



HEALTH IN CRISIS

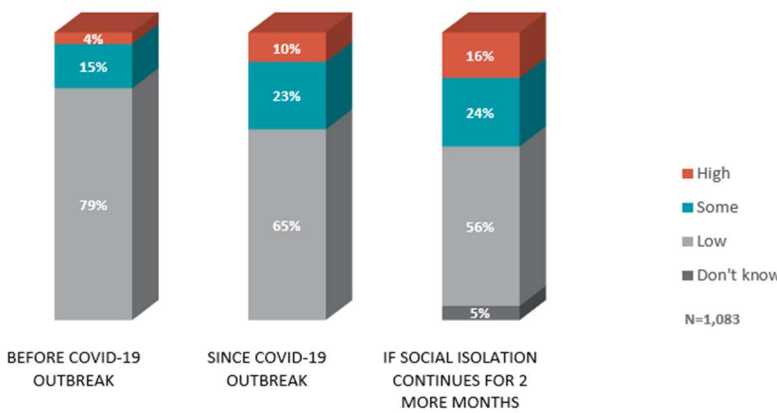
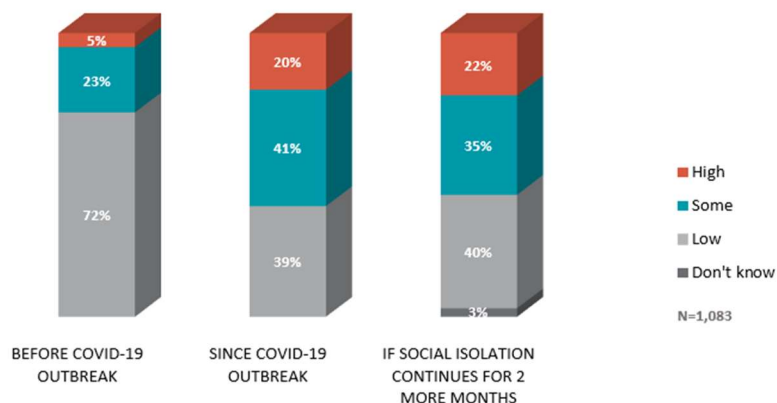
How COVID-19 Is Impacting Canadians

Summary Report of Key Findings of Mental Health Research Canada Survey

Mental Health Research Canada (MHRC) has launched this year-long study “Mental Health in Crisis: How COVID-19 Is Impacting Canadians,” to capture Canadians’ perception of their level of anxiety and depression, and to identify and evaluate the factors that influence mental health. The survey’s goal: to generate solid data to help policy makers, governments and service delivery agents tailor programs to the need of Canadians in this crisis.

Pollara Strategic Insights, on behalf of MHRC, conducted the inaugural survey in English and French from April 22 to April 28. More than 1,800 Canadians who are 18 years of age or older were engaged, and all provinces and territories were represented. MHRC has already begun to develop the next survey. For a full report of the findings of MHRC's survey, please visit our website, www.mhrc.ca.

ANXIETY & DEPRESSION

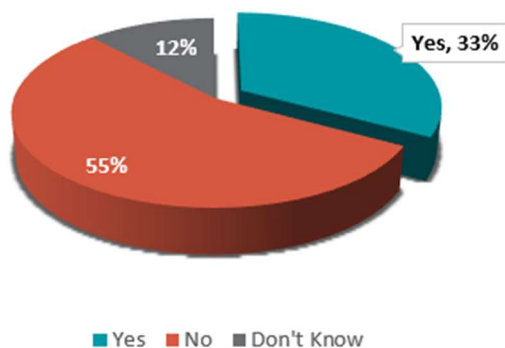


Anxiety is high, and depression is on the rise

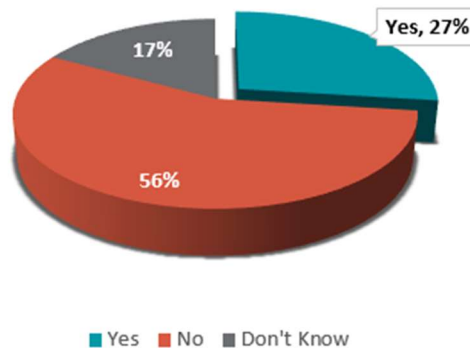
- Canadians reporting **high anxiety levels have quadrupled** and those with **high depression levels have doubled**.
- On the other hand, Canadians experiencing **low anxiety levels have been reduced by 50%**, and those with **low depression levels have been reduced by 20%**.
- 18% of Canadians indicated they have been **diagnosed with an anxiety disorder** and **17% with depression**. They are **more likely to be younger Canadians who are 18 to 34 years old (25% & 21%, respectively)** and more likely to be women (20% & 19%, respectively). Canadians diagnosed with **other mood disorders (6%)** are more likely to be 18 to 34 year olds (9%) but are equally represented among men and women.
- Nearly half of **Canadians diagnosed with an anxiety disorder (48%) or depression (45%)** feel the positive impacts of communicating with friends and family, but are also feeling the negative impacts of self-isolation (44% both).

ACCESS TO SERVICES & QUALITY OF SUPPORT

Less frequent access to mental health supports since COVID-19



Quality or effectiveness of mental health supports declined since COVID-19



NOTE: Among those who are self-isolating & had mental health support before the outbreak (n=391)

Mental health supports available but Canadians feel access & quality have declined.

- **57% of Canadians diagnosed with an anxiety disorder or depression accessed mental health supports before the outbreak.** Of these Canadians, 45% currently access mental health supports.
- **43% of Canadians diagnosed with an anxiety disorder say they have less access to mental health supports since the outbreak, and 36% feel the quality of supports has declined.** The numbers for depression are similar.

URBAN VS. RURAL

Among urban and rural communities, the difference between access to mental health supports before and after the onset of COVID-19 is marginal.

CHILDREN VS. NO CHILDREN

Those with children younger than 18 are more likely to have accessed mental health supports before COVID-19 (29%) and have access to supports now (26%) than those without (before COVID: 20% & since: 18%).

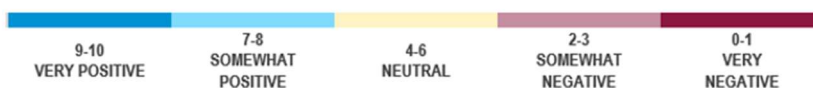
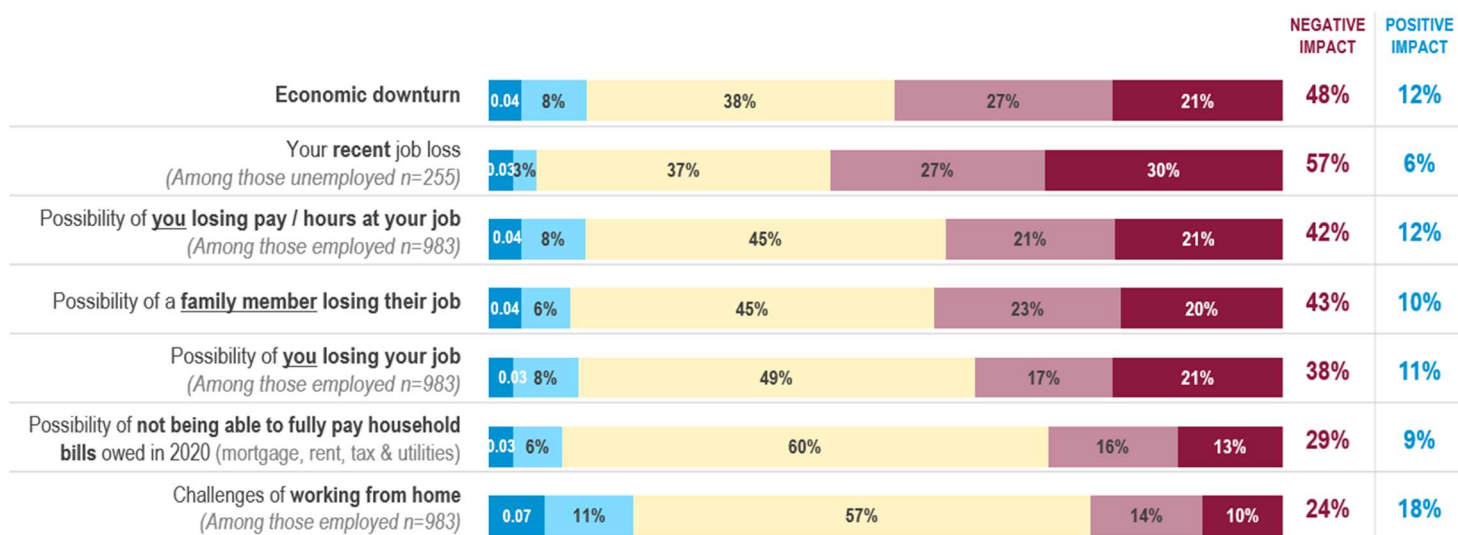
Survey respondents were asked what else they would like their governments to do to support mental health?

Answers included: “extend virtual medical appointments beyond the COVID crisis”; “expand telehealth mental health supports”; “provide more support to seniors”; and “improve support for health care workers.”

ACTIVITIES THAT HAVE POSITIVE & NEGATIVE IMPACTS

Economic concerns and fear of catching COVID-19 negatively impact Canadians, but reading, entertainment and communication have positive impacts.

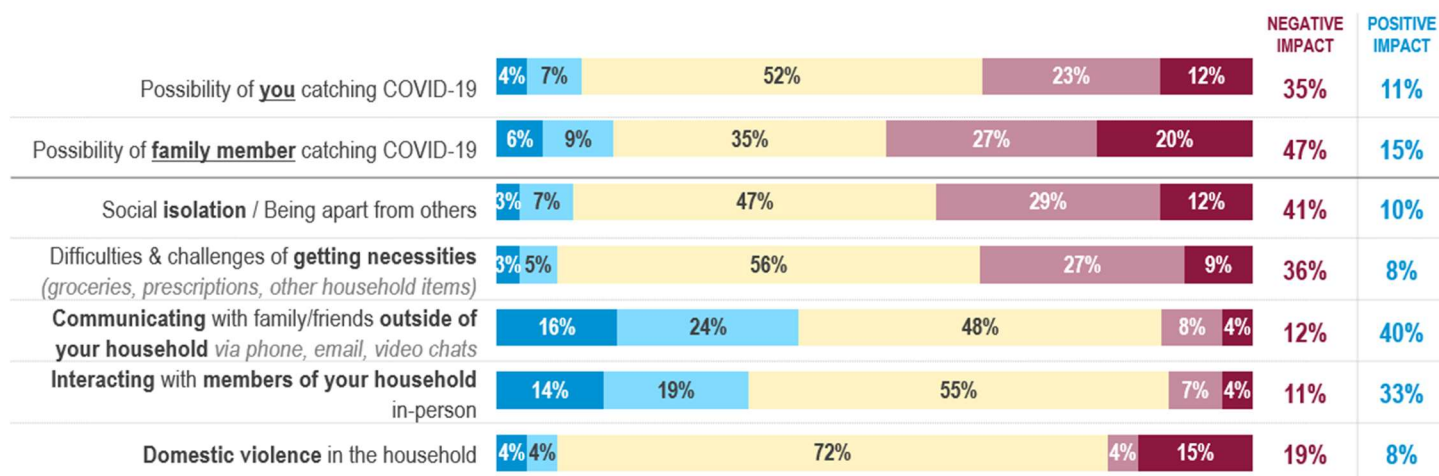
IMPACT OF ECONOMIC CONCERNS ON MENTAL HEALTH



Base: (Total N=1,803) 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:

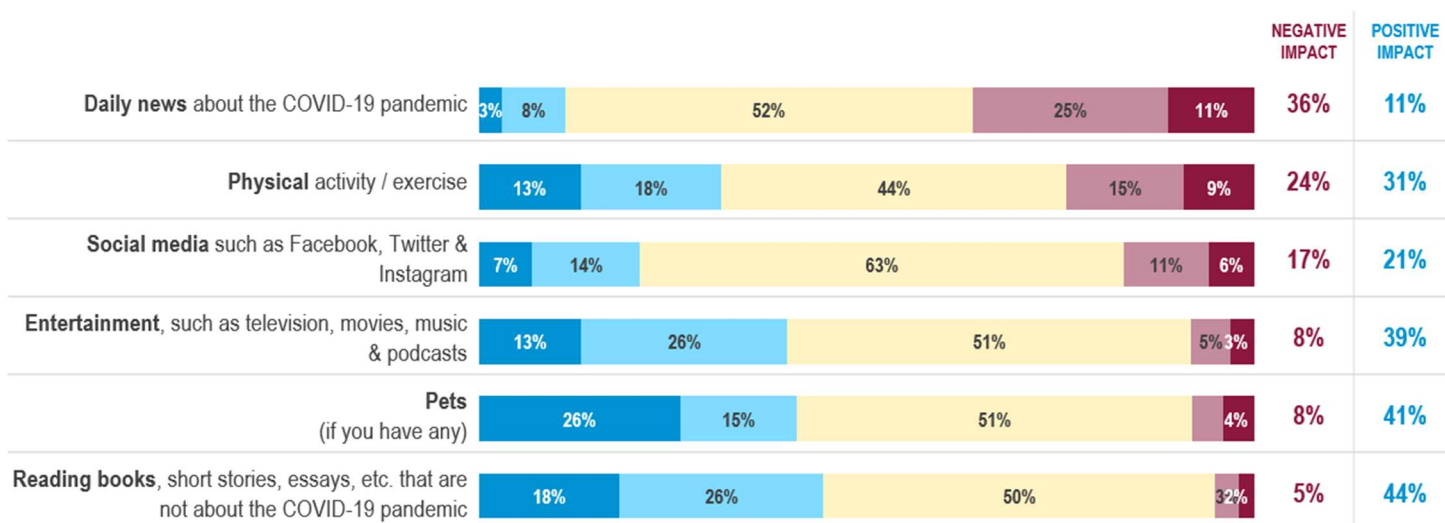
The highest concern for Canadians is the economic downturn (48%), followed by having a family member lose their job (43%), losing work hours or pay (42%) and being laid off (38%).

IMPACT OF COVID-19 RELATED CONCERNS ON MENTAL HEALTH

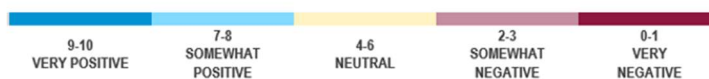


On a personal level, **47% of Canadians are more concerned about their family members catching the virus** than themselves (35%) and **41% are negatively impacted by self-isolation**.

IMPACT OF LIFESTYLE CHOICES ON MENTAL HEALTH



On the positive side of social distancing, Canadians are **reading** (44%), watching TV shows, movies and other forms of **entertainment** (39%); **exercising** (31%); and for those who have them, spending **quality time with pets** (41%).



Base: (Total N=1,803) 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:

ADDITIONAL FINDINGS

Consumption of Alcohol, Cannabis and Illegal Drugs

<p>Canadians report an increase in consumption of alcohol and cannabis since the outbreak, but feel the impact on their mental health is relatively neutral at this point.</p>	<p>Increase in consumption of alcohol and cannabis levels is the same in men and women, but men are more likely to indicate an increase in the use of illegal drugs.</p>
--	--

Employees Gauge Supportiveness of Employers

<p>Employed Canadians feel the supportiveness of their employers regarding their mental health needs before and after the onset of COVID-19 is similar or slightly improved.</p>	<p>Urban residents report feeling significantly more supported by their employers in their mental health needs (before COVID-19: 51%; since: 53%) than rural residents (28% and 34%, respectively).</p>
--	---

Regional Differences in the Impact of COVID-19

<p>Residents of Alberta report the largest increase in high anxiety levels (+20%), while Ontario (+17%), Atlantic Canada (+16%) and BC (+15%) report a similar increase, and Quebec residents report the smallest increase (+10%).</p>	<p>Similarly, high depression levels increase the most among residents in Atlantic Canada (+12%), followed by Ontario and Alberta (+8% each), and least among Quebec residents (+2%).</p>
--	---

Canadians with Children Compared to Those Without

<p>Canadians with children younger than age 18 note a higher positive impact on their mental health from in-person interactions with family members in their household (41%) than those without children in their household (30%), despite an increase in non-physical conflict (36% and 23%, respectively).</p>	<p>Canadians with children younger than age 18 are more likely to increase their consumption of alcohol (36%) and illegal drugs (25%) since the outbreak than those without children in their household (25% & 13%, respectively). Use of cannabis increases slightly: those with children in their household (31%); those without (29%).</p>
--	---