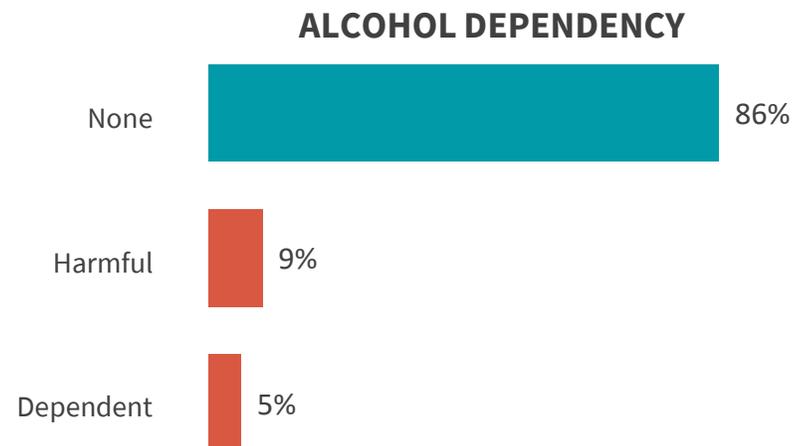
CURRENT SITUATION



A22A: Which of the following best describes your current housing situation? Base: (Total n= 3,023)
 A22B: How concerned are you about your rent/mortgage being paid each month? Base: (Total n=2,579)
 A22C: Which of the following describes your current situation? Base: (Total n= 3,023)

One in seven Canadians have exhibited harmful or dependent behaviour with alcohol

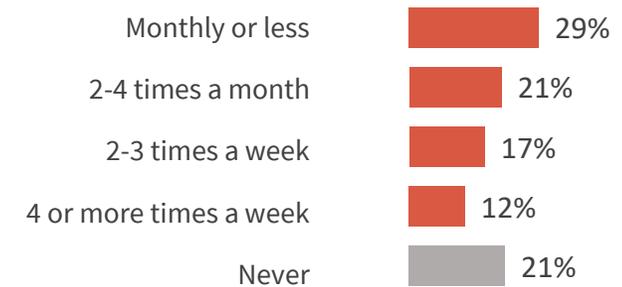
- On the alcohol dependency chart, 5% of Canadians show signs of being dependent on alcohol, while 9% are exhibiting harmful behaviours.
- Profile of those dependent on alcohol: Younger (18-34: 10% vs. 55+: 2%), those with children under 9 (12%), employed (7% vs. unemployed 4%), those with high anxiety (18%) and high depression (20%), having financial troubles (21% vs. none: 3%) and having a cannabis consumption disorder (48% vs. normal consumption: 3%).
- Those with mental health disorders and those dependent on financial supports are more likely to demonstrate signs of alcohol dependency. Almost one-half (48%) of those with a cannabis disorder also demonstrate being dependent on alcohol.
- One in seven frontline healthcare workers express signs of a dependency on alcohol (16%).
- Nearly one-in-ten (9%) Canadians report having caused harm while drinking, but very few of these have occurred in the past six months.



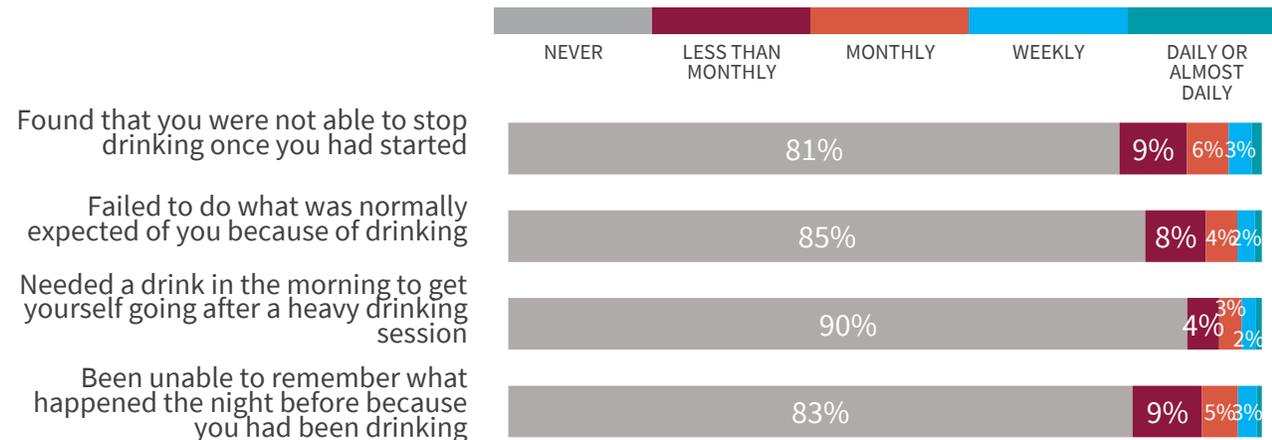
Half of Canadians consume alcohol at least twice a month

- These results are consistent with those found in a collaborative study by Mental Health Commission of Canada and the Canadian Centre on Substance Use and Addiction. MHRC thanks them for their guidance in conducting the AUDIT and CUDIT screeners for alcohol and cannabis dependency.

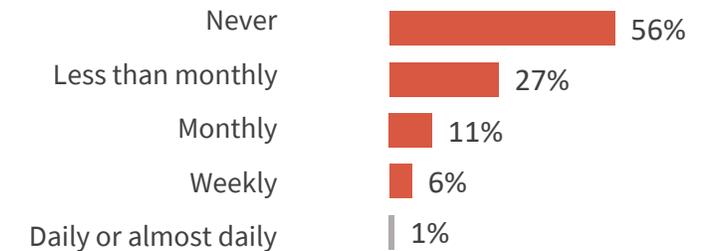
ALCOHOL CONSUMPTION



IN THE PAST SIX MONTHS



6 OR MORE DRINKS - ONE OCCASION



C1: How often do you have a drink containing alcohol? Base: (Total n=3,023)

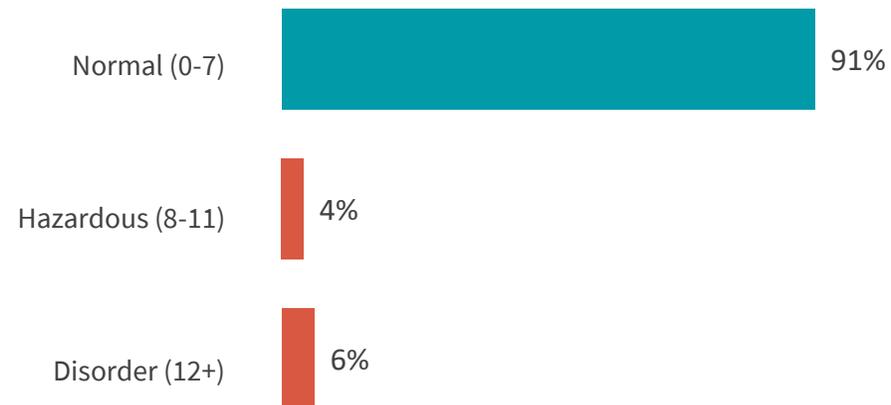
C2: How many standard drinks containing alcohol do you have on a typical day when drinking? Base: (Total n=2,373)

C3: How often do you have six or more drinks on one occasion? Base: (Total n=2,373)

One in ten Canadians show signs of cannabis dependency that is hazardous or worse

- Cannabis dependency is currently less prominent than alcohol dependency, with 4% exhibiting hazardous behaviours and 6% a disorder.
- Usage is higher among younger people, with their use being more likely to be hazardous or a show signs of a disorder (16-17*: 18%, 18-34: 18%, 35-55: 10%, 55+:3%). Men are more likely to have signs of a disorder than women (7% vs. 4% respectively), as are those with children under 9 years old (14%).
- Frontline healthcare workers are more likely to exhibit traits of a disorder (20%).
- Those with a mental health disorder or who are dependent on financial supports are likely to be classified as having signs of a disorder, as are those with a physical impairment (12%) and members of the LGBTQ2S+ community (10%).

CANNABIS DEPENDENCY



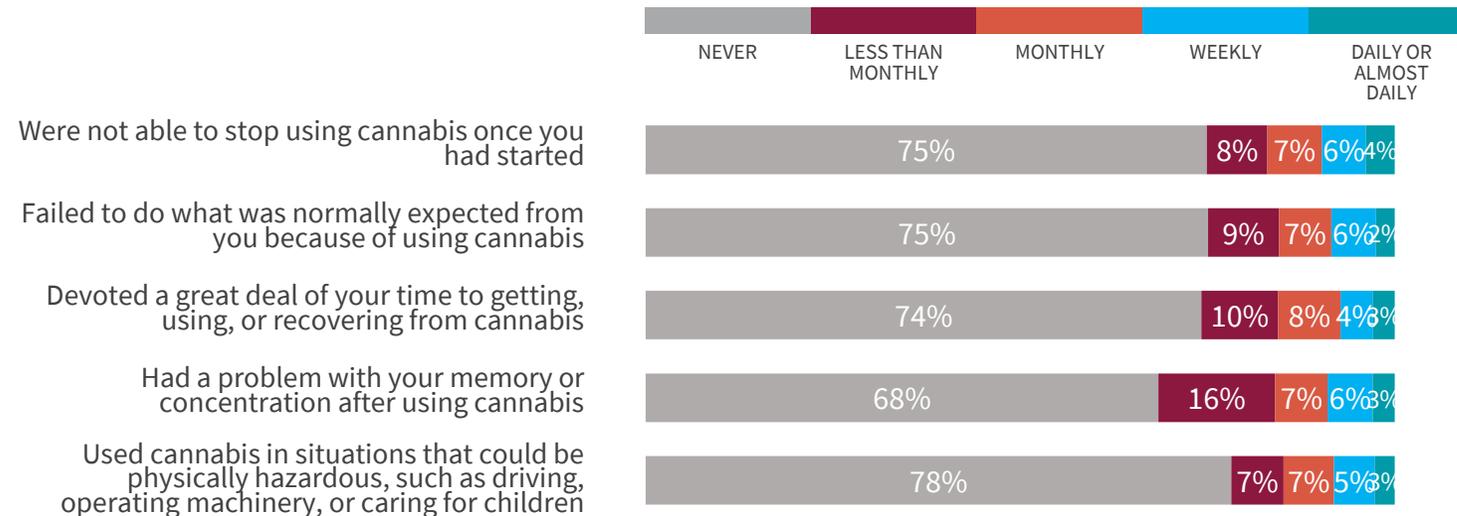
* Small sample size

C7-10: Cannabis Dependency Base: (Total n= 3,023)

One in ten Canadians consume cannabis on a weekly basis

- A quarter of Canadians say they use cannabis, one-in-ten say they use it multiple times a week.
- Of that quarter of Canadians, one third report being “stoned” for at least three hours on days when they use cannabis; 6% say they remain under the effect of cannabis for 7 hours or more on these days.
- Most Canadians who report consuming cannabis say they have never considered cutting down, or stopping their use.

IN THE PAST SIX MONTHS



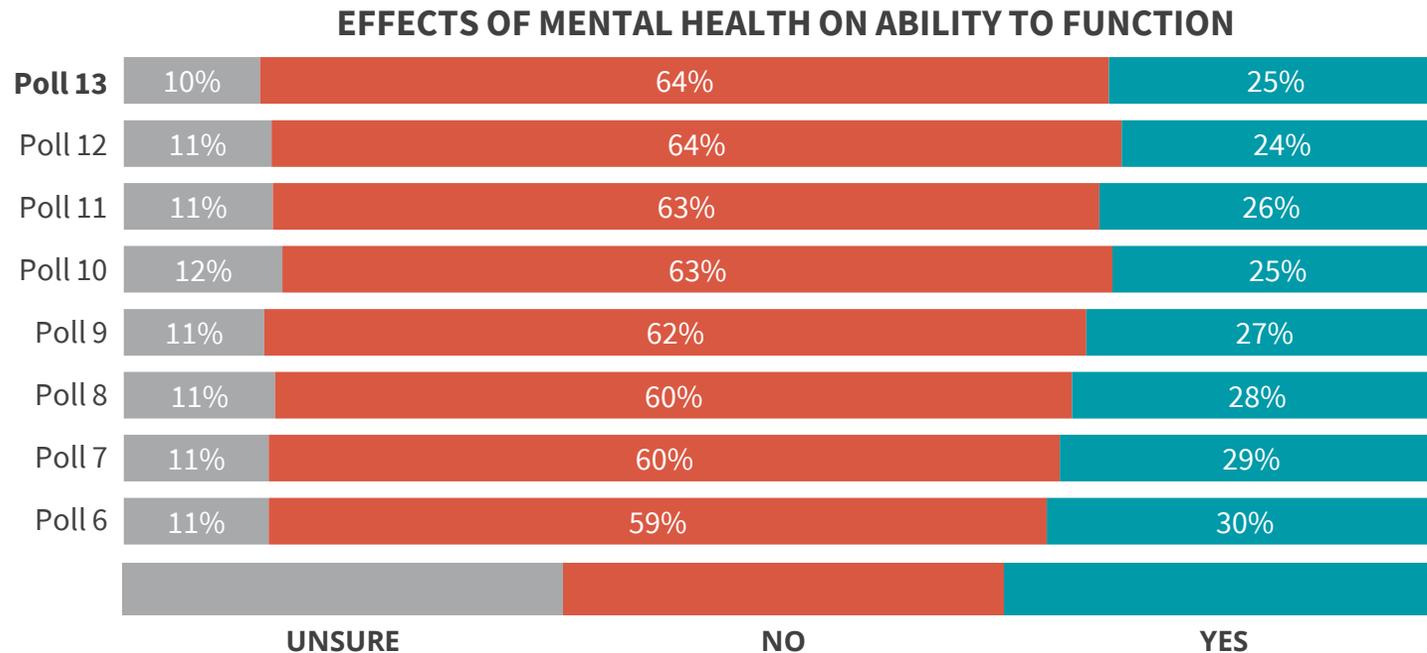
C7: How often do you use cannabis? Base: (Total n= 3,023)

C8: How many hours were you “stoned” on a typical day when you had been using cannabis? C9: In the past six months, how often have you done each of the following?

C10: Have you ever thought about cutting down, or stopping, your use of cannabis? Base: (Total n= 779)

A quarter of Canadians continue to report experiencing the effect of mental health symptoms on their day-to-day life

- The percentage of Canadians who say their mental health has impacted their ability to function has remained consistent at approximately one-quarter since December 2021 (Poll 10).
- Younger people are more likely to say their mental health has impacted their ability to function (16-17: 46%, 18-34: 35%, 35-54: 29% vs. 55+: 15%), as are regulated nurses (48%), unemployed (42% vs. employed 26%), members of the LGBTQ2S+ community (42%) and those with physical impairments (43%).

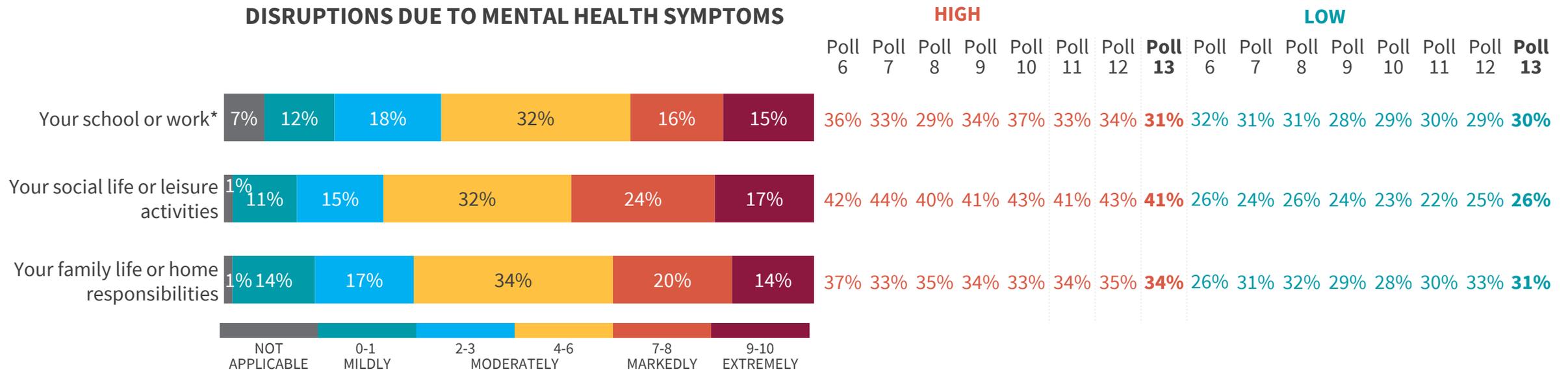


A11. The following question outlines the effect that mental health symptoms may be having on your day-to-day life. Do you feel that your mental health is having any effect on your ability to function? Base: (Total n= 3,023)

At least three in ten of those impacted by mental health report to experience the effect of these symptoms on their day-to-day life

- Two fifths (41%) of those who experience the effect of negative mental health on day-to-day life described the impact on their social activities as at least markedly, while a third say the same of their family responsibilities (34%) and their school or work (31%).
- Students are more likely to say their schoolwork is extremely impacted (27%) than employed Canadians say their workday is (14%).

DISRUPTIONS DUE TO MENTAL HEALTH SYMPTOMS



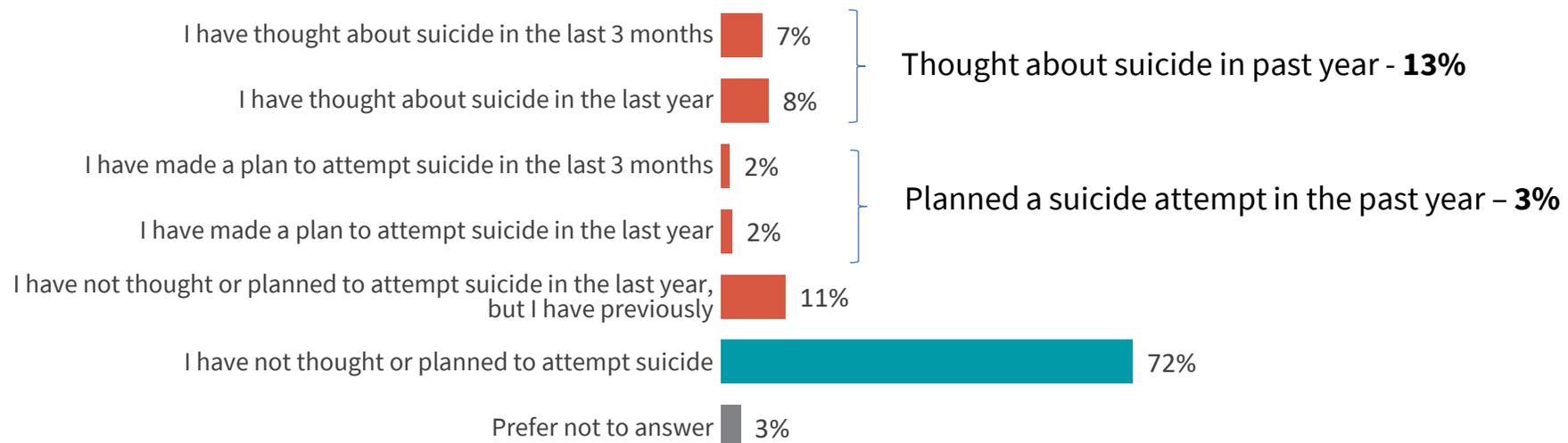
A12. Have mental health symptoms disrupted any of the following:

Base: (Those who feel their mental health is affecting their ability to function n= 779) * Employed/Students who feel mental health is affecting their ability to function (n=553)

More than a tenth of Canadians have thought about suicide in the past year

- Thoughts of suicide are more predominant among younger Canadians, with 27% of 16–17-year-olds and 21% of 18–34-year-olds having thought of it in the past year, and 8% of 16–17-year-olds and 6% of 18–34-year-olds having planned an attempt in the past year.
- Thoughts of suicide are similar among men and women (13%).
- One fifth of frontline healthcare workers report having thought about suicide in the past year (22%).
- Those who rate their anxiety and depression as high (rated 9-10) are more likely to report having thoughts of suicide. Half (54%) of those with high self-rated depression have thought of it in the past year (38% in the past three months) and one-in-ten (9%) have planned an attempt in the past year (9% in the past three months). Of those rating their anxiety as high, 50% have thought about suicide in the past year (39% in the past three months) and 16% have planned an attempt in the past year (9% in the past three months).
- Of those who identify as LGBTQ2S+, 30% have thought about suicide in the past year (20% in the past three months, similar to findings of Poll 12) and 8% have made a plan in the past year (3% in the past three months).

THOUGHTS RELATING TO SUICIDE

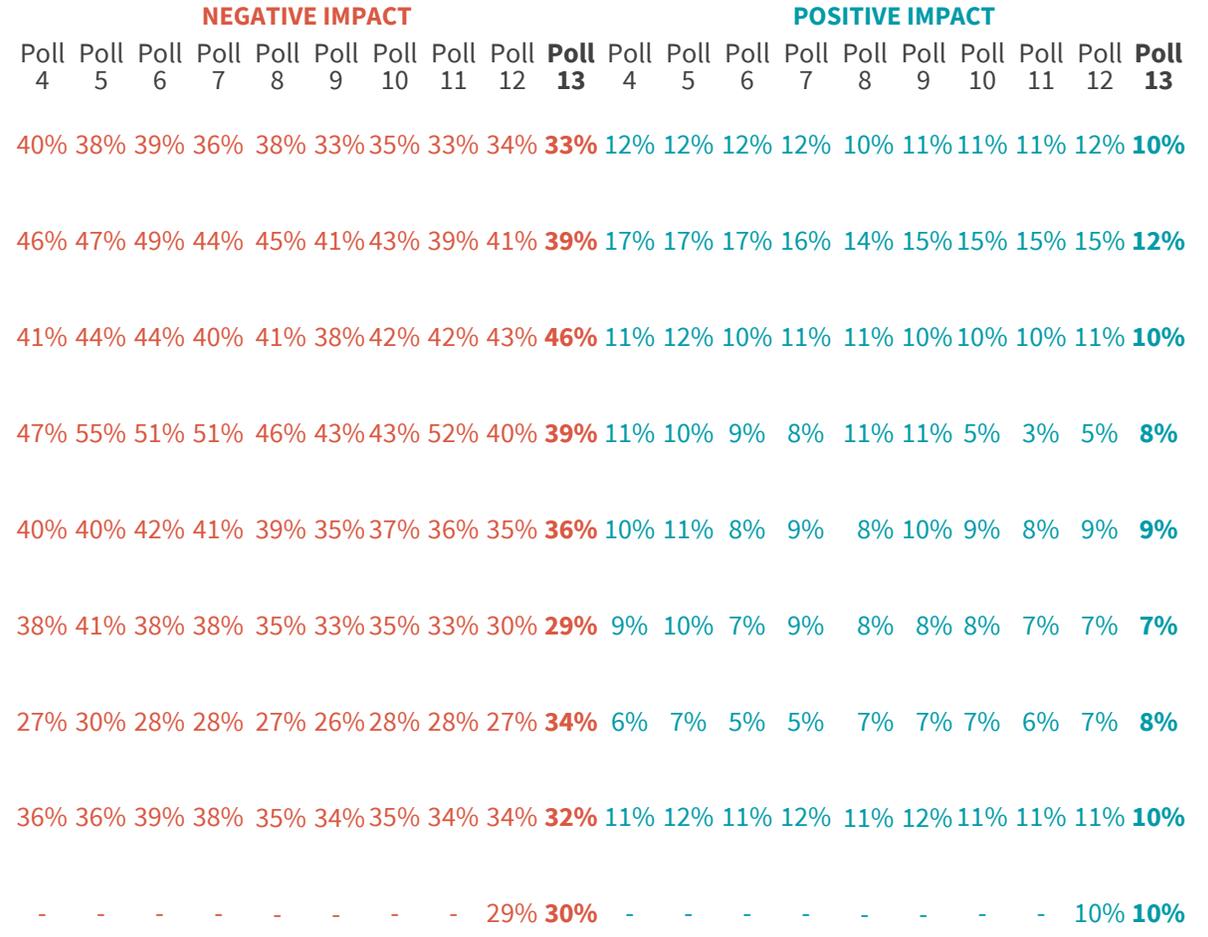


The negative impact of economic factors increased slightly in this poll

- As the pandemic continues, **fear of contracting COVID-19** saw a slight decrease since Poll 12 with the fear of a family member contracting it slightly decreasing from 41% to 39%.
- The economic downturn has had a negative impact on more than two fifths of Canadians, with this impact increasing slightly (from 46% to 49%) since Poll 12. This continues to have the most negative impact on those in Alberta; where the impact has increased significantly since Poll 12 (from 45% to 53%). Younger Canadians continue to be more negatively impacted by the economy (18-34: 51%, 35-54: 50% vs. 55+: 39%).
- The impacts of all other economic factors (such as the possibility of family job loss, and inability to pay bills) have increased slightly since the last poll except for the possibility of losing their own job, which has decreased only slightly since Poll 12.
- When asked about the challenges of a current job, not related to COVID-19, three-in-ten (32%, a 3% increase since Poll 12) reported to have a negative impact. Only one-in-ten feels positive about the challenges they face at their workplace. Younger Canadians (18-34: 33%, 35-54: 30% vs. 55+: 23%), women (31%), and those diagnosed with mental health disorders (44% vs. 24% with no mental health disorder) feel the negative impacts of the challenges their work brings to them.
- Young people, particularly 16–17-year-olds, are feeling the negative impact of the pandemic on their mental health. They are more likely to be concerned about the following: Catching COVID-19 themselves (16-17: 40%, 18-34: 37%), family members catching COVID-19 (16-17: 44%, 18-34: 45%), the possibility of losing their job (16-17: 62%), the possibility of a family member losing their job (16-17: 48%, 18-34: 35%), and the possibility of not being able to pay their bills (16-17: 46%, 18-34: 40%).

The negative impact of the economic downturn on mental health has increased slightly since the last poll

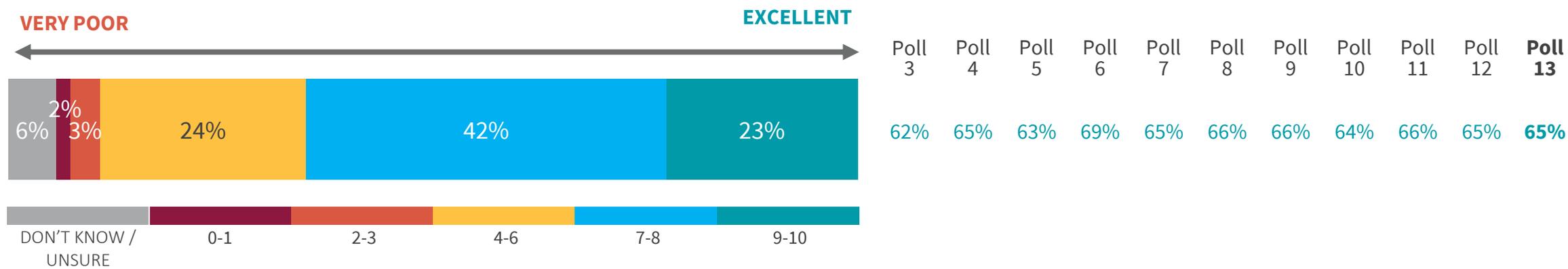
Impact on Mental Health



A3A. During the current Coronavirus (COVID-19) outbreak in Canada, please rate each of the following in terms of the impact they are currently having on your mental health, if any: Base: (Total n= 3,023) *W9 Wording: Communicating with family/friends outside of your household via phone, email, video chats, etc.

Confidence in the ability to recover from challenges has remained consistent

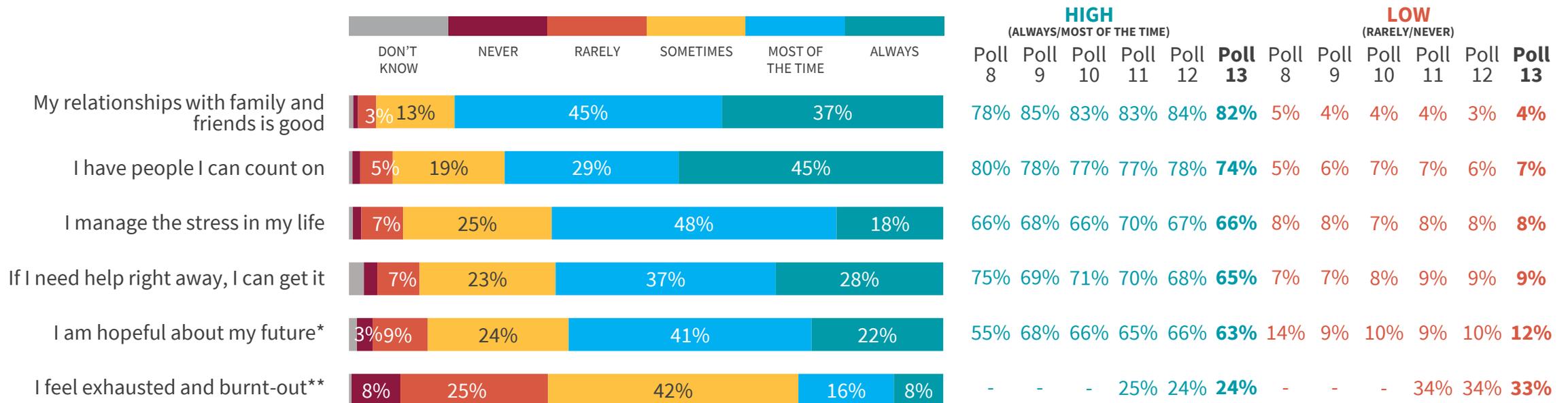
- Two thirds of Canadians continue to feel somewhat confident about their ability to bounce back from the challenges created by COVID-19 (65% rate this 7 to 10, when 10 means excellent); this has remained consistent since Poll 7.
- Younger Canadians (below 55 years old) are not as positive (7-10 rating) about their ability to bounce back from the challenges presented by COVID-19 as older Canadians (16-17: 48%, 18-34: 49%; 35-54: 61%; 55+: 80%).
- Members of the LGBTQ2S+ community continue to indicate having a hard time bouncing back from the challenges and unexpected troubles as just half say they are able to bounce back from challenges (46%, since Poll 12).
- People not diagnosed with any mental health disorder are considerably more likely to be positive (7-10) about bouncing back from the challenges they faced due to the pandemic (74%, consistent with the last poll) compared to those who are suffering from mental illness (56%).



A3B. Thinking about challenges and unexpected troubles that you have faced in your life... Overall, how would you rate your ability to manage and bounce back from these challenges and unexpected troubles? Base: (Total n= 3,023)

Canadians say they are feeling somewhat less hopeful, and less able to depend on others

- While positivity remains high, people are somewhat less hopeful (63% down from 66% in Poll 12). They are also less likely to say they have people they can count on (74% down from 78% in Poll 12) and can get help when they need it (65% down from 68% in Poll 12).
- A quarter (24%) of Canadians continue to report they are exhausted and burnt out. Burnout is less prevalent among those who are retired (13%). It is more of an issue for students (39%), those looking for work (36%) as well as those working (27%). Additionally, those with a mental disorder are more likely to be burnt out compared to those without any mental disorder (35% vs. 14%).
- People in Quebec (72%) and those over 55 (72%) are feeling most hopeful. Members of the LGBTQ2S+ community are less likely to feel hopeful (52%) and more likely to be feeling exhausted and burnt out (37%).

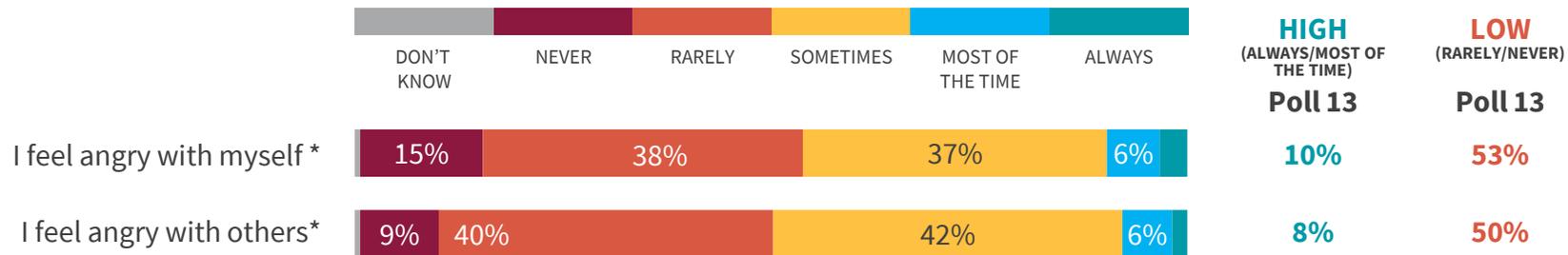


SCR20. Over the past 4 weeks of the COVID-19 pandemic, how often have each of the following statements been true for you? Base: (Total n=3,023).

*W8 wording: I have been hopeful about my future. **Added in Poll 11

One in ten Canadians are angry with themselves or others most of the time

- One in ten Canadians report being angry with themselves most of the time (6%) or always (3%) with 8% being angry with others most of the time or always.
- Those who say their anxiety or depression is high are more likely to say they have felt angry with themselves and others most of the time or always (high anxiety since COVID-19 - angry with self: 53%, others: 32%, high depression since COVID-19 - angry with self: 49%, others: 28%). Additionally, those with a diagnosis are more likely to feel angry most of the time than those without (angry at self – anxiety: 16%, depression: 16%, angry at others – anxiety: 12%, depression: 11%).
- Residents of Ontario (12%), younger Canadians (16-17: 22% vs. 18-34: 15%, 35-54: 11%, 55+: 4%), students and unemployed (15% and 17% respectively), those with a household income of less than 30k (13%), members of LGBTQ2S+ community (20%), and those with physical impairments (12%) are more prone to be angry with themselves at least most of the time.

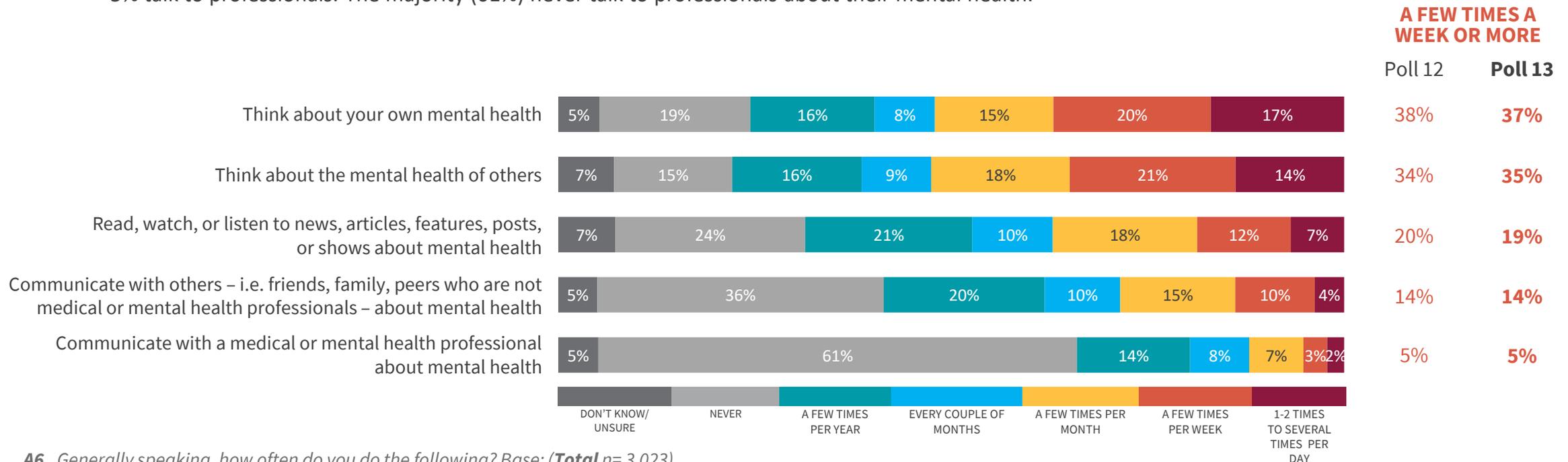


Mental Health Literacy

- Older Canadians (55+) do not demonstrate being in tune with their mental health. They indicate being less likely to think about it, consume information about it, or talk about it. Those under 55 years old indicate being more likely to consider their own and others' mental health, but 18–35-year-olds are not only thinking about it, but also talking about it.
- Those living in the urban centers indicate being somewhat more vigilant about their mental health. They are more likely to consume information about it, talk to their friends and family, and speak to a medical professional. However, when it comes to thinking about their mental health, the numbers are similar to the rural population; those living in urban areas say indicate thinking about others' mental health less compared to the rural population.
- Women demonstrate being more actively involved in mental health, thinking of their own as well as others' mental health and talking about it more with family and friends. Women and men are, however, equally likely to seek professional advice/ help and consume information.
- The household composition also demonstrates playing a role in mental health literacy. Those living alone indicate being more likely to consume knowledge and talk to family and friends compared to those living with others. In contrast, those living with others, report thinking of others' mental health more often. Our results do not show the household composition having an impact on seeing a medical professional and thinking of their own mental health.
- Students and those who are unemployed report thinking more about their mental health while retired Canadians indicate being the least likely to this about it. Students demonstrate being the most literate about mental health as they reportedly consume more information as well as see medical professionals more often than any other group.
- While new mothers do not indicate being more likely than others to consider their own mental health, half (51%) think of others' mental health at least weekly.

Two fifths of Canadians think of their own mental health at least few times a week

- Two fifths (37%) of Canadians think of their mental health at least a few times a week with one-fifth (17%) thinking of it several times a day. Younger Canadians (16-17: 16%, 18-34: 12%, 35-54: 10% vs. 55+: 3%), unemployed and students (15% vs. 8% of employed), those with diagnosed anxiety (15%) and depression (15%) compared to those with no mental health disorder (3%), and members of the LGBTQ2S+ community (20%) think of their mental health several times per day.
- Only a third (35%) thinks of the mental health of others at least a few times in a week with 14% thinking several times a day.
- Consuming information about mental health is not popular among Canadians. While only one-fifth consume it at least a few times a week, a quarter (24%) reports they never get any information on the topic.
- Mental health remains a topic that is not discussed often. Only 14% communicate at least a few times a week with people who are not professionals and 5% talk to professionals. The majority (61%) never talk to professionals about their mental health.



A6. Generally speaking, how often do you do the following? Base: (Total n= 3,023)



Mental Health Supports

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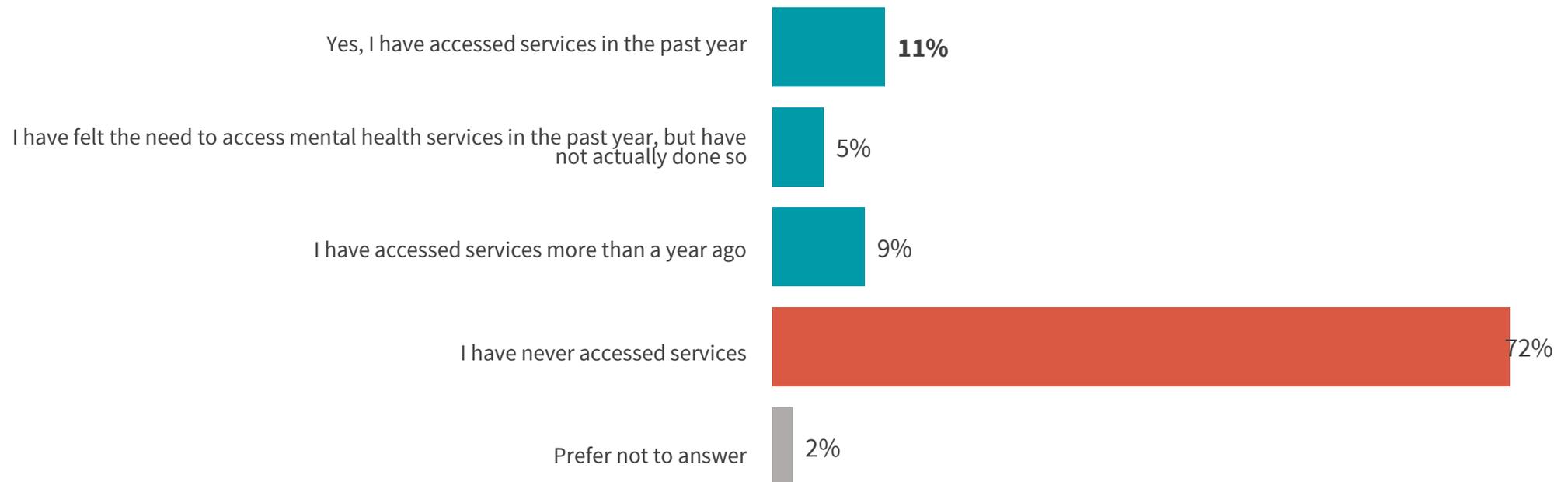
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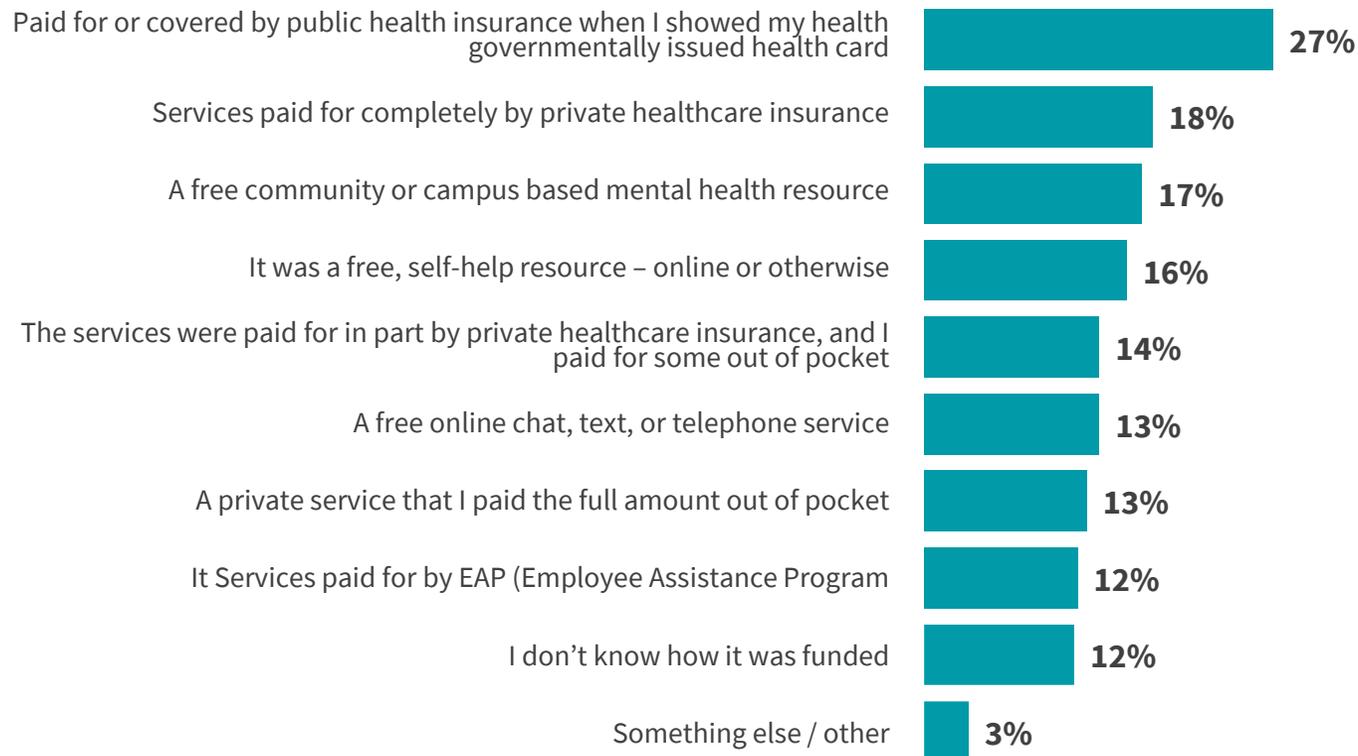
One in ten Canadians accessed mental health support in the last year

- One in ten (11%) Canadians reported accessing mental health services in the last year while 5% thought to access it but didn't.
- Close to three quarters (72%) reported they have never accessed any mental health services.
- Younger Canadians (18-34: 17% vs. 55+: 6%), those with children under 9 years old (17% vs. no children: 10%), unemployed (19% vs. employed: 12%), members of LGBTQ2S+ community (20%) and those with physical impairments (23%), and those with self-rated high anxiety (30%) and depression (27%) are more likely to have accessed the mental health services in the past year.



Canadians are most likely to access free mental health supports than private ones

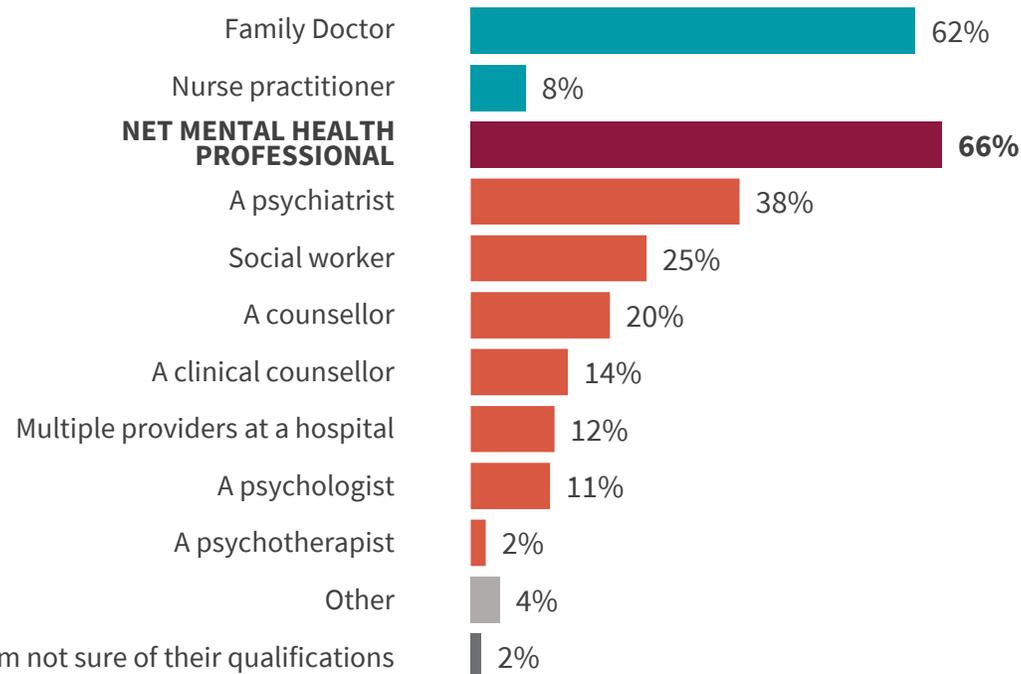
- One quarter (27%), of those who accessed supports accessed those provided through government programs, while 18% accessed those covered by benefits programs and 17% provided through community or campus resources.
- One quarter (27%) paid for mental health supports, either through services that were partially covered and partially paid for (14%) or private services that they paid for completely (13%).



B16. How were these services / resources funded? Base: (Accessed services n= 349)

Of those funded by the public health system, two thirds talked to a mental health professional

- Those who were covered by the public health system chose to talk to a mental health professional (66%), three fifths talked to their family doctor (62%) and 8% talked to a nurse practitioner.
- Three fifths (61%) reported that they are still using the services while only 5% accessed the services for 1 to 2 months and 6% accessed them for 10 months to a year.
- More than a tenth (12%) accessed the services at least weekly with a sixth (16%) accessing it monthly and three-in-ten used it only a couple to few times.
- Over 60% of Canadians who indicated accessing a publicly funded mental health service in the last year are still using that service, and about one in ten used the service for less than a month.



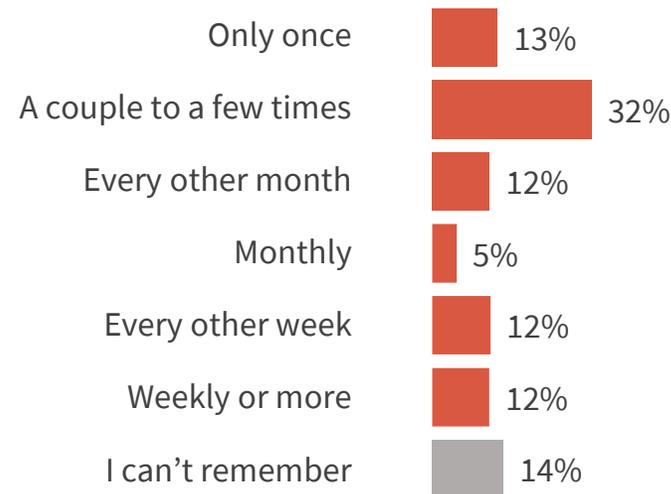
Base: (Paid by public health n= 95)

B17A. Which of the following did you talk to specifically about your mental health. **B17B:** Thinking specifically about the past year, how long did you use the service paid for by public health insurance? **B17C:** And during the time that you were using service, how often did you meet with a publicly funded mental health professional?

Of those who accessed community-based services, they talked to a professional through their city or school

- A third (33%) accessed services organized by their town, city, or region with another third (31%) accessing their school setup. A quarter (26%) also reported getting help through a charity like the Canadian Mental Health Association.
- Two-fifths (42%) report that they are still using the services while 20% accessed the services for 1 to 2 months and 2% accessed them for 10 months to a year.
- More than a tenth (12%) accessed the services at least weekly while only 5% accessed it monthly and three-in-ten (32%) used it only a couple to few times.

FREQUENCY OF USING THE SERVICE



Base: (Accessed a community based mental health resource or service n= 51)

B19: You indicated you accessed a community based mental health resource or service. How did you access this resource or service?

B19B: Thinking specifically about the past year, how long did you use the service?

B19C: And during the time that you were using this service, how often did you meet a mental health professional through the community?

Of those who paid for mental health services out of their pocket, most talked to a psychologist

- Two-fifths (41%) talked to a psychologist with another third (32%) talking to a counsellor, one-fifth (18%) reported getting help from a psychotherapist and only 3% went to a treatment facility.
- Half (51%) reported that they are still using the services while 12% accessed the services for 1 to 2 months and 8% accessed them for 10 months to a year.
- A tenth (9%) accessed the services at least weekly while three-in-ten accessed it monthly and a fifth (21%) used it only a couple to few times.
- Of those who went to a treatment facility, three-fifths (59%) stayed there for 2 to 4 weeks while two-fifths (41%) stayed for a week or less.

SERVICES PAID FOR



B20A: You indicated you paid for mental health service out of your own pocket. What services did you pay for? Base: (**Paid for mental health service in full or some out of pocket** n= 80)

B20C: Thinking specifically about the past year, how long did you see the psychiatrist, psychologist, social worker or counsellor? Base: (**Paid for a psychologist** n= 63)

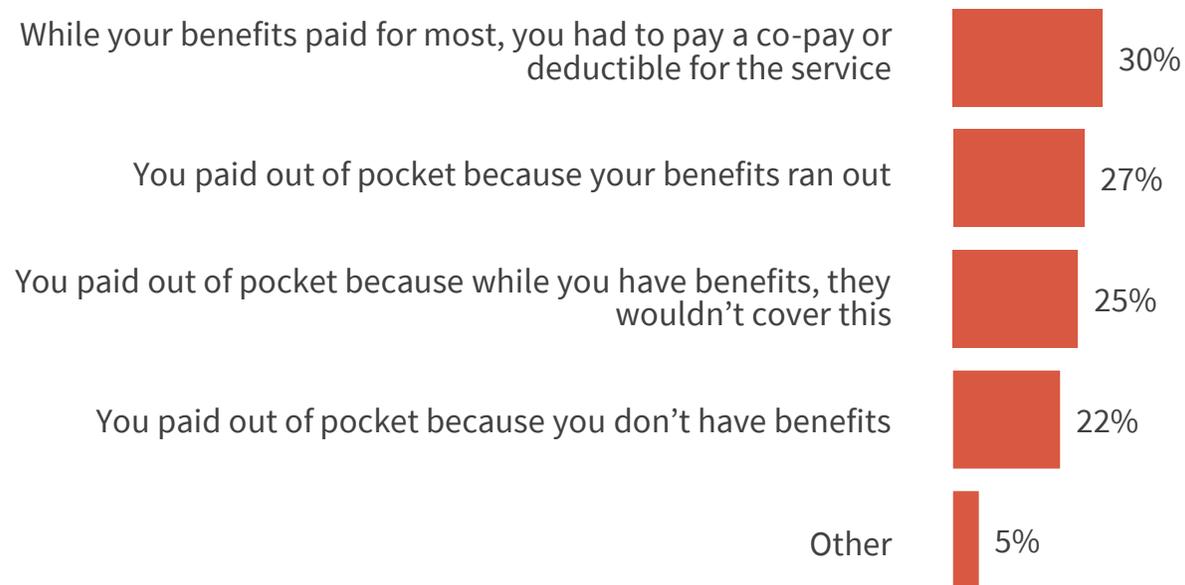
B20D: And during the time that you were using this service, how often did you meet with this mental health professional? Base: (**Paid for a psychologist, social worker, counsellor or psychotherapist** n= 72)

B20E: How long did you stay in a treatment facility in total over the last year? Base: (**Paid for treatment facility** n= 2) (* Very Small Sample Size)

Canadians who paid out of their own pocket were often paying the deductible, but many did not have proper coverage

- Three in ten report having paid out of pocket for their mental health supports because they had to pay a deductible. However, one-quarter (27%) did not have enough benefits to cover the support, they did not have benefits to cover the support at all (25%) or they did not have benefits (22%).

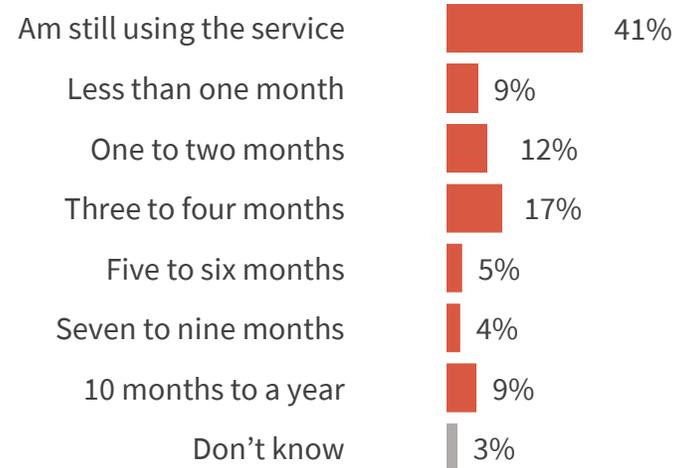
REASONS FOR PAYMENT OUT OF POCKET



For Canadians who paid for the services accessed through their insurance, most talked to a psychologist or a social worker

- Of those who were covered by private health insurance, a third (35%) chose to talk to a psychologist, while three-in-ten (31%) got help from a social worker or counsellor. A quarter (25%) talked to a psychotherapist with 9% accessing a treatment facility.
- Two fifths (41%) reported that they are still using the services while only 12% accessed the services for 1 to 2 months and 9% accessed them for 10 months to a year.
- A tenth accessed the services at least weekly with a fifth (22%) accessing it monthly and two in ten used it only a couple to few times.

TIME USING THE SERVICE



B21A: You indicated your private health insurance paid for a mental health service. What did they pay for? Base: (**Paid by private healthcare insurance or EAP** n= 101)

B21B: Thinking specifically about the past year, how long did you see the social worker, counsellor or psychologist? Base: (**Health Insurance paid social worker or counsellor, a psychologist or psychotherapist** n= 80)

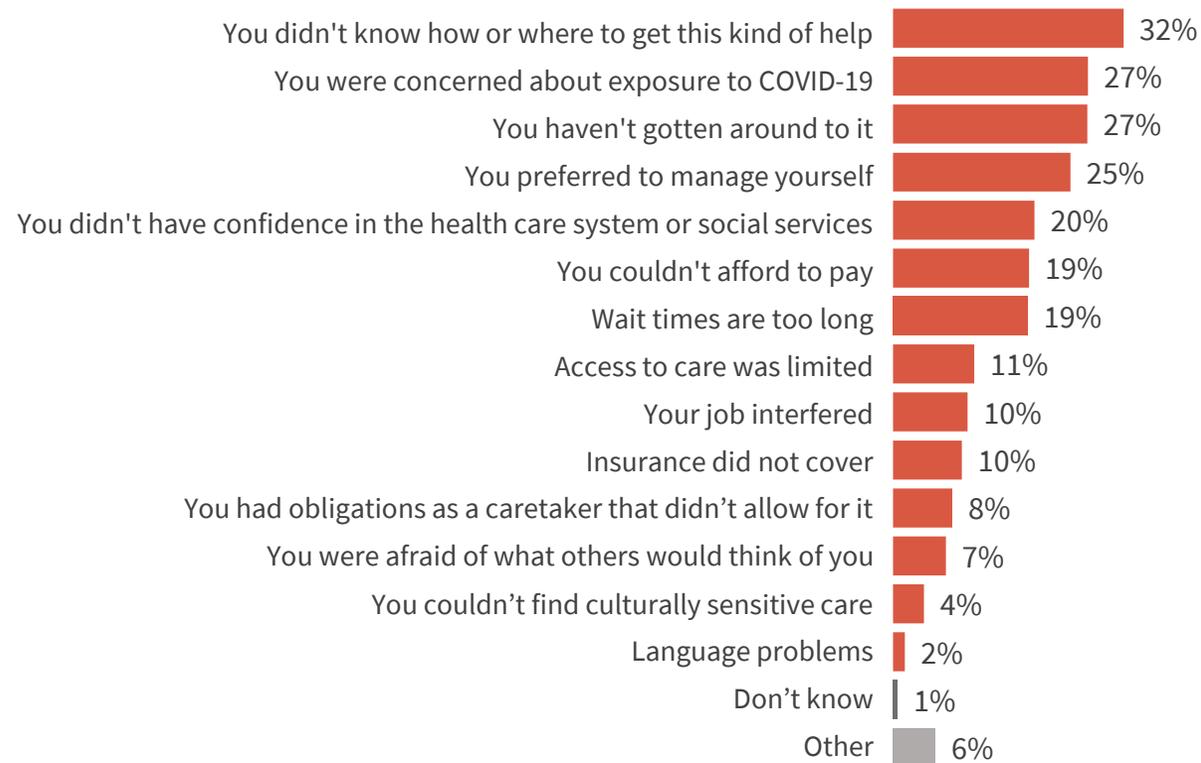
B21C: And during the time that you were using this service, how often did you meet with this mental health professional? Base: (**Health Insurance paid social worker or counsellor, a psychologist or psychotherapist** n= 80)

B21D. How long did you stay in a treatment facility in total over the last year? Base: (**Health insurance paid for treatment facility** n= 7) (* Very Small Sample Size)

Of those who didn't access mental health supports, many say they didn't know how to access it

- Of those who didn't access mental health supports, a third (32%) reported they didn't have enough information about how to access the supports and another quarter (27%) said they haven't gotten around it.
- A quarter (25%) tried to manage it themselves and a fifth (20%) lacked confidence in the health care system; another fifth (19%) said they were not able to afford the care.

REASONS FOR NOT ACCESSING MENTAL HEALTH



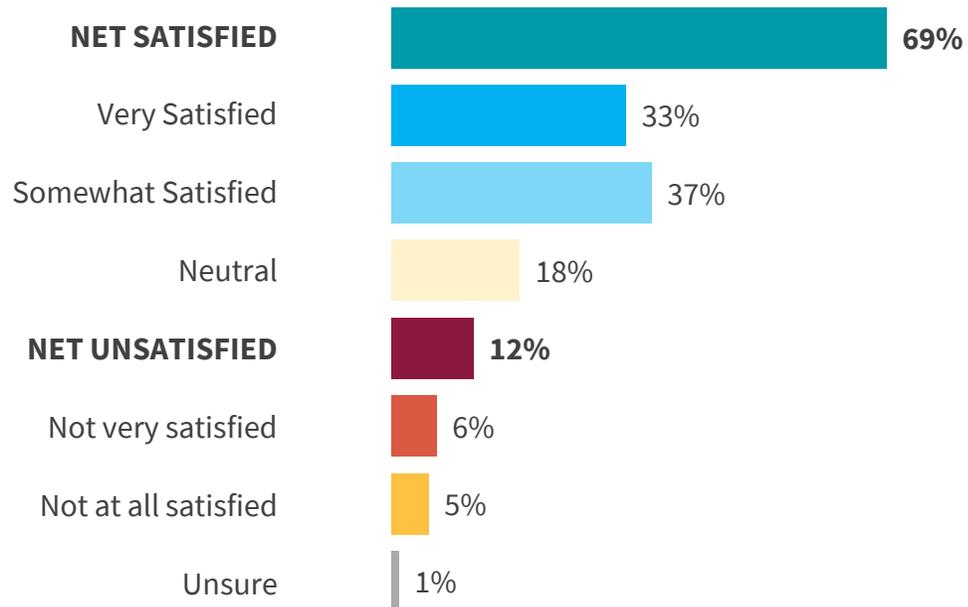
B12B. Why did you choose to not access the support of a mental health professional when you felt you needed it? The skip has changed due to removal of another question. Track to the same spot in merged data. Base: (Has felt the need to access mental health in the past year but have not actually done so n=153)

Most Canadians are satisfied with the support they have received in the past year

- Two thirds of those who have received support in the past year are somewhat (37%) to very (33%) satisfied with it. Satisfaction has remained consistent with the last poll, which measured satisfaction with supports received since COVID-19.
- Residents of Quebec (78%) and British Columbia (73%), those with children under 9 years old (86% vs. no children: 66%), employed (74% vs. unemployed: 64%) are likely to be satisfied with the mental health supports they have received.

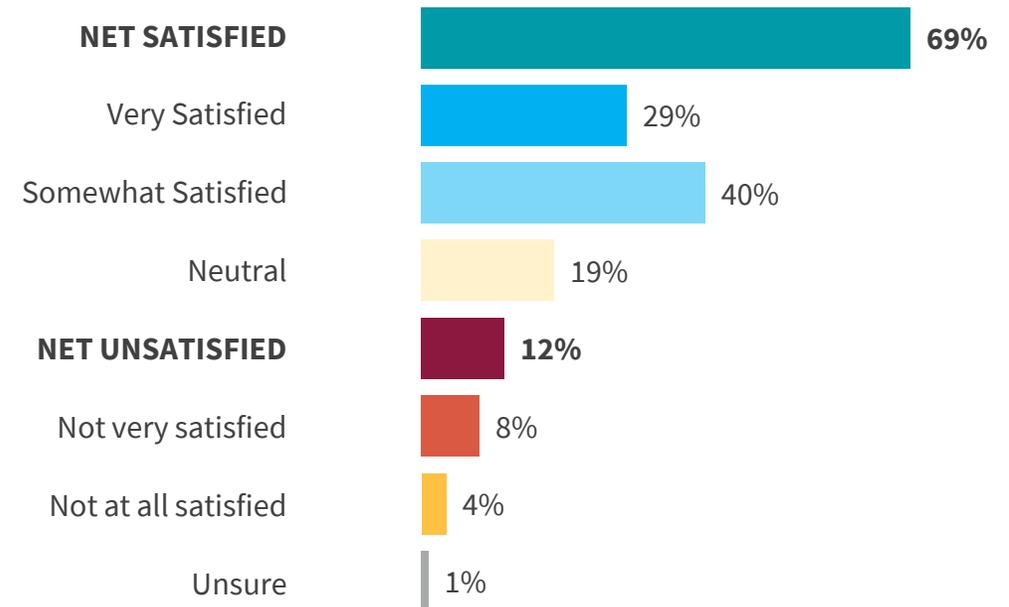
Poll 13

SATISFACTION WITH THE SUPPORT RECEIVED IN PAST YEAR



Poll 12

SATISFACTION WITH THE SUPPORT RECEIVED SINCE COVID-19





Lesli Martin, Senior Vice President, Pollara
Michael Cooper, Vice President, MHRC
Brittany Saab, National Coordinator of Stakeholder
Engagement, MHRC



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