



Understanding the Mental Health of Canadians Through Covid 19 and Beyond: Poll #19



Financial contribution from

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February 2024

Methodology

Methodology: This online survey was conducted among a sample of 3,224 adult Canadians. This was the nineteenth 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, & region to ensure the total sample is representative of the population as a whole.

National Poll #	Interview Dates	Number of Interviews	Margin of Error
1	April 22 to 28, 2020	1,803	±2.3%
2	August 21 to 31, 2020	4,010	±1.5%
3	October 22 to 28, 2020	2,004	±2.2%
4	December 10 to 18, 2020	2,761	±1.9%
5	February 1 to 8, 2021	3,005	±1.8%
6	April 20 to 28, 2021	4,005	±1.5%
7	June 7 to 13, 2021	4,010	±1.5%
8	August 17 to 24, 2021	3,010	±1.8%
9	October 22 to Nov 3, 2021	4,108	±1.5%
10	Dec 13 to 22, 2021	3,701	±1.6%

National Poll #	Interview Dates	Number of Interviews	Margin of Error
11	Feb 15 to 22, 2022	3,512	±1.7%
12	April 13 to 25, 2022	3,000	±1.8%
13	July 13 to 22, 2022	3,023	±1.8%
14	October 21 to Nov 1, 2022	3,500	±1.7%
15	Jan 23 to Feb 6, 2023	3,238	±1.7%
16	Apr 21 to May 3, 2023	3,494	±1.7%
17	July 27 to Aug 13, 2023	3,819	±1.6%
18	November 1 to 16, 2023	3,224	±1.7%
19	January 15 to 24, 2024	3,224	±1.7%

Poll 19	Number of Interviews	Margin of Error
British Columbia	420	±4.8%
Alberta	420	±4.8%
Prairies	329	±5.4%
Ontario	1094	±3.0%
Quebec	702	±3.7%
Atlantic Canada	259	±6.1%



Major Findings

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Major Findings

- Results of Poll 19 demonstrate the **worst self-rated mental health indicators since the end of the pandemic** (Summer 2022), with more than one in ten Canadians reporting high self-rated anxiety (12%) or depression (11%).
 - High self-rated depression has increased by 3% since last poll (Fall 2023), primarily driven by increases in Alberta and Ontario.
 - While we expect winter months to impact mental health indicators, such a shift was not reported at this time last year (poll 15).
 - 80% of people reporting high self-rated anxiety or depression also indicated moderate-to-severe psychological distress on a measure of symptom severity (Kessler-10).
- Questions on screen time were introduced for the first time this poll, revealing a **significant correlation between a high amount of personal screen time and lower mental health indicators**.
 - Numbers are even more striking when it comes to younger Canadians (16-34) with high personal screen time (6+ hours per day). They are three times more likely than the national average to report high self-rated anxiety (28% vs 12% on average), to report severe symptoms of mental health distress (GAD-7 and PHQ-9; 15% and 14% vs 5%), or to show signs of cannabis dependency (18% vs 6%); and they are twice more likely to report high self-rated depression (22% vs 11%), to have had suicide ideations in the past year (34% vs 14%), or to show signs of alcohol dependency (12% vs 6%).
 - It is worth noting that one in four (26%) young Canadians spend 6 or more hours of their personal time on screens per day.
 - We have previously tracked the negative impact of daily news and social media on mental health. The negative impact of daily news has slightly decreased since the end of the pandemic (-3%), while the negative impact of social networks has worsened (+4%).

Major Findings

- Climate change is another new topic explored this poll. **Most Canadians (70%) are concerned about climate change, and one in three (34%) report that it has a negative impact on their mental health (5% say it has a strong negative impact).**
 - The groups most impacted by climate change are people from 2SLGBTQ+ communities, racialized people, younger Canadians, those with high self-rated anxiety or depression, or signs of alcohol or cannabis dependency. These are similar groups to those who show overall more negative mental health indicators.
- **More than one in four Canadians (27%) currently lives with chronic pain. The majority (61%) of them report that it has a daily impact on their lives.**
 - Not only older people but also a significant number of younger Canadians report that chronic pain has a daily impact on their lives. Other groups include those living in rural areas and those reporting high anxiety or depression.
 - For pain management, most people use over the counter medications (54%), self-directed (36%) or professional (28%) non-pharmacological therapies and prescribed non-opioid medication (28%). Most costs for therapies are covered by benefits.
 - People earning less than \$30K a year are more likely to rely on opioid pain medications (21%), compared to those with moderate to high incomes (all other incomes are consistent at 9 to 10%).
- **Half of Canadians (46%) report having already heard of the new 988 crisis suicide helpline, and 3% having used it.**

Additional Findings

- **The negative impact of the economic downturn has leveled out, but not improved:**
 - Two-fifths of Canadians still feel that the economic downturn is negatively impacting their mental health (similar to last poll), and food insecurity remains at a consistent level (35%).
 - While the impact of inflation on respondents' financial circumstances has leveled out, it has not seen any improvement as 78% of Canadians still report that inflation impacted their financial life in the past year.
- **Accessing mental health supports has remained consistent:**
 - While those who are experiencing high levels of anxiety or depression are more likely than other Canadians to have used mental health supports (35% and 39% vs 15% on average), most have not.
 - Use of private insurance to pay for these benefits has increased (+5% since last poll – Fall 2023), with those who are paying out of pocket blaming a lack of sufficient insurance coverage. Affordability is now the most cited reason for not getting mental health supports (37%), increasing slightly since last poll.
- **Supports that are being accessed are meeting most of the needs of Canadians:**
 - The majority of Canadians who access supports say they are meeting all (33%) or most (39%) of their needs. Satisfaction with these supports has remained consistent (73%) after a slight rise in Poll 18 (Fall 2023).



Results in Detail



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Anxiety and Depression in Canada

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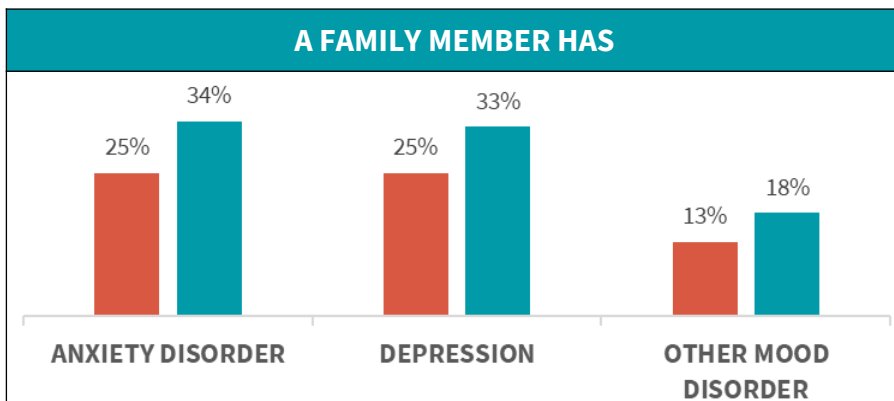
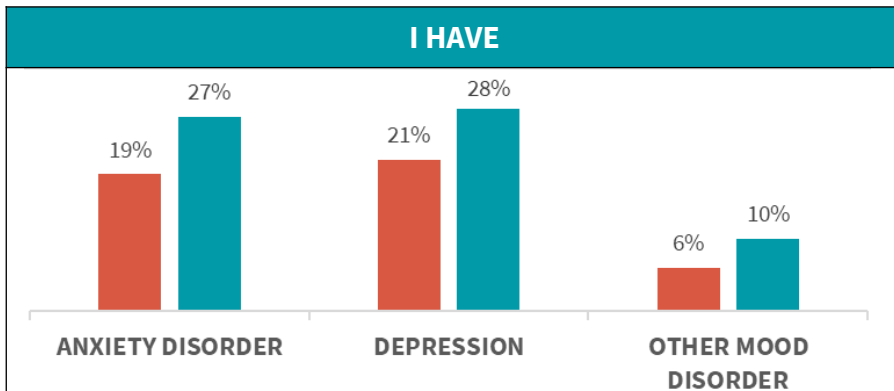
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One in three Canadians have been diagnosed with anxiety, depression or a mood disorder

- Prior to 2020 : one in five Canadians received a personal diagnosis of anxiety or depression (19% and 21% respectively). Other mood disorders were less common. Since 2020 : another 8% say they have personally been diagnosed with anxiety and 7% with depression.
- Please note that this is the first time that we have collected data with this wording for these question. As more collections occur, we will comment on this further.



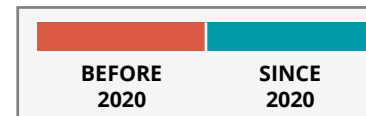
Most likely to have received a mood disorder diagnosis since 2020:

Anxiety diagnosis

- Ages 18-34 (13%)
- People with children under 9 (13%)
- Currently experiencing chronic pain (13%)
- Physical impairment (14%)
- Financial trouble (17%)
- Cannabis dependency (25%)
- Alcohol

Depression diagnosis

- Racialized people (10%)
- Ages 18-34 (11%)
- People with children under 9 (12%)
- Physical impairment (14%)
- Financial trouble (20%)
- Alcohol dependency (22%)
- Cannabis dependency (24%)



A1A. Have you ever received a diagnosis from a healthcare professional stating that you are affected by any of the following: **A1B.** Have a close family member ever received a diagnosis from a healthcare professional stating that you are affected by any of the following: Base: (Total n= 3,224)

Canadians are reporting the worst mental health indicators since the end of the pandemic

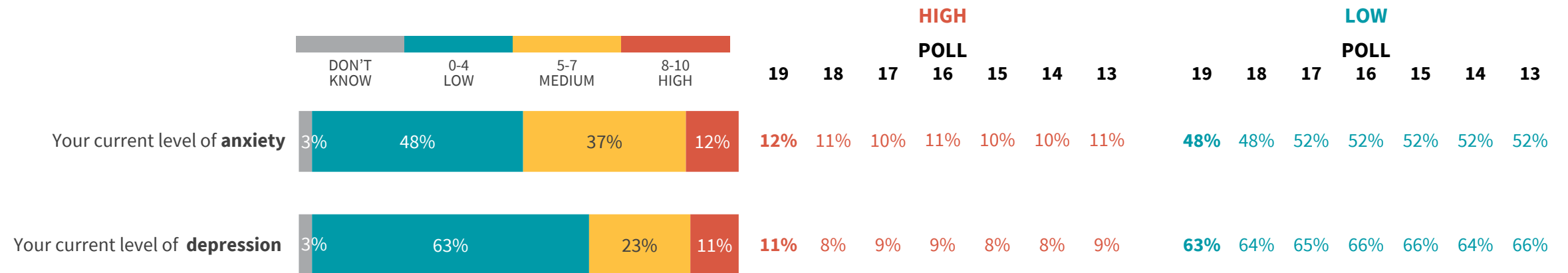
- One in ten Canadians (12%) report experiencing high anxiety, which has remained consistent since summer 2022 and is still higher than before COVID-19.
- The number of Canadians rating their depression as high has increased by 3 points this poll to reach 11%. It is the highest level recorded since the end of the pandemic.

Most likely to experience high anxiety:

- Ages 18-34 (16%)
- People with children under 9 (16%)
- Currently experiencing chronic pain (16%)
- High personal time on screens (17%)
- 2SLGBTQ+ (17%)
- Underemployed (18%)
- Physical impairment (20%)
- Financial trouble (33%)
- Cannabis dependency (33%)
- Alcohol dependency (36%)

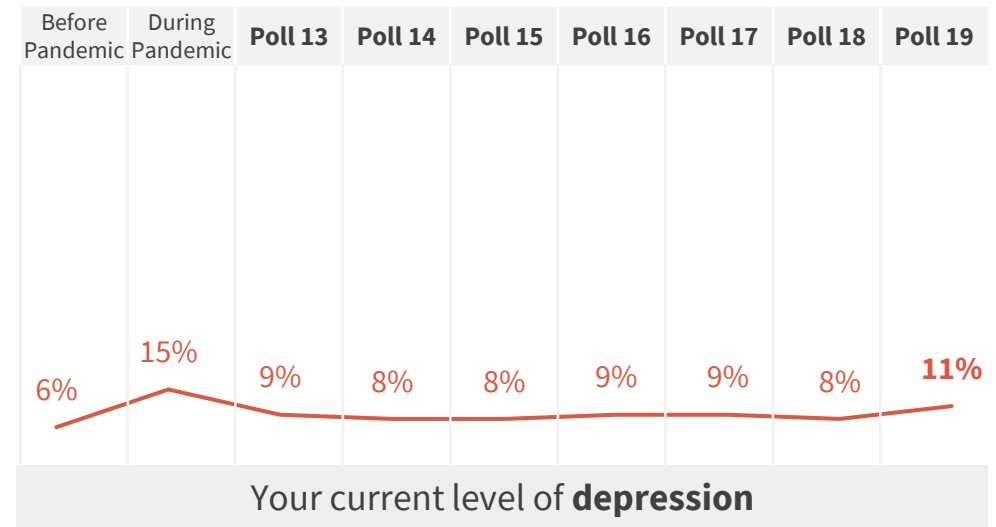
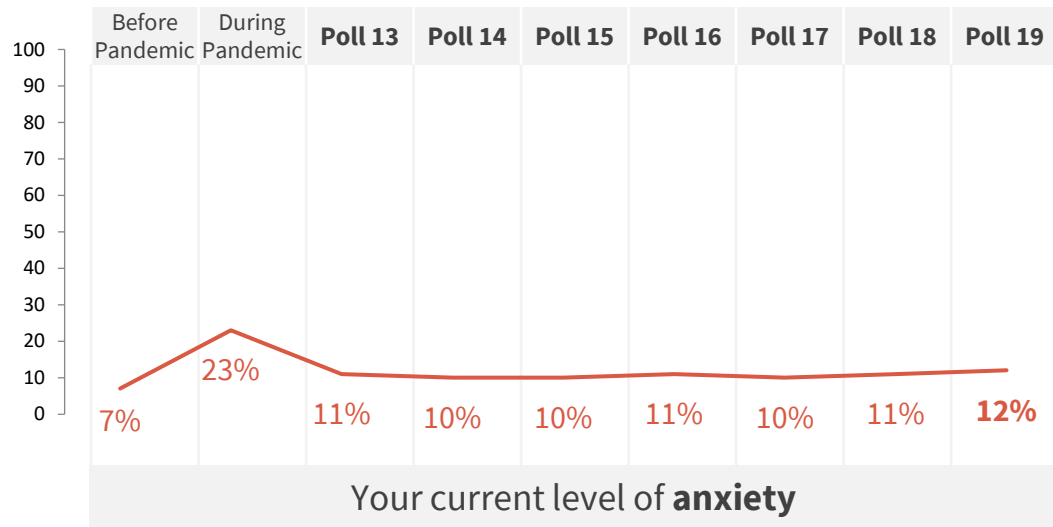
Most likely to experience high depression:

- Ages 18-34 (16%)
- People with children under 9 (16%)
- Currently experiencing chronic pain (16%)
- High personal time on screens (16%)
- 2SLGBTQ+ (20%)
- Underemployed (21%)
- Physical impairment (21%)
- Cannabis dependency (36%)
- Alcohol dependency (37%)
- Financial trouble (38%)



A2A. Please rate each of the following using the scale 0-10 where “10” is Extremely high and “0” is None. Base: (Total n= 3,224)

Canadians are reporting the worst mental health indicators since the end of the pandemic

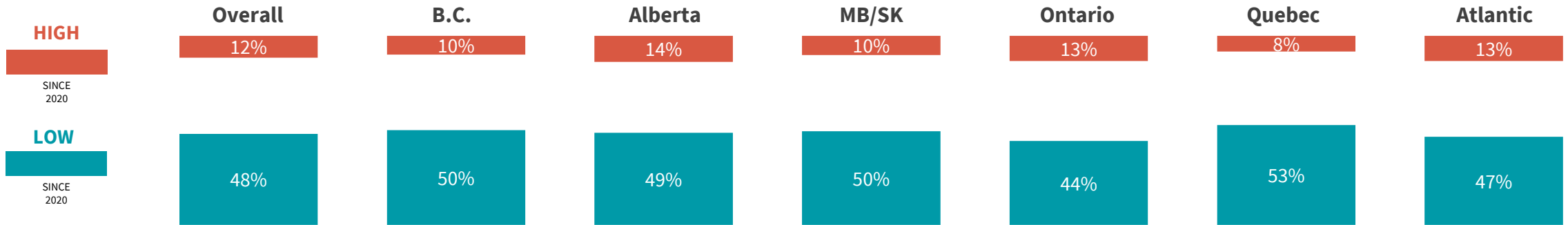


Polls 1-12 asked anxiety/depression levels since COVID.
 Poll 13-19 asked current level of anxiety/depression.

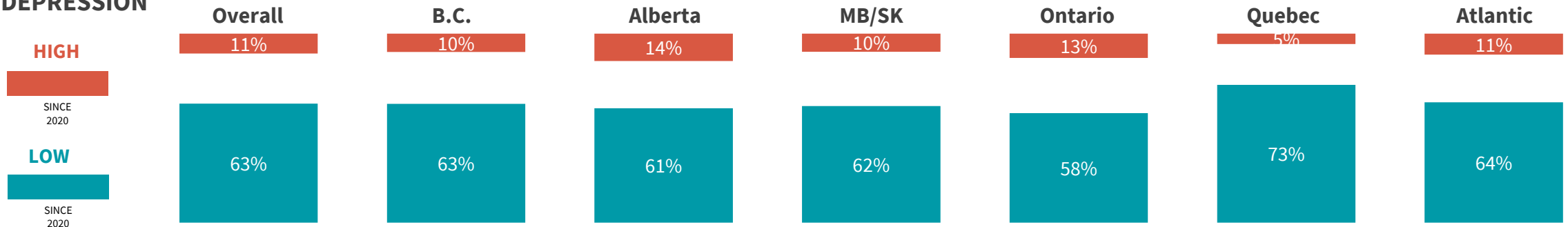
The rise in self-rated depression was most prominent in Alberta and Ontario.



ANXIETY



DEPRESSION



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

A2A. Please rate each of the following using the scale 0-10 where “10” is Extremely high and “0” is None. Base: (Total n= 3,224)
(High = Net 8-10, Low = 0-4)

Moderate to severe mental health symptoms associated with high level of anxiety or depression has increased

- Based on the Kessler-10 clinical screener, four in five (80%) Canadians who rate their anxiety or depression as high are likely to have severe (58%) or moderate (22%) self-reported mental health symptoms, an increase of 5% since last poll.
- Among those who rate their anxiety or depression as moderate (5-7), four in ten are likely to have moderate (21%) to severe (22%) mental health symptoms. The likelihood of reporting moderate mental symptoms slightly increased this poll (+3%).

Psychological Distress 1-5 Point Scale Items (All/Most) (None/Little)

Tired out for no good reason	31%	31%
Nervous	28%	31%
That everything was an effort	28%	42%
Depressed	22%	48%
Restless or fidgety	20%	50%
Hopeless	19%	57%
Worthless	18%	60%
So sad that nothing could cheer you up	14%	63%
So restless you could not sit still	13%	68%
So nervous that nothing could calm you down	11%	67%

Mental Health Scores Among Canadians With High And Moderate Anxiety Or Depression Since 2020

Moderate: 5-7

High: 8-10

POLL	POLL							
	19	18	17	16	15	14	13	
35%	10%	12%	11%	12%	11%	12%	12%	Likely to have no mental health symptoms (<20)
21%	11%	13%	15%	11%	14%	13%	13%	Likely to have a mild mental symptoms (20-24)
21%	22%	20%	19%	22%	24%	17%	21%	Likely to have moderate mental symptoms (25-29)
22%	58%	55%	55%	55%	52%	58%	54%	Likely to have severe mental symptoms (30-50)

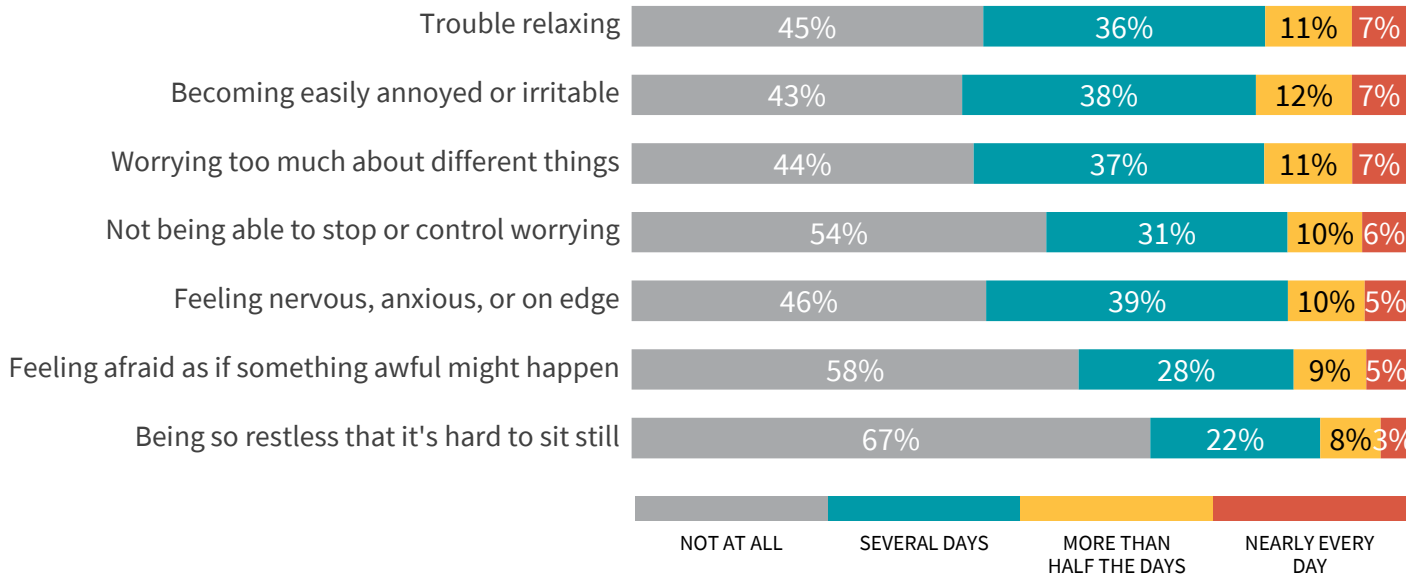
A2C. In the past 4 weeks, how often did you feel...: Base: (Depression or anxiety since 2020 rated 5+ n= 1,717)

A2CT_1 and 2: Mental health score. Base: (Rated 8-10 n= 508; 5-7 n= 1,444)

One in seven Canadians are likely to have moderate to severe levels of anxiety

- Using the General Anxiety Disorder -7 (GAD-7) screening test, 5% of Canadians report symptoms of severe anxiety and 9% report symptoms of moderate anxiety, which is consistent with previous polls.
- Younger Canadians (18-34) continue to be more likely to experience higher symptoms of anxiety, whether severe (8%) or moderate (17%), which is consistent with last poll.
- Those currently dealing with chronic pain, reporting high personal screen time, belonging to 2SLGBTQ+ communities, affected by a physical impairment, experiencing financial trouble, or showing signs of alcohol or cannabis dependency are more likely to experience symptoms of moderate to severe anxiety.

**Psychological Distress
Anxiety Frequency Scale Items**



**Mental Health Scores Among Canadians
With Anxiety Since 2020**

POLL							
19	18	17	16	15	14	13	
62%	61%	62%	62%	63%	64%	66%	Likely to have no anxiety symptoms (0-5)
24%	24%	24%	23%	23%	23%	20%	Likely to have a mild anxiety symptoms (6-10)
9%	11%	10%	10%	9%	9%	9%	Likely to have moderate anxiety symptoms (11-15)
5%	5%	4%	5%	5%	4%	5%	Likely to have severe anxiety symptoms (16-21)

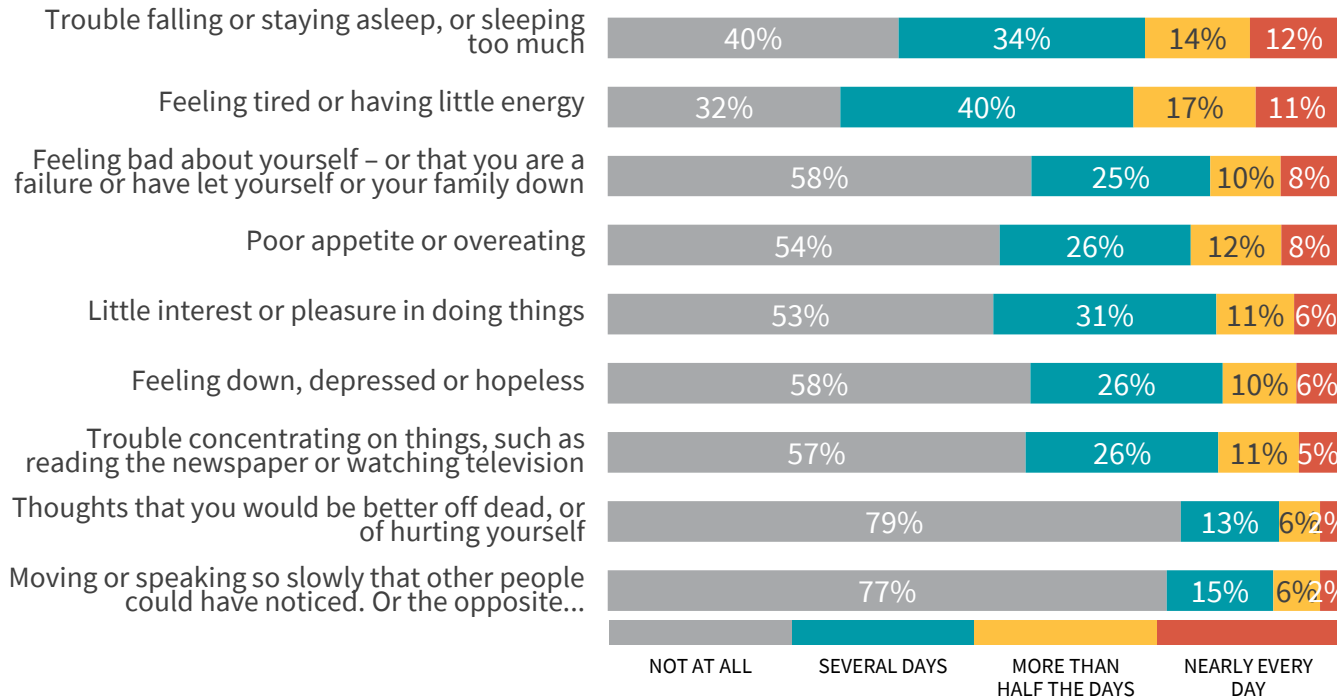
A10. In the past 2 weeks, how often have you been bothered by... Base: (Total n= 3,224)

A10T_1: Table 1 - Anxiety Attributes 1-7 Base: (Total n= 3,224)

The incidence of moderately severe to severe depression symptoms has risen slightly

- Using the Patient Health Questionnaire -9 (PHQ-9) test, 25% of Canadians are likely to have a moderate to severe depression symptoms, with 5% having severe, 7% moderately severe, and 13% moderate symptoms of depression.
- Moderate to severe symptoms of depression are higher among people reporting a high level of personal screen use (36%), people currently suffering from chronic pain (38%), people that are 18 to 34-year-olds (39%), underemployed (39%), in financial trouble (66%), or who show signs of cannabis (70%) or alcohol dependency (75%).

**Psychological Distress
Depression Frequency Scale Items**



**Mental Health Scores Among Canadians
With Depression Since 2020**

POLL							
19	18	17	16	15	14	13	
52%	53%	54%	55%	54%	55%	58%	Likely to have no depression symptoms (0-4)
23%	24%	23%	23%	23%	23%	20%	Likely to have a mild depression symptoms (5-9)
13%	12%	11%	11%	12%	12%	11%	Likely to have moderate depression symptoms (10-14)
7%	7%	8%	7%	7%	7%	7%	Likely to have moderately severe depression symptoms (15-19)
5%	4%	4%	4%	4%	3%	4%	Likely to have severe depression symptoms (20-27)

A10. In the past 2 weeks, how often have you been bothered by... Base: (Total n= 3,224)

A10T_2: Table 2 - Depression Attributes 8-16 Base: (Total n= 3,224)

After an increase last poll, access to a support system has decreased

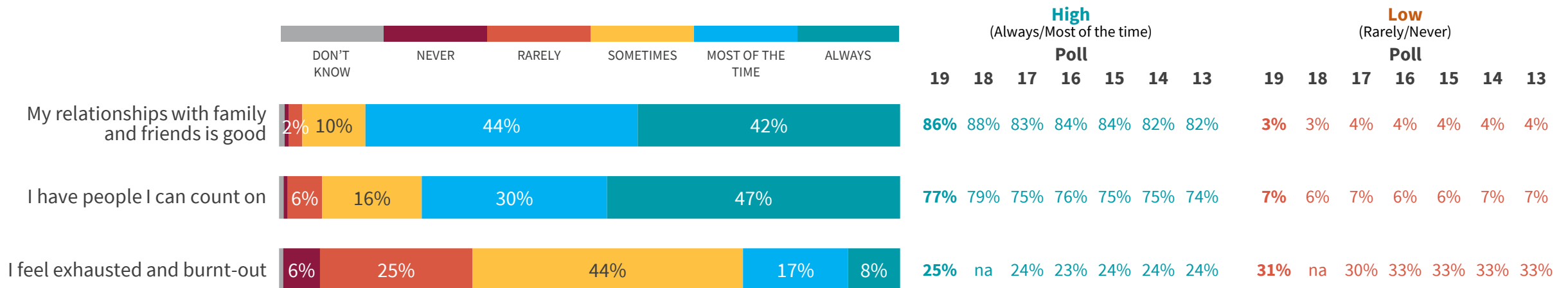
- Canadians saying they always or most of the time have good relationship with their family and friends (86%), or people they can count on (77%) saw a slight decrease this poll, after rising significantly in Poll 18.
- One in four Canadians say they always or most of the time feel burnt out (25%), which is similar to Poll 17.

Less likely to have good relationships / people to count on :

- High personal time on screens (81% / nc)
- High self-rated anxiety (71% / 62%)
- High self-rated depression (66% / 53%)
- Alcohol dependency (67% / 52%)
- Cannabis dependency (63% / 49%)

Most likely to feel burn out:

- High personal screen time (31%)
- Ages 18-34 (36%)
- Underemployed (36%)
- Currently experiencing chronic pain (36%)
- People with children under 9 (39%)
- 2SLGBTQ (40%)
- Physical impairment (42%)
- Alcohol dependency (46%)
- Cannabis dependency (52%)
- Financial troubles (53%)
- High self-rated anxiety (65%)
- High self-rated depression (69%)





Impacts on Mental Health

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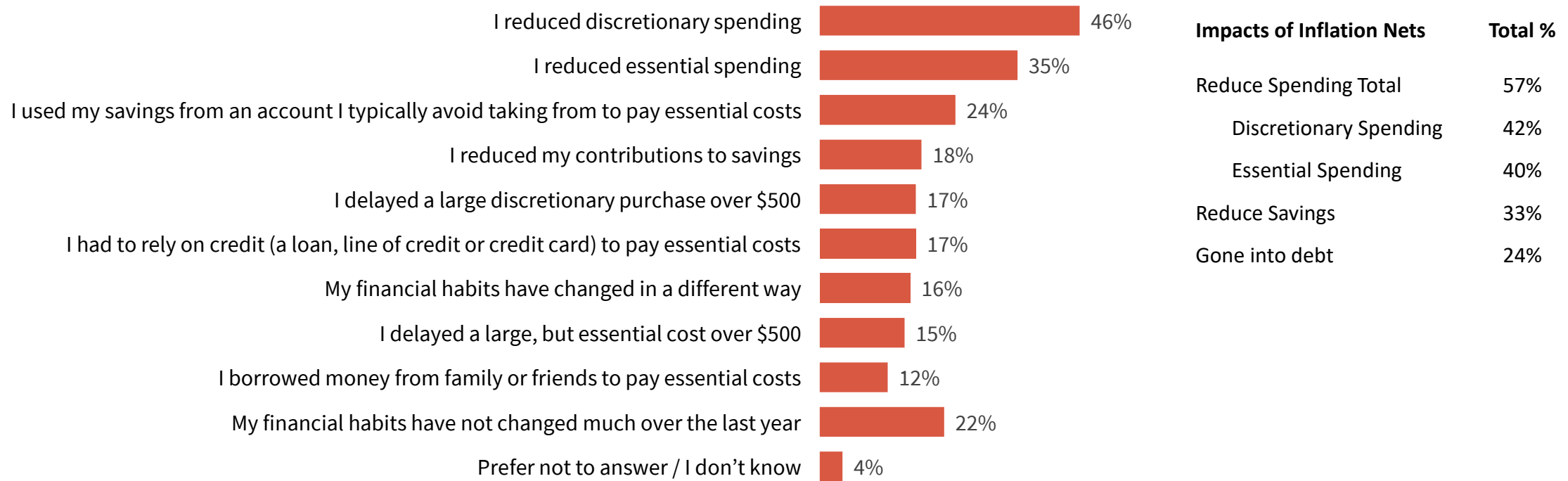
Two in five Canadians are affected by food insecurity

- After increasing over the past few polls, the proportion of Canadians affected by food insecurities leveled out this poll, with 35% saying they're financially concerned about providing healthy food to their family, and 4% relying on food program.
- Quebec continues to have the lowest levels of food insecurity.
- **Profile of those affected by food insecurity:** members of 2SLGBTQ+ communities (48%), people currently experiencing chronic pain (49%), racialized people (49%), younger and middle-aged Canadians (18-34 52%, 35-54 48%), people with children under 9 (57%), and those with a physical impairment (58%).
- Food insecurity has increased among people experiencing mental health issues. People reporting high levels of anxiety or depression are significantly more likely to experience food insecurities (62% and 67% respectively), as are those with severe mental health symptoms (69%).

	FOOD INSECURITIES		POLL					
			18	17	16	15	14	13
I have no financial concerns about feeding myself and my family		58%	57%	59%	61%	60%	61%	63%
I'm concerned financially about sufficiently or adequately providing healthy food for my family		35%	36%	34%	32%	33%	32%	30%
I'm relying on one or more food programs (food bank, breakfast club etc.) to feed myself and my family		4%	4%	3%	3%	3%	3%	3%
Prefer not to answer		4%	3%	4%	4%	4%	4%	3%

One in four Canadians has gone into debt in the past year due to inflation

- Three in four Canadians (78%) say that inflation has impacted their financial life in the past year, which is consistent with last poll.
- Six in ten (57%) have reduced their spending due to inflation, 42% have reduced their discretionary spending, 40% had to cut back on their essentials. One in three (33%) have reduced their savings, while almost one in four (24%) have increased their debt.
- **Most likely to have taken on debt:** people currently experiencing chronic pain (32%), younger (18-34 34%) and middle age (35-54 32%) Canadians, those with a physical impairment (36%), people from the 2SLGBTQ+ communities (36%), those with high self-rated anxiety (47%) or depression (49%).



The negative impact of the economic downturn has leveled out

- After having gradually increased since Poll 15 (Winter 2023), the percentage of people negatively impacted by the economic downturn (40%) has remained stable since last poll.
- Just over one in three Canadians have been negatively impacted by the possibility that they will not be able to pay all their bills (37%), similar to the findings of previous polls.

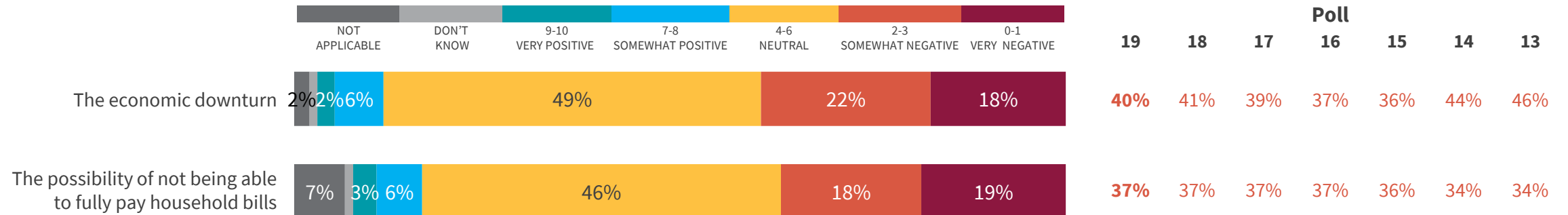
Negative Impact of Economic Downturn:

- Underemployed (47%)
- Physical impairment (49%)
- Ages 18-34 (50%)
- Cannabis dependency (50%)
- Alcohol dependency (52%)
- High self-rated anxiety (57%)
- High self-rated depression (58%)

Negative Impact of not being able to Pay Bills

- Women (40%)
- Ages 35-54 (41%)
- Racialized people (43%)
- Currently experiencing chronic pain (45%)
- People with children under 9 (46%)
- Ages 18-34 (46%)
- Underemployed (47%)
- High self-rated anxiety (56%)
- High self-rated depression (54%)


Impact on Mental Health



Younger Canadians with high personal screen time have lower mental health indicators

	General average	6+ hours on Screens	Age (6+ hours personal screen time)		
			16-34	35-54	55+
Self Reported Anxiety					
High (8-10)	12%	17%	28%	20%	8%
Medium (5-7)	37%	39%	48%	44%	28%
Self Reported Depression					
High (8-10)	11%	16%	22%	18%	10%
Medium (5-7)	23%	25%	33%	26%	18%
GAD-7					
Severe Anxiety symptoms	5%	10%	15%	13%	3%
Moderate Anxiety symptoms	9%	12%	18%	13%	6%
PHQ-9					
Severe Depression symptoms	5%	10%	14%	12%	6%
Moderate/Severe Depression symptoms	7%	10%	13%	14%	5%
Moderate Depression symptoms	13%	16%	24%	17%	11%

- Mental health indicators are lower for individuals spending a high amount of personal on screens (6+ hours per day).
- Numbers are even more striking when it comes to younger Canadians (16-34) with high personal screen time.
- They are three times more likely than the national average to report high self-rated anxiety (28% vs 12% on average), or to show signs of mental health distress (GAD-7 and PHQ-9; 15% and 14% vs 5%).
- They are twice more likely to report high self-rated depression (22% vs 11%).

 Significantly higher than other groups

Younger Canadians with high personal screen time have lower mental health indicators

	General average	6+ hours on Screens Total	Age (6+ hours personal screen time)		
			16-34	35-54	55+
Alcohol and Cannabis use					
Alcohol dependency	6%	8%	12%	11%	3%
Cannabis dependency	6%	10%	18%	11%	2%
Suicide Ideation					
Suicide ideation in the past year	14%	21%	34%	21%	12%

- Younger Canadians with high personal screen time are more than twice as likely as the national average to have had suicide ideations in the past year (34% vs 14% on average).
- They are also twice as likely to show signs of alcohol dependency (12% vs 6%), and three times more likely to show signs of cannabis dependency (18% vs 6%).

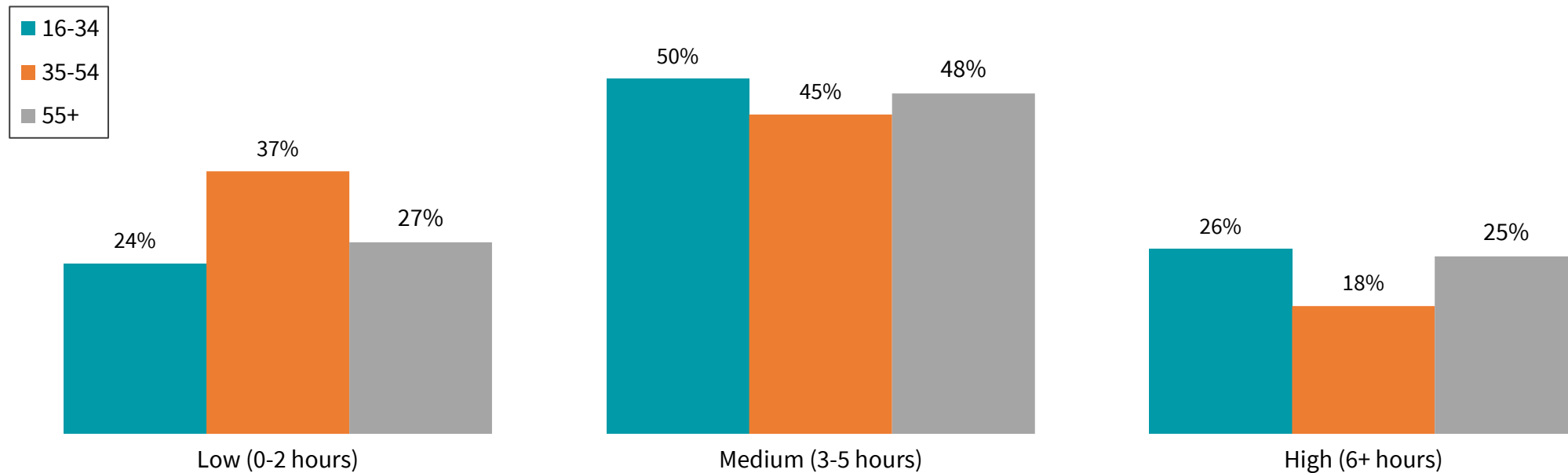


Significantly higher than other age category

One in four young Canadians spend 6 or more hours of their personal time on screens

- Almost half of all age groups spend 3 to 5 hours of their personal time each day on screens.
- One in four younger (16-34 26%) and older (55+ 25%) Canadians spend 6 or more hours of their personal time on screens.
- Canadians 35-54-years-old spend the least amount of their personal time on screens, with 37% spending two hours or less.

Personal Hours Spent on Screen Per Day



Daily News and Social Media continue to have a negative impact on mental health

- Two in five (39%) Canadians feel that daily news has a negative impact on their mental health. This is slightly lower than the findings during the pandemic (Poll 12 – Spring 2022), the last time this was asked.
- More than one in four (28%) Canadians feel that social media has a negative impact on their mental health. This is higher than the results found during the pandemic.

Negative Impact of Daily News:

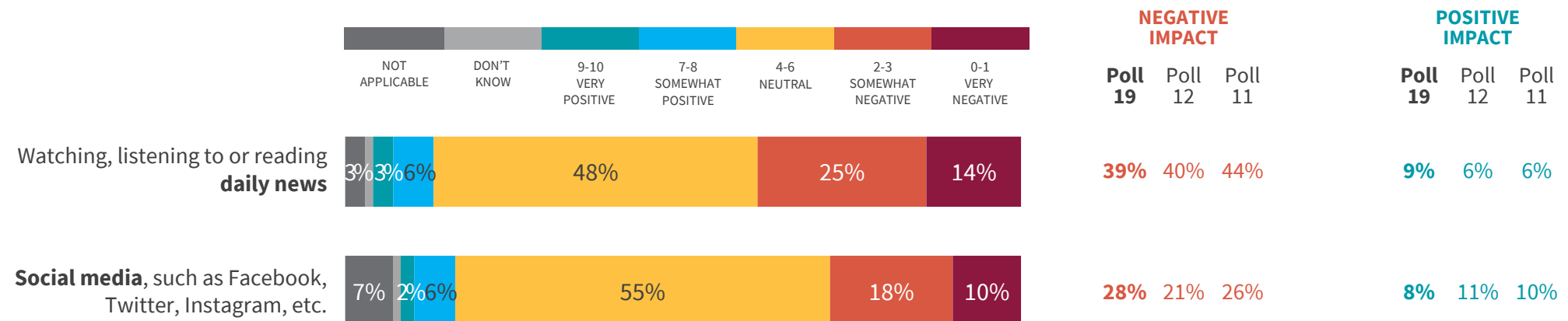
- Women (44%)
- Those who spend high work hours on screens (46%)
- Underemployed (47%)
- High self-rated depression (48%)
- High self-rated anxiety (53%)

Negative Impact of Social Media

- Ages 16-17 (32%)
- High self-rated anxiety (32%)
- People with children under 9 (34%)
- Ages 18-34 (35%)

- High self-rated depression (39%)
- Alcohol Dependency (44%)
- Cannabis Dependency (49%)

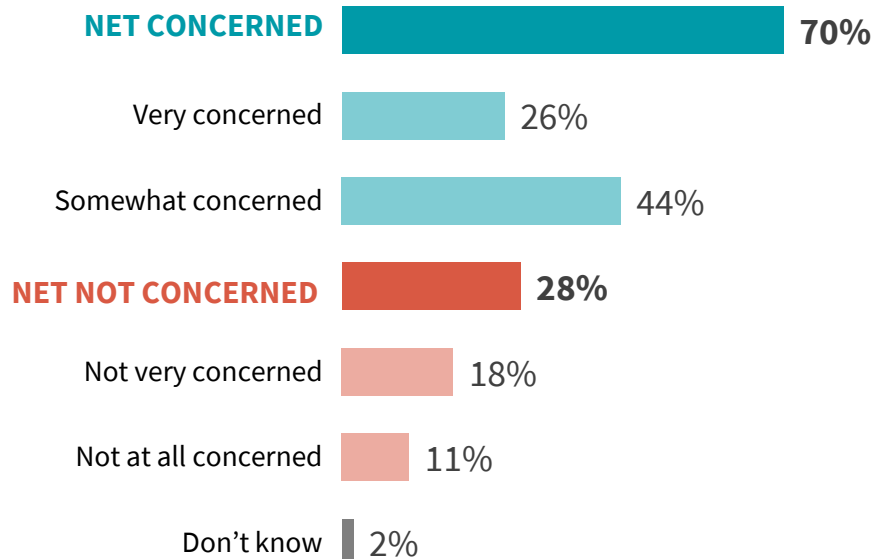
Impact on Mental Health



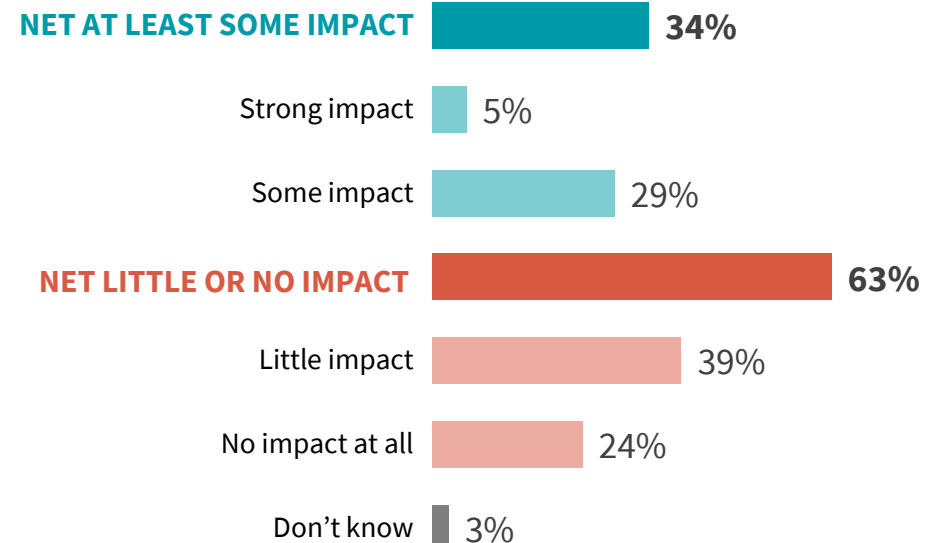
Most Canadians are concerned about climate change, for one in three it has an impact on their mental health

- Seven-in-ten Canadians (70%) are concerned about climate change, with 26% saying they are very concerned.
- Those in Ontario and BC (both 73%) are most concerned about climate change, as well as people living in urban areas (71%), younger Canadians (18-34 73%), women (74%), those with high self-rated anxiety (75%), a university degree (75%), and members of the 2SLGBTQ community (79%).
- One in three people (34%) say that it has some impact on their mental health, but only 5% report a strong impact.
- Those in Alberta and Manitoba (40% and 43%) are more impacted by it, as well as people with children under 9 (41%), people in the 2SLGBTQ+ communities (42%), racialized people (42%), those with high self-rated anxiety or depression (53% and 52%), or those showing signs of alcohol or cannabis dependency (57% and 56%).

CONCERN ABOUT CLIMATE CHANGE



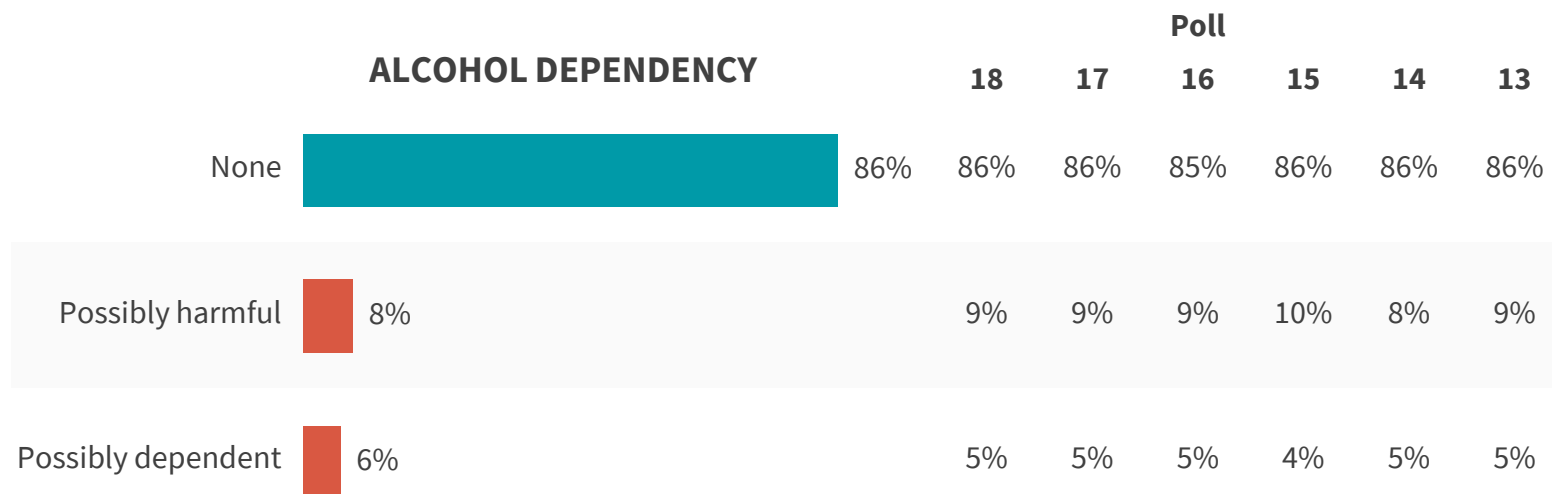
IMPACT ON OVERALL MENTAL HEALTH



A26A. How concerned are you about climate change? Base: (Total n=3,224) **A26B.** What impact, if any, is your concern about climate change having on your overall mental health? Base: (Total n=2,862)

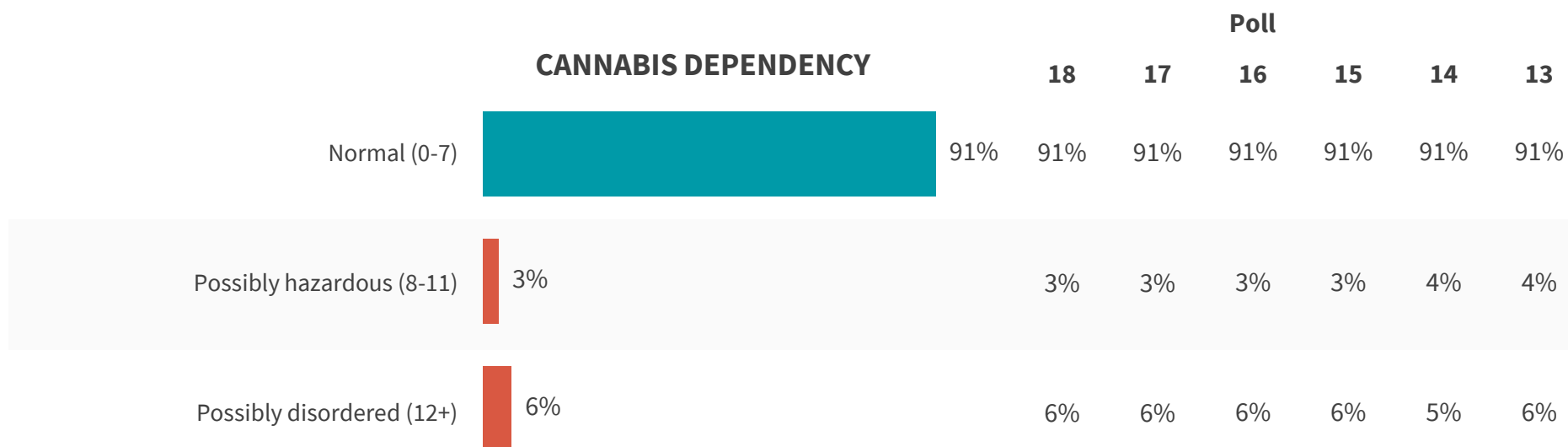
One in ten people indicating having a harmful relationship with alcohol; one in twenty show signs of dependency

- On the alcohol dependency chart, 6% of Canadians show signs of alcohol dependency, while 8% are exhibiting harmful behaviours. This has not changed over the past five polls.
- Profile of those showing signs of alcohol dependency** : younger Canadians (18-34 13%), people with children under 9 (13%), those likely to have severe mental health symptoms (22%), those with high self-rated anxiety and depression (23% and 23%), or financial troubles (23%), or those who show signs of dependency to cannabis (52%).



One-in-ten Canadians show signs of cannabis consumption that is hazardous or disordered

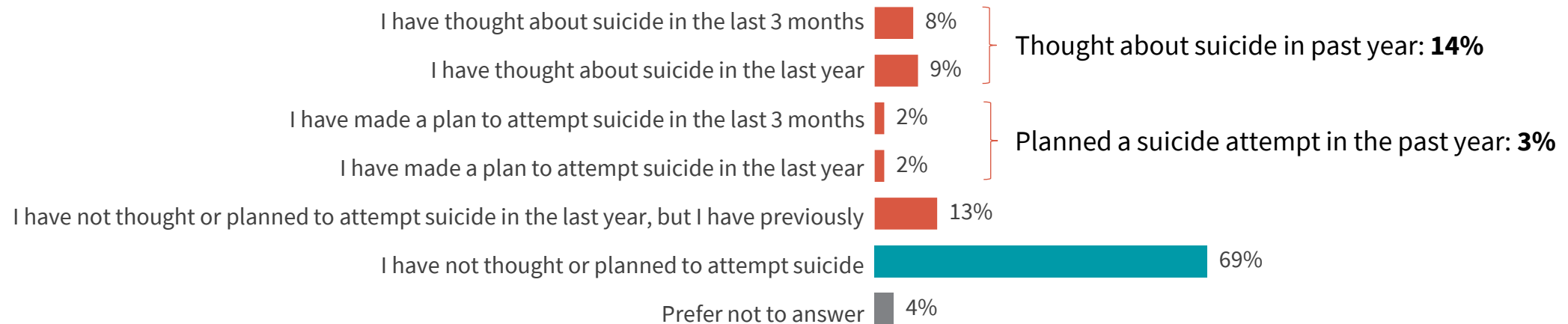
- Cannabis dependency is currently less prominent than alcohol dependency, with 3% using cannabis in situation that could be physically hazardous and 6% showing signs of dependency to cannabis. Results have remained consistent over the past seven polls.
- **Profile of those showing signs of cannabis dependency:** men (9%), people with high personal screen time (10%), people with children under 9 (14%), those with a physical impairment (14%), 18-34 years old (15%), those reporting high self-rated anxiety (18%) or depression (22%), or experiencing severe mental health symptoms (24%), or financial troubles (26%). Half of the people (56%) showing signs of alcohol dependency also show signs of cannabis dependency.



One-in-seven Canadians have thought about suicide in the past year, 3% have made plans

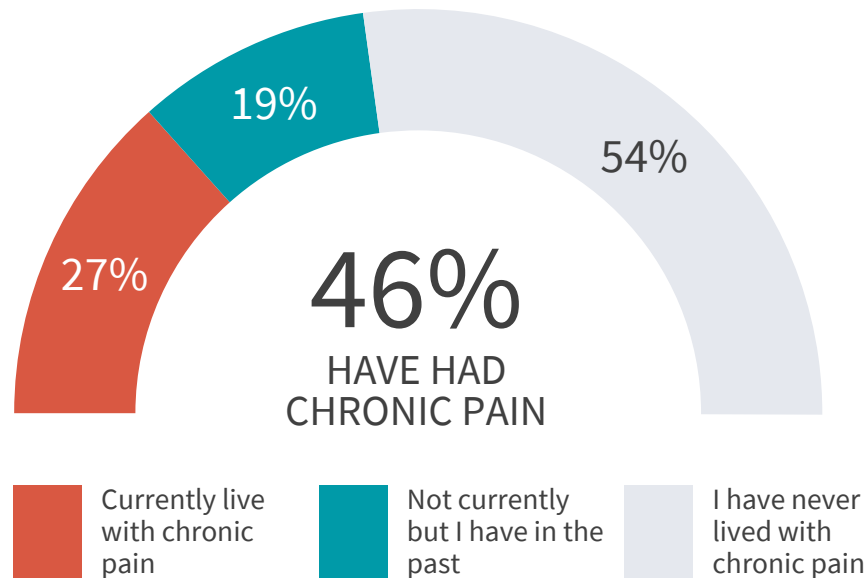
- Thoughts of suicide continue to be more predominant among those who spend a high amount of personal time on screens (21%), those who are experiencing chronic pain (22%), younger people (16-17 25%, 18-35 23%).
- In the 2SLGBTQ+ community, 36% have thought about suicide and 9% have made a plan in the past year.
- Financial instability is impacting suicide ideation, with those experiencing money problems being more likely to have consider it. Specifically, those who are unemployed (28%) or have gone into debt due to inflation (28%) or have financial troubles (39%) were more likely to have had suicidal thoughts in the past year.
- Those who rate their anxiety and depression as high have more thoughts of suicide. Among those who rate their depression as high, three-fifths (59%) have thought of suicide in the past year and one-fifth (19%) have planned an attempt. Of those rating their anxiety as high, 46% have thought about suicide in the past year and 18% have planned an attempt in the past year.

THOUGHTS RELATING TO SUICIDE

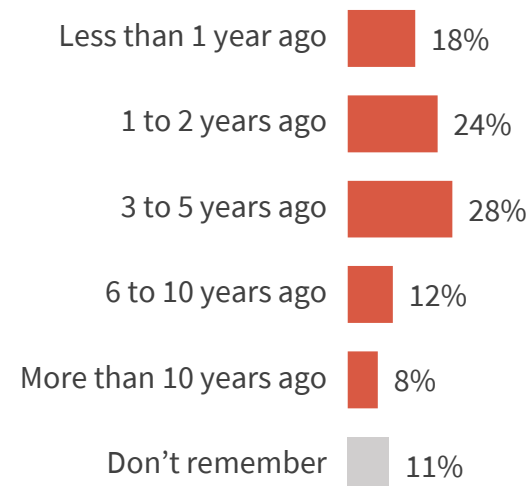


More than one in four Canadians is currently dealing with chronic pain

- Almost half (46%) of Canadians have had to deal with chronic pain, with 27% dealing with it currently and 19% having dealt with it in the past.
- While chronic pain is more common among older Canadians (35% are currently suffering), still 10% of 16–17-year-olds and 17% of 18-34- year-olds are currently suffering from chronic pain.
- Current chronic pain is also more common among people living in rural/small town settings (33%), those showing signs of cannabis dependency (38%), those reporting severe symptoms of mental health distress (40%), or rating their anxiety or depression as high (44% and 45%), or with financial troubles (49%). High personal screen time is also associated with chronic pain (34%).
- Among those who have dealt with chronic pain in the past, most say it was in the past 5 years (70%).



WHEN DID YOU LAST LIVE WITH CHRONIC PAIN



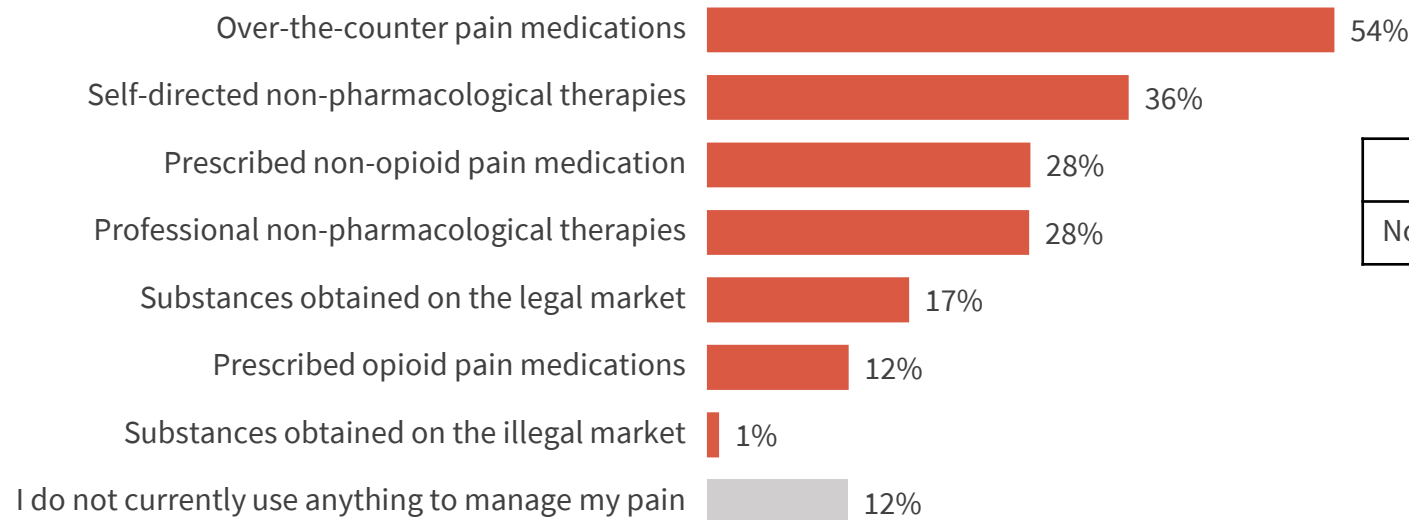
A1ONEW1: Chronic pain is defined as pain that persists or recurs for more than 3 months. Which of the following describes you best? Base: (Total n= 3,224)

A1ONEW3: When did you last live with chronic pain? Base: (Total n= 613)

People suffering from chronic pain are most likely to manage their care themselves

- Four in five (82%) of people suffering from chronic pain take steps to manage the pain themselves, primarily through over the counter (OTC) medications (54%), or self-directed non-pharmacological therapies (36%), or substance obtained legally (17%).
- By comparison, 40% rely on professionals to help them with pain management, primarily through professional non-pharmacological therapies (28%), non-opioid prescriptions (28%), or opioid pain prescriptions (12%).
- People earning less than \$30K a year are more likely to rely on opioid pain medications (21%), compared to those with higher incomes (\$30K-<\$50K 9%, \$50K-<\$100K 10%, \$100K+ 9%).

STRATEGIES TO MANAGE CHRONIC PAIN – CURRENTLY EXPERIENCING



	Current
Non-Pharmacological	48%

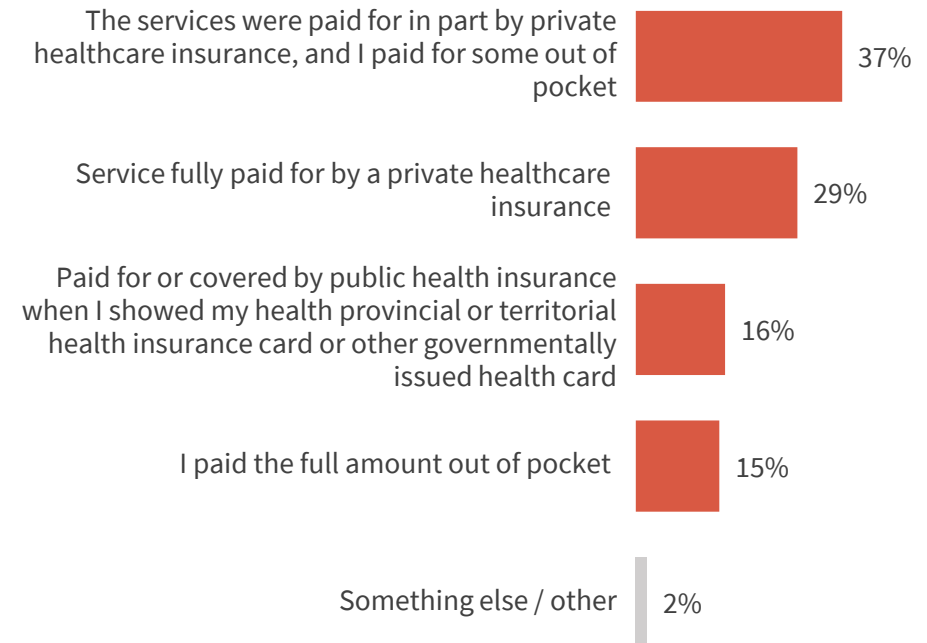
People suffering from chronic pain often rely on Private insurance to pay for their therapy

- Heat and cold applications, exercise, massage and physiotherapy are the most common professional non-pharmacological treatments.
- Two in three respondents depend on private insurance to pay for all (29%) or at least some (37%) of these therapies. This means that half of the people pay with their own finances for some (37%) or all (15%) of their therapies. Only 16% rely on government therapies.

PROFESSIONAL NON-PHARMACOLOGICAL THERAPIES USED – CURRENTLY

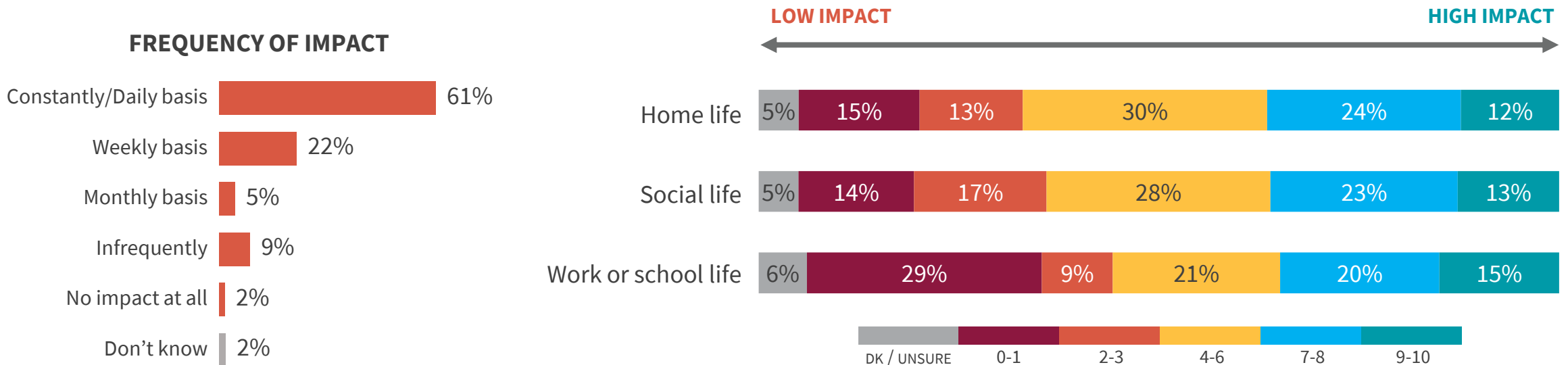


HOW THERAPY IS FUNDED – CURRENTLY



People suffering from chronic pain report that it has an impact on their daily life

- Four in five (83%) people who suffer from chronic pain say it impacts their lives at least weekly, with 61% say they deal with it everyday.
- While daily impact is most common among those 55 and older (65%), still more than half of younger people suffering from chronic pain are dealing with it every day (18-34 53%, 35-54 59%).
- People living in rural areas and small towns are more likely to suffer from chronic pain and to deal with it daily (70%), as are those with high self-rated anxiety or depression (73% for both), and those who spend a high amount of their personal time on screens (69%).
- One in three people suffering from chronic pain report that it has a high impact on all phases of their life: Home (36%), Social (36%) and Work/School (35%).





Mental Health Supports

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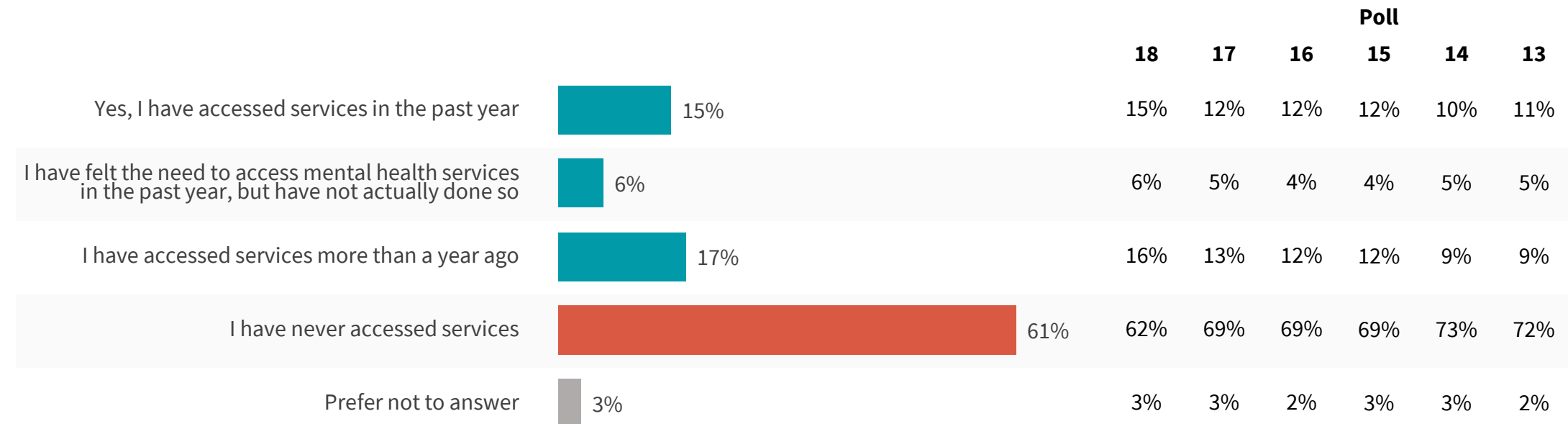
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Access to mental health supports has remained consistent this poll

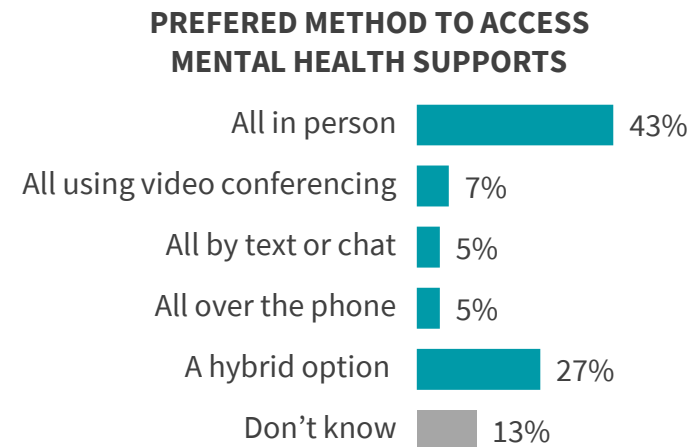
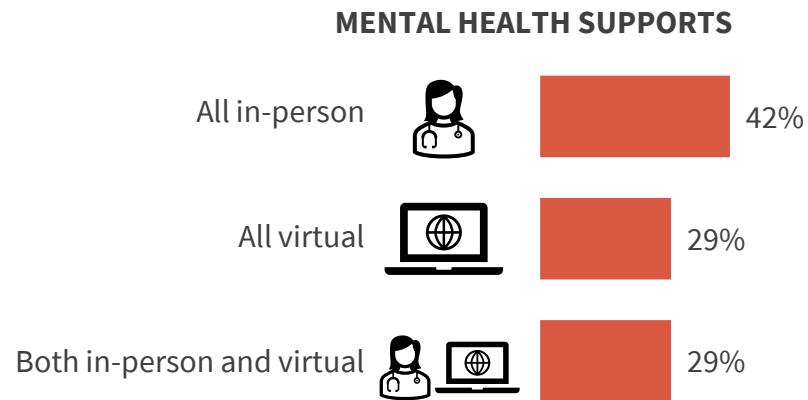
- After an increase in those accessing mental health supports last poll, levels have remained consistent this poll, with 15% having accessed these supports and 6% saying they needed to but didn't.
- Six-in-ten (61%, down by 11% since Poll 13 - Summer 2022) reported they never accessed any mental health services.
- **Those accessing supports in past year:** people currently experiencing chronic pain (20%), younger Canadians (18–34-year-olds: 22% , 35-54: 18%), frontline healthcare providers (26%), people showing signs of cannabis or alcohol dependency (29% and 30%), members of 2SLGBTQ+ community (33%), those with financial troubles (41%).
- Those living in urban/adjacent areas are more likely to have accessed services in the past year than those in rural/small town settings (16% vs. 12%).
- While those with a high self-rated anxiety or depression and those with severe mental health symptoms are more likely to have accesses services in the past year (35%, 39% and 36%), still the majority have not.



B15. Have you accessed any kind of mental health or substance use service or resource in the past year? Base: (Total n= 3,224)

Canadians are accessing a mix of in-person and virtual mental health supports

- Those who have accessed mental health supports in the past year are split as to how these supports have been accessed. Exclusively in-person is the most popular (42%), followed by exclusively virtual or a mix of both (29% each).
- Most desires match the actual method of obtaining support, with 43% wanting in-person and 27% wanting a hybrid option. However, only 17% say they would want to get this support virtually, versus the 29% who obtained it in the manner.
- Those with high anxiety or depression are more likely to use a hybrid method of support (38% and 39%)
- Those with high anxiety are more likely to use a hybrid method of support (36%), as are those likely to have a severe mental condition (35%).
- Those living in rural areas and small towns are more likely to use only in-person support (55% vs. 40% of those in urban/adjacent areas).



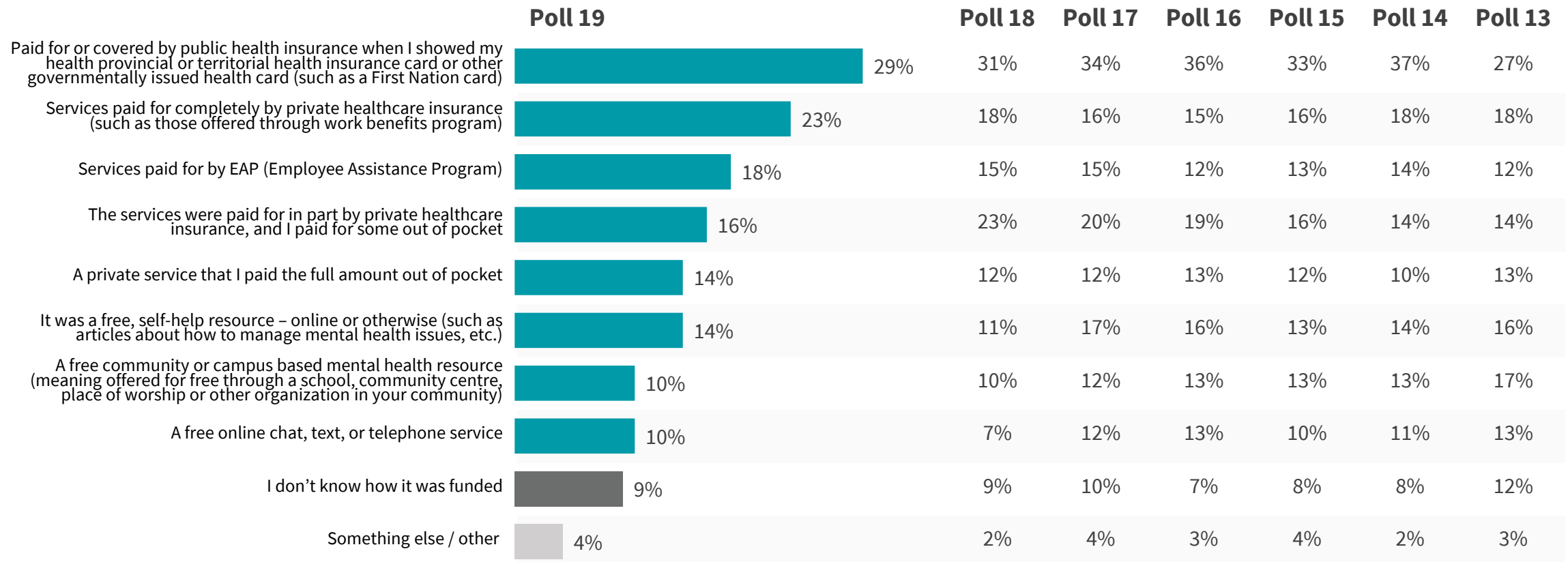
B23C: Are the mental health supports you access in-person (meaning you access these services face-to-face) or virtual (meaning over the phone, through chat, through a video call, etc.)?

Base: Those who accessed services in the past year (Total n= 493)

B30NEW: If you were in the need of mental health support, how would you prefer to access it? Base: (Total n= 3,224)

Use of publicly funded care continues to decline, while use of private insurance continues to rise

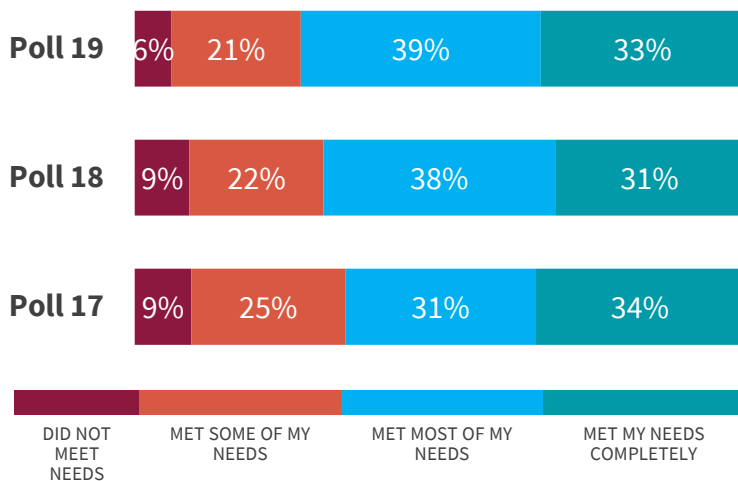
- Three in ten (29%) Canadians use publicly funded services, following a downward trend since Poll 16 (Spring 2023).
- During the same period, services paid through private insurance and EAP have been on an upward trend.
- Access to free community or campus mental health resources have followed a declining trend since Poll 13 (Summer 2022).



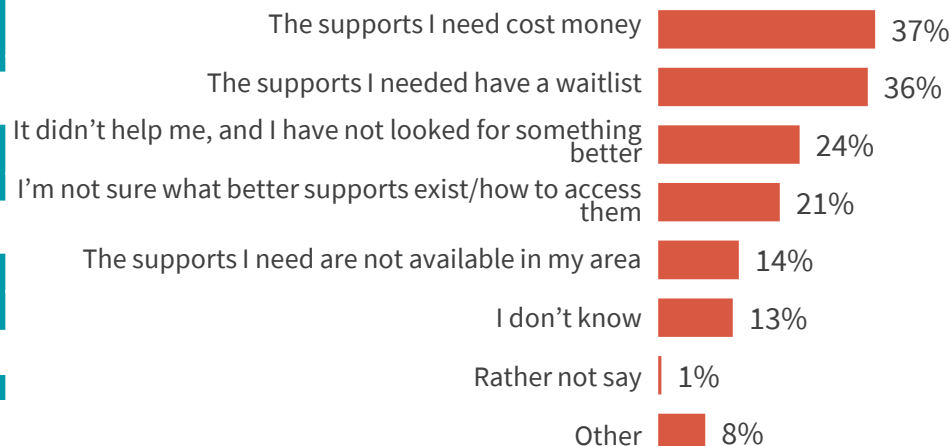
Most people feel at least some of their needs were met; they were completely met for only three in ten

- One in three people (33%) said the support they accessed met all of their needs, while 39% said it met most of their needs, and 27% said it only met some of their needs. These results are slightly better than last poll.
- The main reasons why people are not accessing the services that would meet their needs are affordability (37%) and waitlist (36%).
- The ability for government services to meet all needs is improving (38%) after a significant decrease Poll 17 (30%), but is not back up to Poll 16 levels (42% - Spring 2023).
- The likelihood of free services to meet all needs decreased this Poll (22% from 30% last poll).
- Nearly three in four (73%) people who have received support in the past year are somewhat (40%) or very (33%) satisfied with it. This is consistent with last poll's findings.

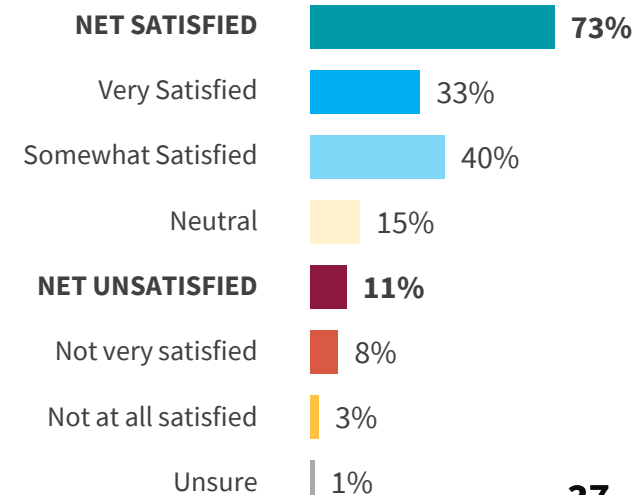
MENTAL HEALTH SUPPORTS YOU ACCESSED MET YOUR NEEDS



WHY SUPPORTS YOU ACCESSED DID NOT MEET ALL OF YOUR NEEDS



SATISFACTION WITH THE SUPPORT RECEIVED IN PAST YEAR



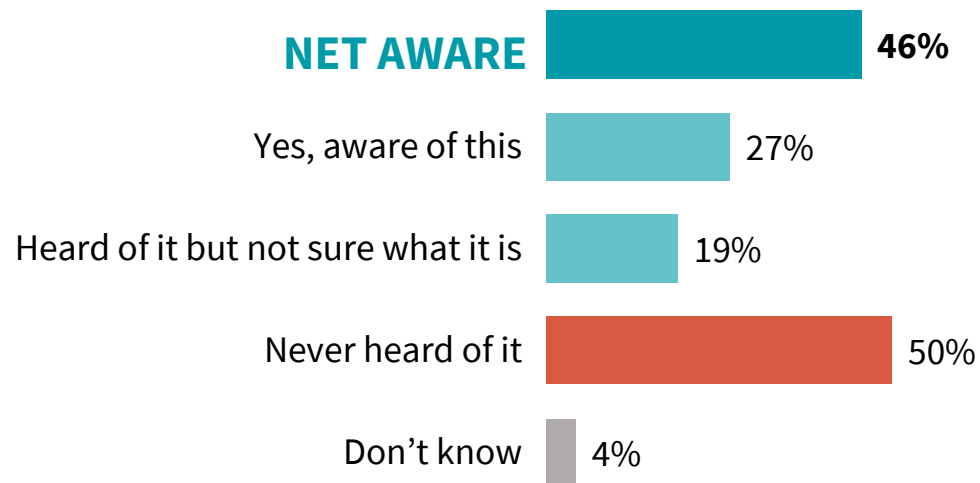
B22: Did the mental health supports you accessed meet your needs? (Base: Poll 19 n=493, Poll 18 n=512, Poll 17 n=462, Poll 16 n=488)

B23B: Why didn't the supports you accessed meet all of your needs? (Base: Poll 19 n=141)

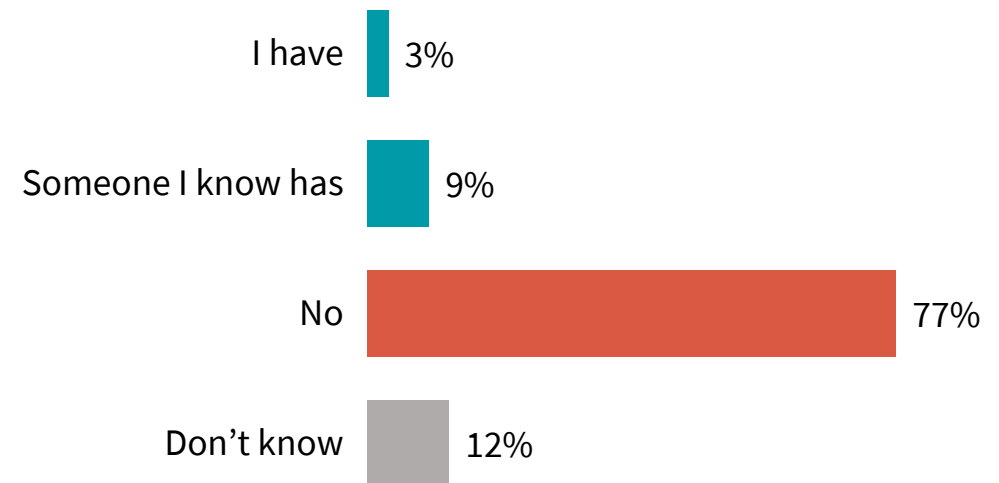
Half of Canadians are aware of the 988-crisis helpline

- Almost half (46%) say they are aware of the 988-crisis suicide helpline : 27% know what it is and 19% have just heard of it.
- Awareness is least prevalent in Quebec (38%) but is higher among younger Canadians (18-34 53%), those with moderate or severe (55% and 54%) mental symptoms, those in the 2SLGBTQ+ communities (57%) and those with signs of alcohol or cannabis dependency (62% and 71%).
- 3% have used the line themselves, and an additional 9% know someone who has.

**AWARENESS OF
988 CRISIS SUICIDE HELPLINE**



**USAGE OF
988 CRISIS SUICIDE HELPLINE**





Lesli Martin, Senior Vice President, Pollara

Michael Cooper, Vice President, MHRC

Claire Hlavacek, Co-Ordinator of Partnerships and Strategic initiatives

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