



Mental Health During COVID-19 Outbreak: Poll #11

February 2022



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Methodology

Online survey of randomly-selected sample of 3,512 adult (18+) Canadians. This was the eleventh poll of this study (see chart). Results between the polls are compared where applicable.

Reliability

One province, Saskatchewan, has been upsampled in this poll. 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.

Poll Eleven	Number of Interviews	Margin of Error
British Columbia	396	±4.9%
Alberta	330	±5.4%
Prairies	704	±3.7%
Ontario	1151	±2.9%
Quebec	715	±3.7%
Atlantic Canada	216	±6.7%

National	Collection Dates	Number of Participants	Margin of Error
Poll One	Apr 22 to 28, 2020	1,803	±2.3%
Poll Two	Aug 21 to 31, 2020	4,010	±1.5%
Poll Three	Oct 22 to 28, 2020	2,004	±2.2%
Poll Four	Dec 10 to 18, 2020	2,761	±1.9%
Poll Five	Feb 1 to 8, 2021	3,005	±1.8%
Poll Six	Apr 20 to 28, 2021	4,005	±1.5%
Poll Seven	Jun 7 to 13, 2021	4,010	±1.5%
Poll Eight	Aug 17 to 24, 2021	3,010	±1.8%
Poll Nine	Oct 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%



Major Findings



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Major Findings

*Contrary to expectations, **the Omicron variant demonstrated very little lasting effect** on the mental health of Canadians. Major indicators in February 2022 (post Omicron wave) are similar to December 2021 (early Omicron wave).*

- This poll captures the period when the impact of Omicron had begun to diminish. Despite the continued presence of this variant throughout the world, **concern around COVID-19 has decreased to an all time low to 59%**. This is further supported by the decrease in Canadians who are indicating a fear of catching the virus having a negative impact on their mental health.
- **Our last poll's collection (December 13 to 22, 2021) captured the period of time just prior to the height of Omicron.** At the time, the virus was spreading rapidly but no lockdowns or major health restrictions were being added. At this time, concern around Omicron and concern around COVID-19 (overall pandemic) were 65% and 70% respectively.
- Interestingly, respondents from Quebec are indicating considerably lower ongoing concern around COVID-19 at 39% versus the national average of 59% (Ontario 65%, B.C. 69%)

Major Findings

- **Self-rated levels of anxiety and depression have only moved slightly since December 2021** with 23% of Canadians indicating high levels of anxiety and 16% indicating high levels of depression. (Anxiety: 24%, Depression: 15% in December 2021)
- **Many of those who are struggling with high self-rated levels of anxiety and depression are also showing symptoms of moderate to severe psychological distress** (45% of these respondents are on the Kessler 10 psychological distress scale).
- **The majority of Canadians (68%) want either some (48%) or all (20%) public health measures to remain in place** for the primary reason that, “people are still being hospitalized or dying due to the virus”. The majority of those who want most or all of the restrictions to be lifted (38%) feel that “the virus is going to be around, so we need to learn to live with it” (76%).
 - **Those who want public health measures to stay, have indicated higher levels of anxiety and depression** compared to those who feel it is time that they are lifted.
 - Vaccine mandates continue to have a positive effect on the mental health of Canadians with 41% indicating a positive impact, 16% a negative impact and 38% no impact at all.



Key Findings



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While concern over the lasting impact of COVID-19 has declined, levels of stress and anxiety have not

59%

of Canadians are concerned about the on-going threat of COVID

- **Canadians are less concerned about the continuing threat of COVID-19:** with just less than three-fifths saying they are very or somewhat concerned, a 11% decline from December. Likewise, concerns over catching the virus themselves, or someone in their household catching the virus are also at an all-time low.
- **However, this has not changed the mental health of Canadians:** levels of high anxiety and high depression have remained consistent over the past three waves, and are still significantly higher than that seen before the pandemic. Additionally, a consistent one-fifth of Canadians are not able to deal with feelings of stress, anxiety and depression well and levels of impact on everyday life being similar.
- **Levels of anxiety and depression continue to be serious.** Despite the declining concern over catching the virus or its lasting impact on society, those classified as having symptoms of severe mental disorders on the Kessler Scale has seen a slow but consistent increase since Poll 9. Additionally, those likely to have moderate to severe anxiety on the GAD-7 and moderately severe to severe depression on the PHQ-9 scales have not declined.
- **A sixth of the Canadians have thought about suicide in the past year,** consistent with findings of past polls.
- **One-fifth of Canadians have accessed mental health support** since the pandemic. After a steep decline in satisfaction with these supports in Poll 10, satisfaction increased slightly this poll but is not back to levels seen in Poll 9.

Public health measures continue to have a positive impact on mental health of most Canadians

64%

of Canadians believe some or all public health measures should be maintained

- **Canadians believe at least some public health measures should remain in place**, with one-fifth saying it should be all measures, and almost half saying at least some. This is particularly important to those who have been diagnosed with anxiety or depression, or who have had self-reported high anxiety or depression since the pandemic, as these Canadians are more likely to say that all or some of the public health measures should stay in place.
- That said, the proportion of Canadians who say proof of vaccines has a positive impact on their mental health has decreased, with an increase in those saying it has no impact. The proportion who say it has a negative impact on their mental health continues to be low, consistent with Poll 10 findings
- **Social isolation continues to negatively impact Canadians:** Despite a loosening of mandates that result in social isolation, this continues to have the largest negative impact on the mental health of Canadians, with results remaining consistent since the summer of 2021. The impact of interactions with others inside and outside the home, has also not changed since the last poll.
- **Concerns over economic downturn remain consistent.** Poll 10 saw an increase in those being negatively impacted by the economic downturn; these numbers remained consistent this poll.
- **Burn-out is an issue to one-in-three Canadians of working age:** While only one-in-ten retired Canadians are feeling burnt-out, one-in-three of those of working age are feeling this exhaustion. This is even higher among those who are currently looking for work.
- **Canadians continue to be hopeful:** despite the issues they are facing, most Canadians continue to be hopeful for their future, and feel their relationships are valued and allow them to get help when they need it.



Detailed Findings



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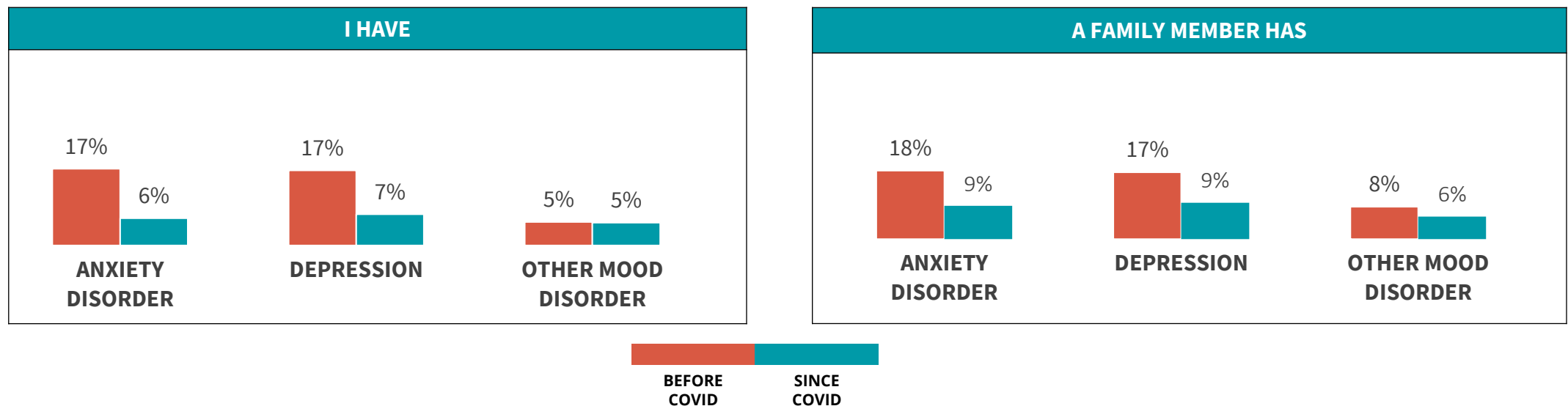
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Many Canadians have been diagnosed with anxiety or depression since the onset of COVID-19

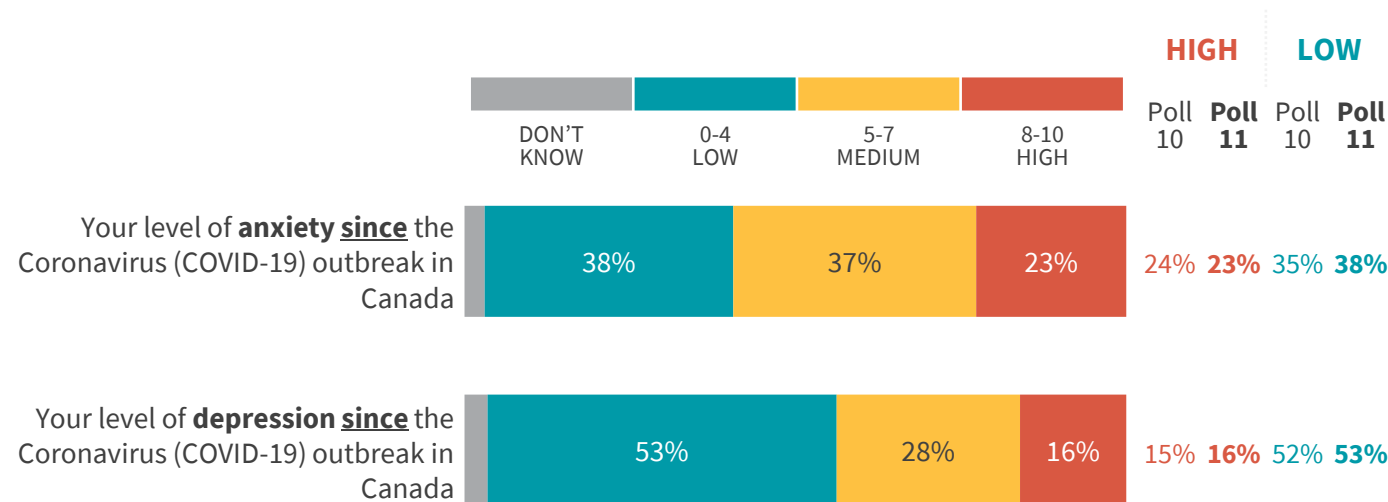
- Prior to the pandemic, almost one-fifth of Canadians had dealt with a personal or family diagnosis of anxiety (17% personal, 18% family) or depression (17% personal, 17% family). Other mood disorders were less common, with 5% having a personal diagnosis, and 8% a diagnosis in their family.
- Since the onset of COVID, another 6% say they have personally been diagnosed with anxiety and 7% depression. And another 9% say a family member has been diagnosed with anxiety or depression, respectively.



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. Have 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: **Base: (Total n=3,512)**

Levels of both high anxiety and depression since COVID-19 remained consistent in this poll

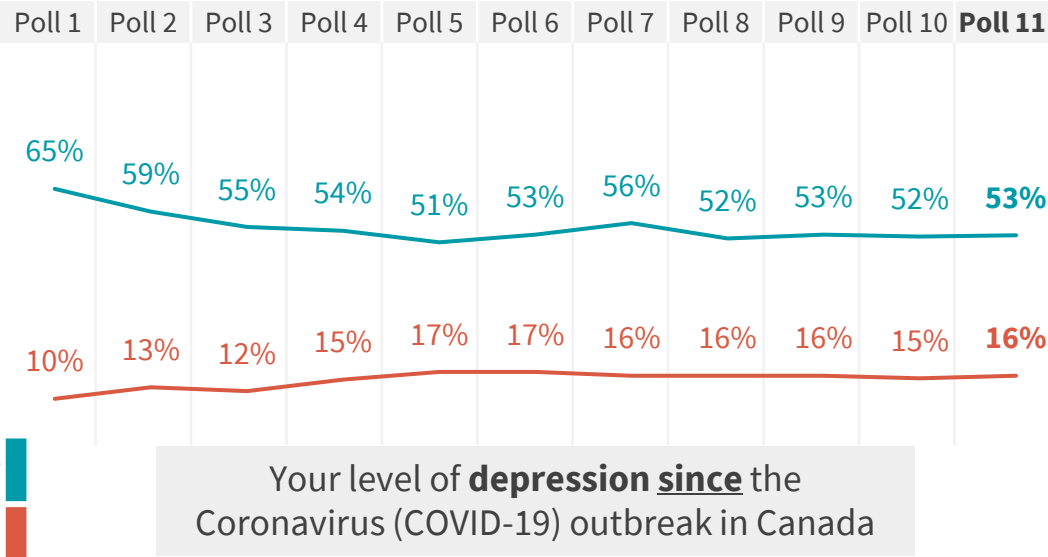
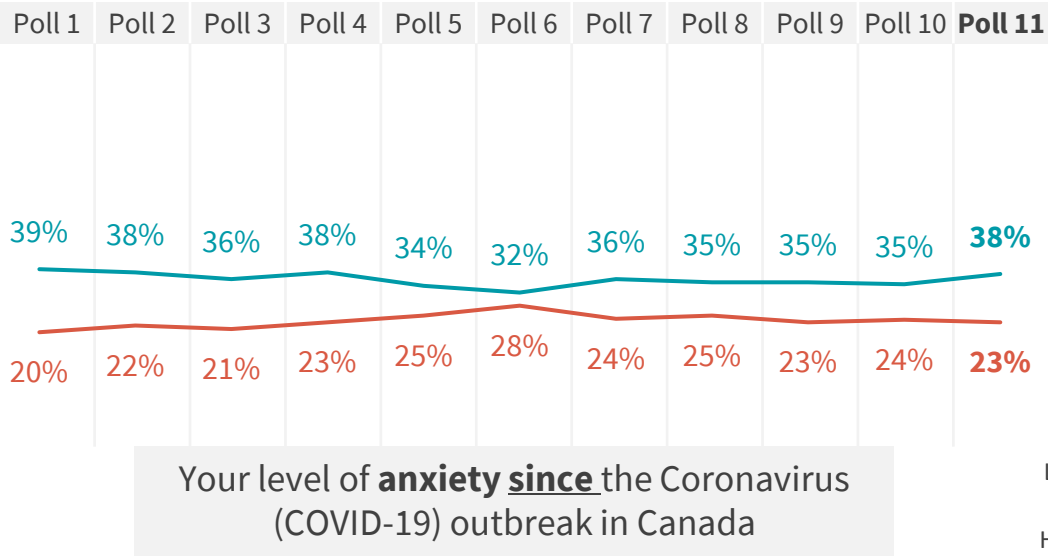
- Despite the negative impact of COVID-19 on Canadians' mental health and a sharp jump in their anxiety and depression levels since the onset of the pandemic, levels of anxiety and depression remained consistent in February, compared to December.
- A quarter of Canadians said they are experiencing high anxiety, which continues to be much higher than before COVID-19.
 - Anxiety continues to be worse for younger Canadians (16-17 24%, 18-34 31%, 35-54 25%, 55+ 14%), women (27% vs. 18% of men), and those who are unemployed (36%). Frontline workers (35%) and members of LGBTQ2S+ (37%) also experience higher levels of anxiety (35%).
- The percentage of Canadians reporting high depression has remained consistent with Poll 10 findings.
 - Depression also continues to be worse for Canadians aged 35-54 (16-17, 12%; 18-34, 23%; 35-54, 18%; 55+, 9%), as well as among the unemployed (29%).
 - Members of the LGBTQ2S+ (30%) community reported experiencing higher levels of depression.



Poll 1: Before COVID-19
High Anxiety 5%
High Depression 4%

Levels of anxiety and depression have remained consistent

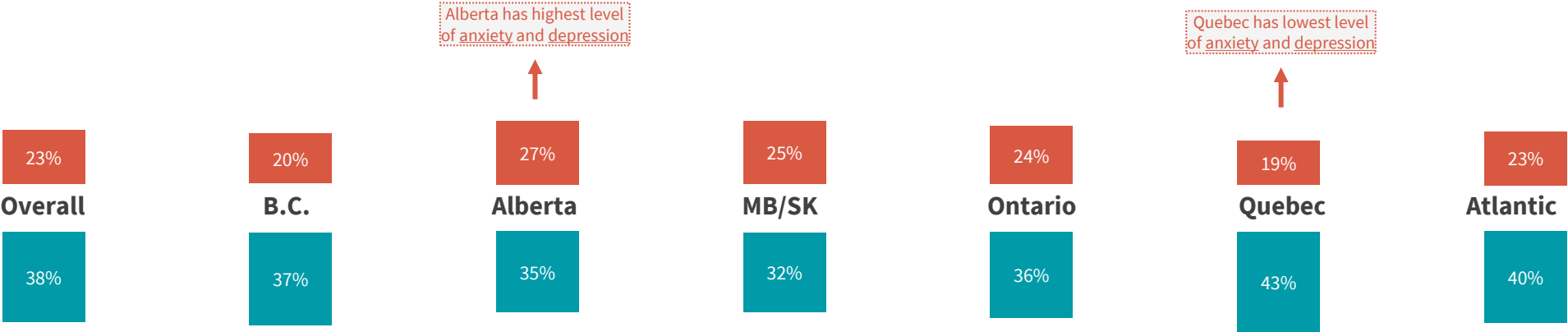
Poll 1: Before COVID-19
Anxiety 5%
Depression 4%



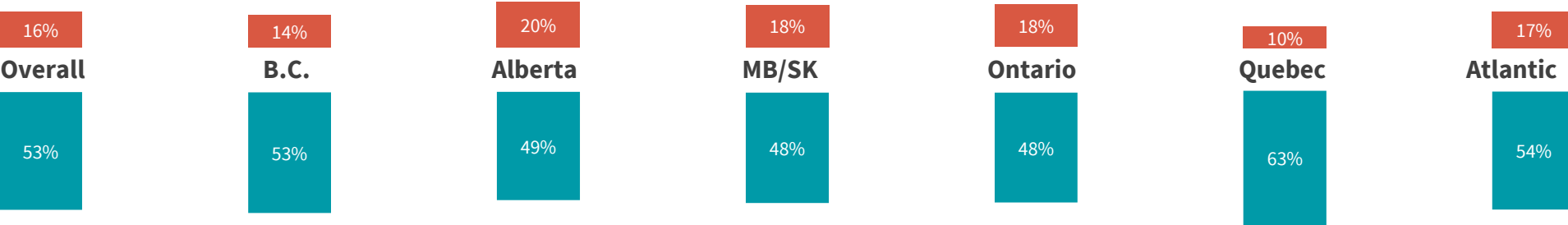
Alberta has the highest levels of anxiety and depression



ANXIETY



DEPRESSION



Nearly half of Canadians reported having symptoms of moderate or severe psychological distress

- Two-thirds (64%) of the Canadians who rated their anxiety or depression high since COVID (8-10) are likely to have symptoms of a moderate (19%) or severe (45%) mental health disorder, while two-fifths (36%) are likely to have symptoms of a mild (17%) or no (19%) mental health disorder. The percentage of Canadians experiencing symptoms of a severe mental disorder has increased by 7 percent since Poll 9, a trend worth noticing.
- Among those who rate their anxiety or depression as moderate (5-7), almost one-in-three is likely to have symptoms of a moderate (13%) or severe (17%) mental health condition, while a fifth (21%) are likely to have symptoms of a mild mental health disorder, and half (49%) are likely to have no mental health disorder symptoms.
- Canadians more likely to be classified as severe: Younger (16-17*, 61%; 18-34, 58% vs. 35-54, 40%; 55+, 32%); and men (54% vs. 40% of women).

Psychological Distress 1-5 Point Scale Items	(All/Most)	(None/Little)
Tired out for no good reason	31%	37%
That everything was an effort	24%	52%
Nervous	22%	42%
Depressed	20%	56%
Restless or fidgety	18%	55%
Hopeless	16%	62%
Worthless	15%	67%
So sad that nothing could cheer you up	12%	67%
So restless you could not sit still	10%	73%
So nervous that nothing could calm you down	9%	72%

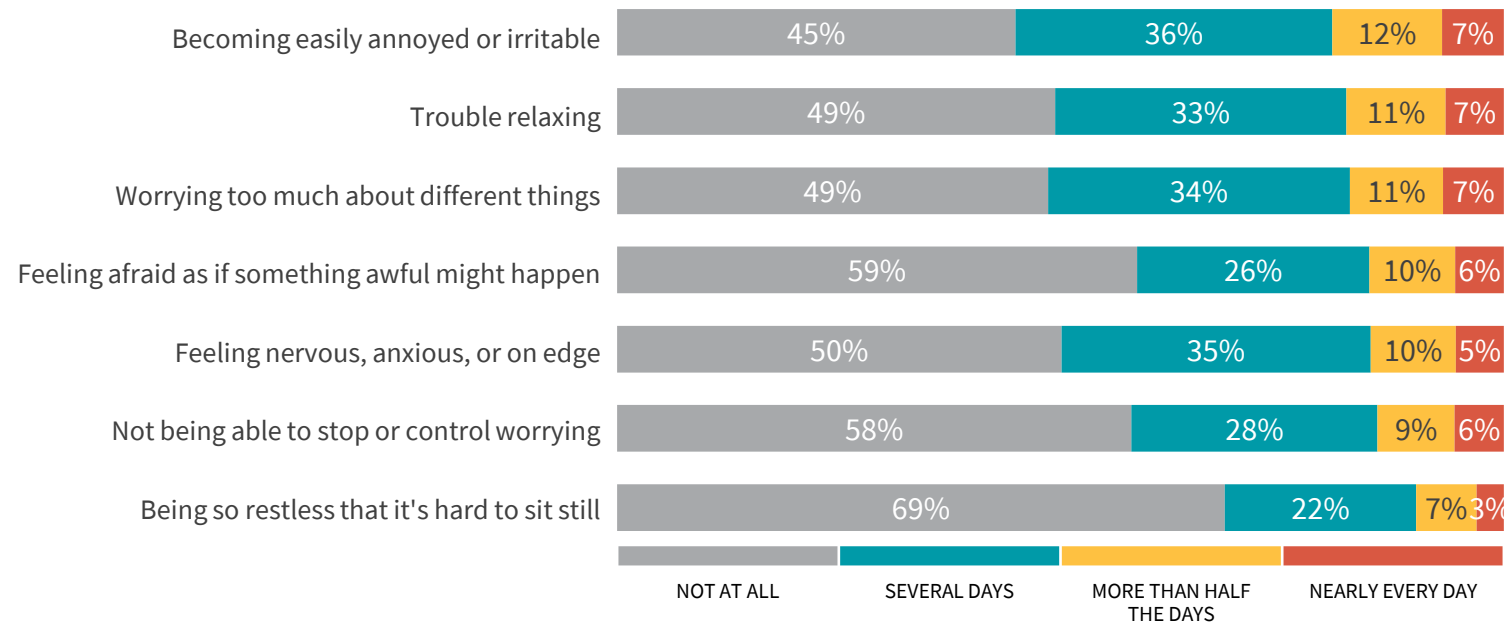
Mental Health Scores among Canadians with high and moderate anxiety or depression since COVID-19

Moderate: 5-7					High: 8-10						
Poll 11	Poll 11	Poll 10	Poll 9	Poll 8	Poll 7	Poll 6	Poll 5	Poll 4	Poll 3	Poll 2	
49%	19%	19%	20%	21%	20%	23%	19%	19%	18%	21%	Likely to have no mental health disorder symptoms (<20)
21%	17%	19%	19%	20%	19%	18%	18%	18%	19%	16%	Likely to have symptoms of a mild mental disorder (20-24)
13%	19%	18%	22%	22%	21%	21%	20%	22%	26%	21%	Likely to have symptoms of a moderate mental disorder (25-29)
17%	45%	44%	38%	38%	40%	37%	43%	40%	36%	42%	Likely to have symptoms of a severe mental disorder (30-50)

Many Canadians report symptoms of moderate to severe anxiety

- Using the General Anxiety Disorder -7 (GAD-7) screening test, 5% of Canadians have symptoms of severe anxiety and 10% have symptoms of moderate anxiety. Scores have remained consistent since this test was started in Poll 6.
- Levels of anxiety are highest among younger Canadians, particularly 16-17 year olds (7% severe, 15% moderate), but also 18-34 year olds (6% severe, 15% moderate), particularly compared to those 55+ (2% severe, 5% moderate). Members of the LGBTQ2S+ community are also more likely to experience from symptoms of severe (9%) or moderate (18%) anxiety based on this test.
- Those who have not received the vaccine are somewhat more likely to have symptoms of severe anxiety (9% vs. 4%).

Psychological Distress Anxiety Frequency Scale Items



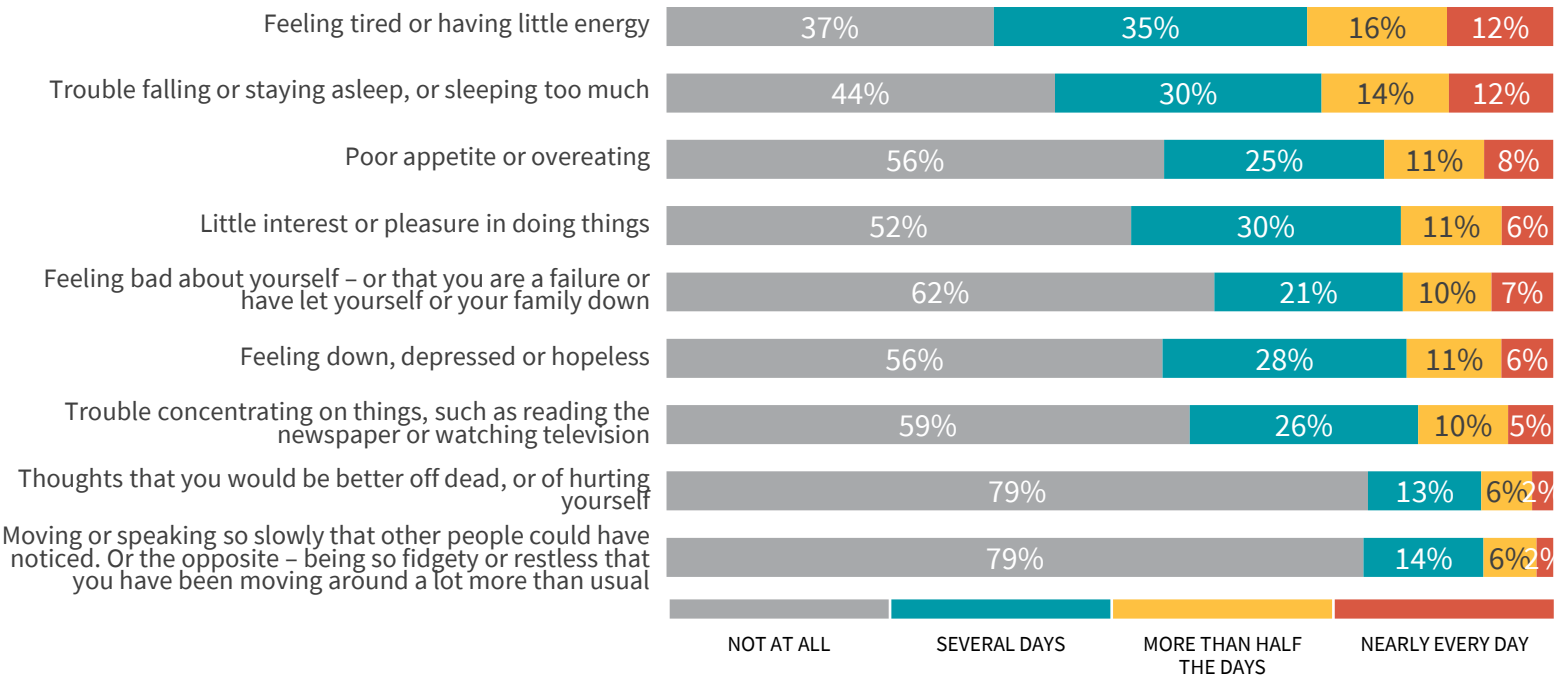
Mental Health Scores among Canadians with anxiety since COVID-19

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

A quarter of the Canadians report having symptoms of moderate to severe of depression

- Using the Patient Health Questionnaire -9 (PHQ-9) test, 24% of Canadians have symptoms of a moderate to severe depression disorder, with 4% having severe, 8% moderately severe and 12% moderate disorder. Results have remained consistent since we first implemented this test (Poll 6).
- Canadians more likely to be classified as severe: Younger 16-17 (9%, 18-34, 9% vs. 35-54, 5%; 55+, 3%); unemployed (9% vs. employed: 4%), members of the LGBTQ2S+ community (9%) and those experiencing physical impairment (9%), and income less than 30k (8%).
- Those who are unvaccinated are more likely to have severe depressive symptoms (9% vs. vaccinated: 4%).

Psychological Distress Depression Frequency Scale Items



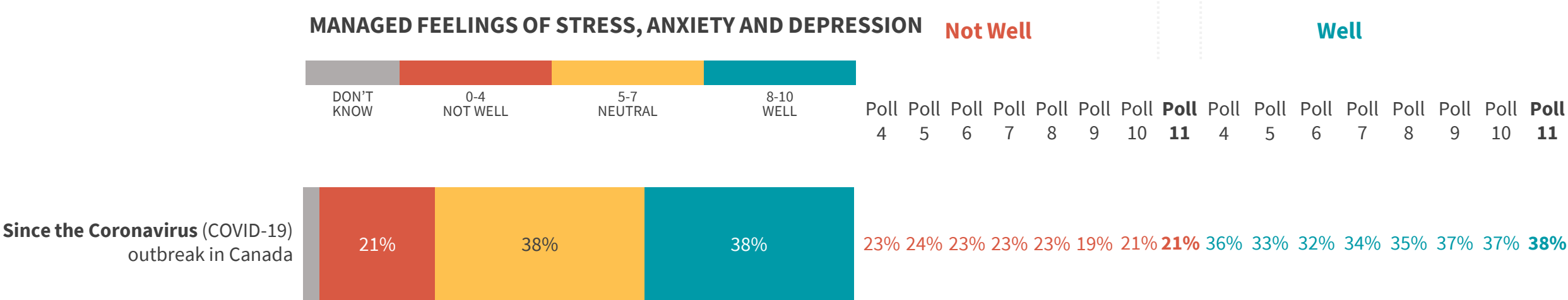
Mental Health Scores among Canadians with depression since COVID-19

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



The negative impact of COVID-19 on ability to cope remained consistent

- In this poll, we found that 38% say they are managing well since COVID-19. This number has not increased outside the margin of error since Poll 9, but has seen a gradual incline of 6% since Poll 6. Additionally, the number of Canadians who say they are not coping well stays consistent with Poll 10, at 21%.
- Young people continue to be less likely to feel they are now handling their stress well (16-17, 31%), a finding consistent with the last poll.
- People with a diagnosed mental health condition continue to be more likely to say they are not handling their stress well (26%), slightly lower since the last poll (24%).





Impacts on Mental Health



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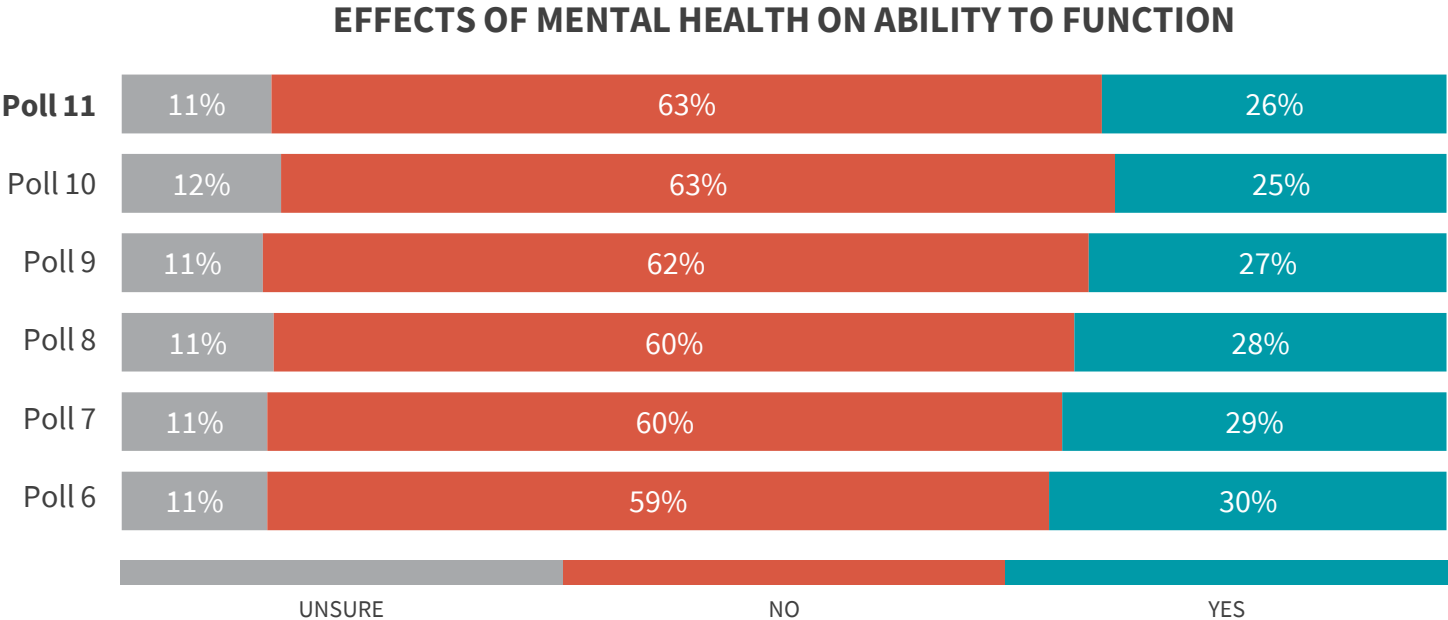
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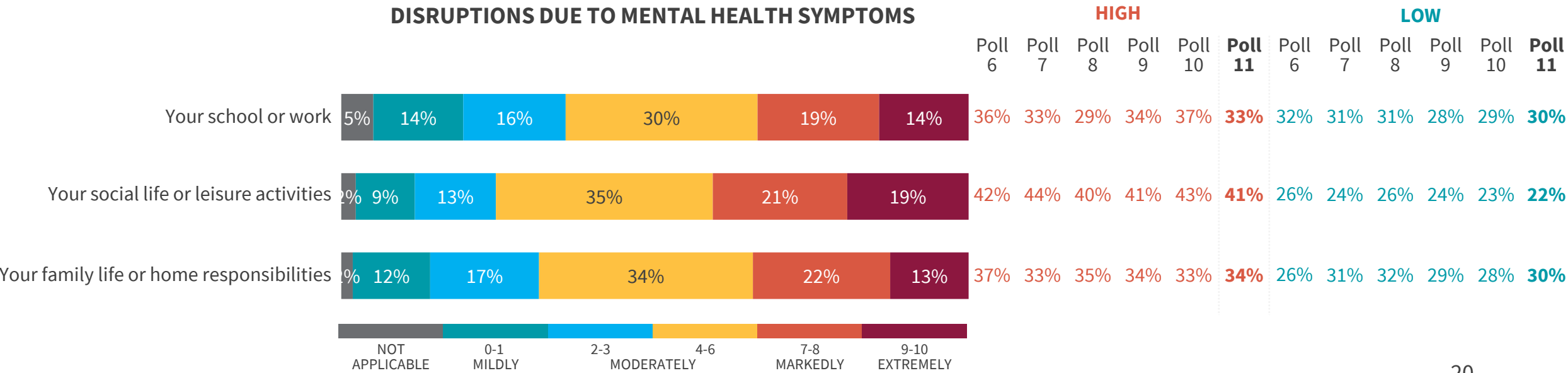
Canadians report their mental health impacting their ability to function

- The percentage of Canadians who say their mental health has impacted their ability to function has not increased outside the margin of error since the last poll, but remains lower than Poll 6 results (30%).
- Younger people are more likely to say their mental health has impacted their ability to function (16-17, 50%; 18-34, 38%; 35-54, 28%; 55+, 15%), as are frontline healthcare workers (34%), unemployed (35% vs. employed 28%), and members of the LGBTQ2S+ (45%) and physically impaired (42%).
- Vaccine status has a limited impact on the ability to function.



Three-in-ten Canadians report mental health symptoms impact their day-to-day life

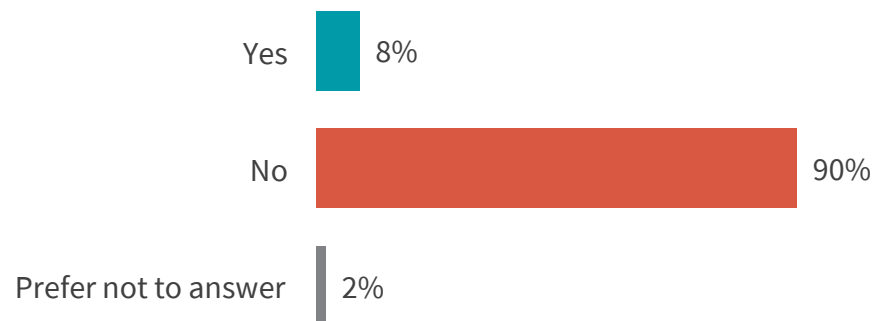
- Two-fifths (41%) of those who have had these impacts, described the impact on their social activities as at least markedly; while a third say the same of their family responsibilities (34%) and their school or work (33%). Impact on school or work has declined by 4% this poll.
- Students are more likely to say their schoolwork is extremely impacted (55%), than employed Canadians who say their workday is impacted (28%).



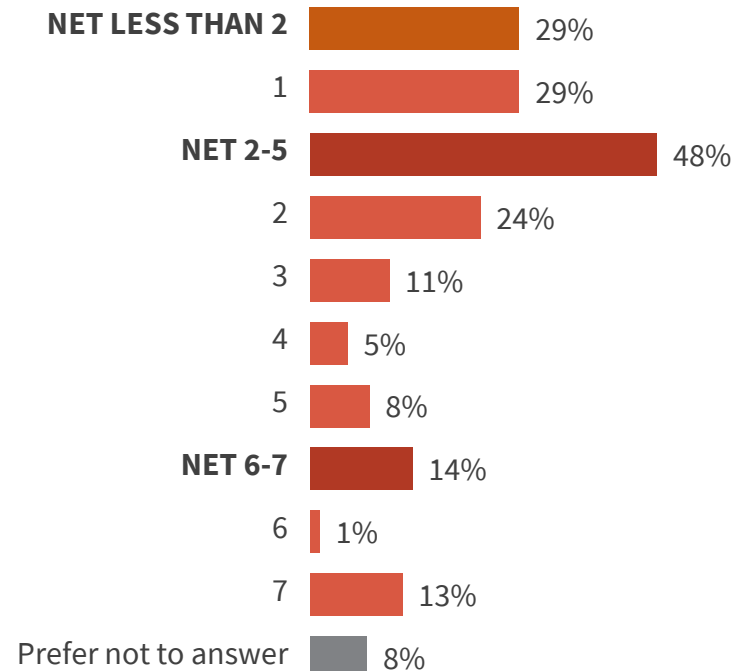
Canadians are losing many days at work due to mental health

- The incidence of losing days due to mental health issues has not changed since Poll 6 (7%), with students missing on average 2.2 days and employed people 3.0.
- While Canadian students are more likely than employed people to have missed only one day (42% vs. 29%), employed Canadians are more likely to miss 7 days (employed 13% and students 7%).
- More than one-in-ten front line health care workers have lost work time (13%), an average of 3.4 of the last 7 days.

LOST DAYS OF SCHOOL OR WORK BECAUSE OF MENTAL HEALTH IN THE PAST WEEK



DAYS LOST BECAUSE OF MENTAL HEALTH

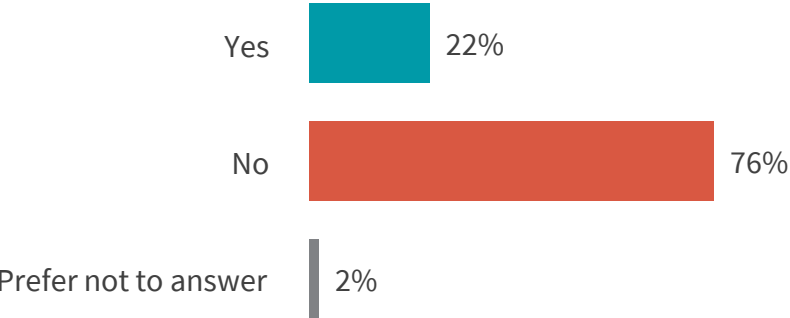


Mean
3.0
DAYS

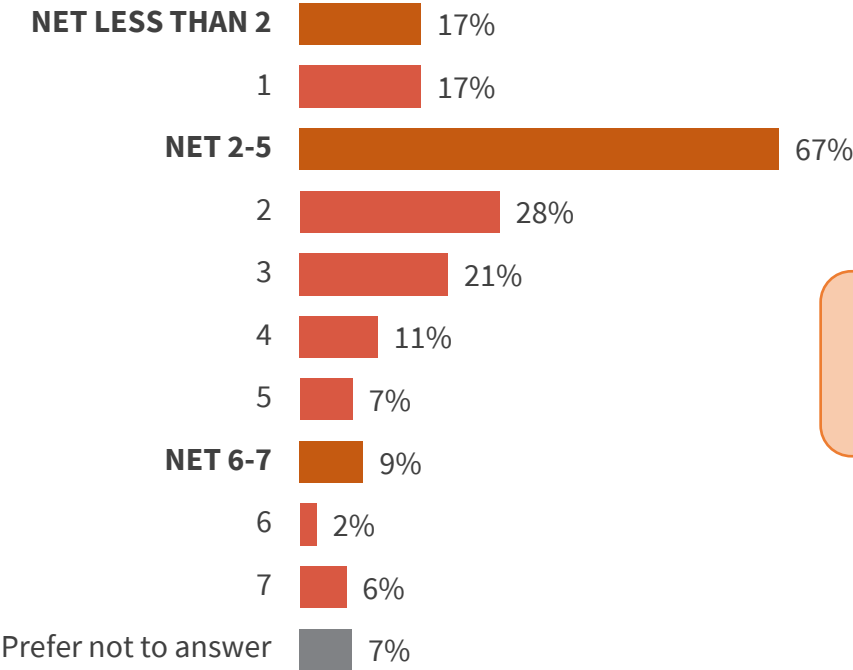
A fifth of Canadians felt impaired or experienced low productivity at school or work

- Overall, feelings of impairment have decreased since the last few polls, but remained consistent with Poll 10, from 30% in Poll 7 to 26% in Poll 8, 21% in Poll 9 and Poll 10 and 22% in Poll 11.
- Younger Canadians (18-34) are to be most prone to feeling impaired; this has remained consistent in this poll (29%; 27% in Poll 10). While this feeling is not as common among older Canadians, this has increased slightly this poll (55+ from 8% to 11%).
- Vaccine status has limited impact on feelings of impairment.

FEELING IMPAIRED AND PRODUCTIVITY WAS REDUCED AT SCHOOL OR WORK DURING THE LAST WEEK



DAYS WHEN FEELING IMPAIRED AND PRODUCTIVITY WAS REDUCED

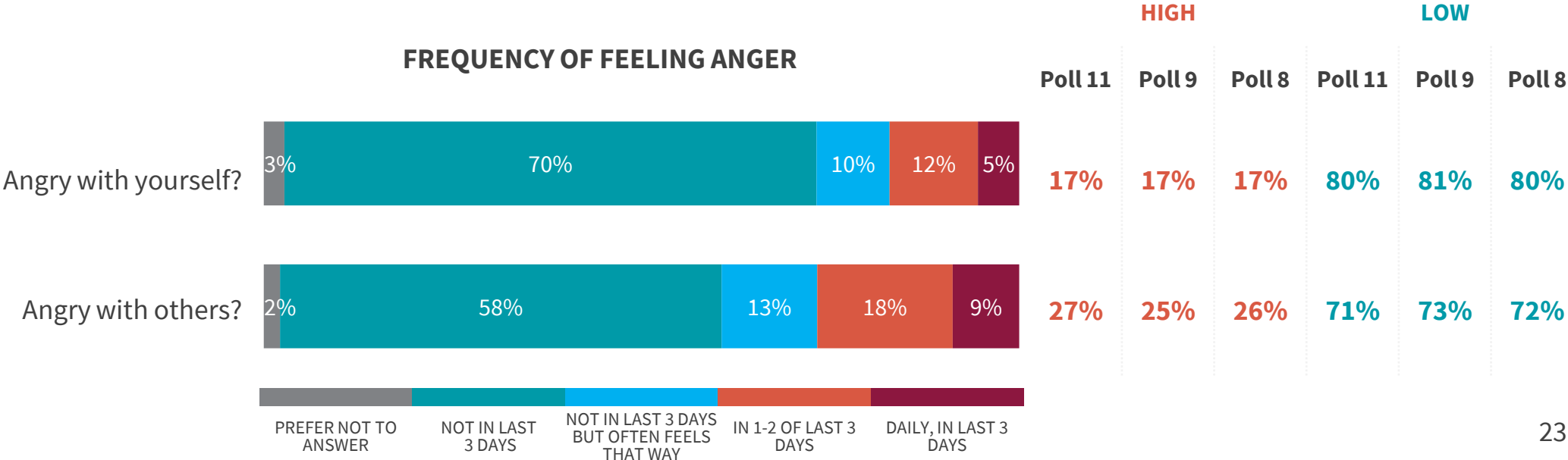


Mean
3.0
DAYS

A14. Did you have any days in the last week in which you felt so impaired that, although you were at school or work, your productivity was reduced?
Base: (Those who are employed or are students n=2,075) |
A14A. How many days? Base: (those who have lost days n=662)

One-quarter of Canadians feel angry most of the time

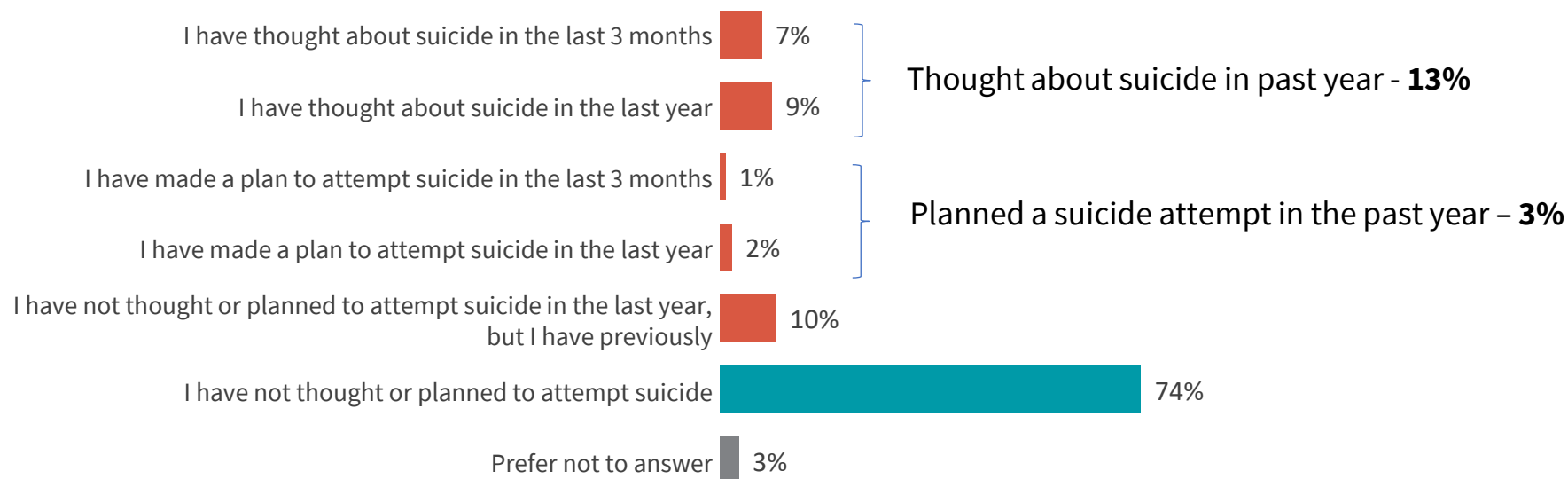
- More than a quarter (27%) reported being angry with others in 1-2 of the last 3 days (18%) or daily in the last 3 days (9%). 12% of Canadians reported being angry with themselves in 1-2 of the last 3 days, and 5% reported daily in the last 3 days.
- Those who report high levels of anxiety or depression (either before or since COVID-19) are more likely to say they have felt angry with both themselves and others daily (high anxiety since COVID-19 - angry with self: 22%, others 22%; high depression since COVID-19 - angry with self: 29%, others 27%). Additionally, those with a diagnosis are more likely to feel angry daily than those without (angry at self – anxiety, 21%; depression, 20% - angry at others – anxiety, 27%; depression, 25%).
- Younger Canadians (14% vs. 18-34 8%, 35-54 6%, 55+ 3%), students and unemployed (12% and 9% respectively), those with a household income of less than 30k (10%), no mental health coverage under benefits plan or EAP (18% vs. those covered 10%), and members of LGBTQ2S+ community (15%) reported being angry with themselves daily. Canadians prone to being angry with others daily: unemployed (15%), students (12%), frontline healthcare workers (11%), unvaccinated (17% vs. vaccinated 8%), negative impact of proof of vaccination (14% vs. positive impact 9%), and members of the LGBTQ2S+ community (17%).



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

- Thoughts of suicide are more predominant among younger people, with 16% of 16-17 year olds and 21% of 18-34 year olds having thought of it in the past year (7% and 11% respectively in the past three months), and 6% of 16-17 year olds and 5% of 18-34 year olds having planned an attempt in the past year (4% and 2% in the past three months).
- Thoughts of suicide are similar among men and women (13% for both).
- One-fifth of frontline healthcare workers have thought about suicide in the past year (22%).
- Those who rate their anxiety and depression as high (rated 9-10) since COVID-19 have more thoughts of suicide. More than two-fifths (43%) of those with high depression have thought of it in the past year (30% in the past three months) and one-in-ten (10%) have planned an attempt in the past year (3% in the past three months). Of those rating their anxiety as high, 29% have thought about suicide in the past year (20% in the past three months) and 7% have planned an attempt in the past year (2% in the past three months).
- In the LGBTQ2S+ community, 31% have thought about suicide in the past year (21% in the past three months, an increase of 3 percent since Poll 10) and 6% have planned an attempt in the past year (3% in the past three months).

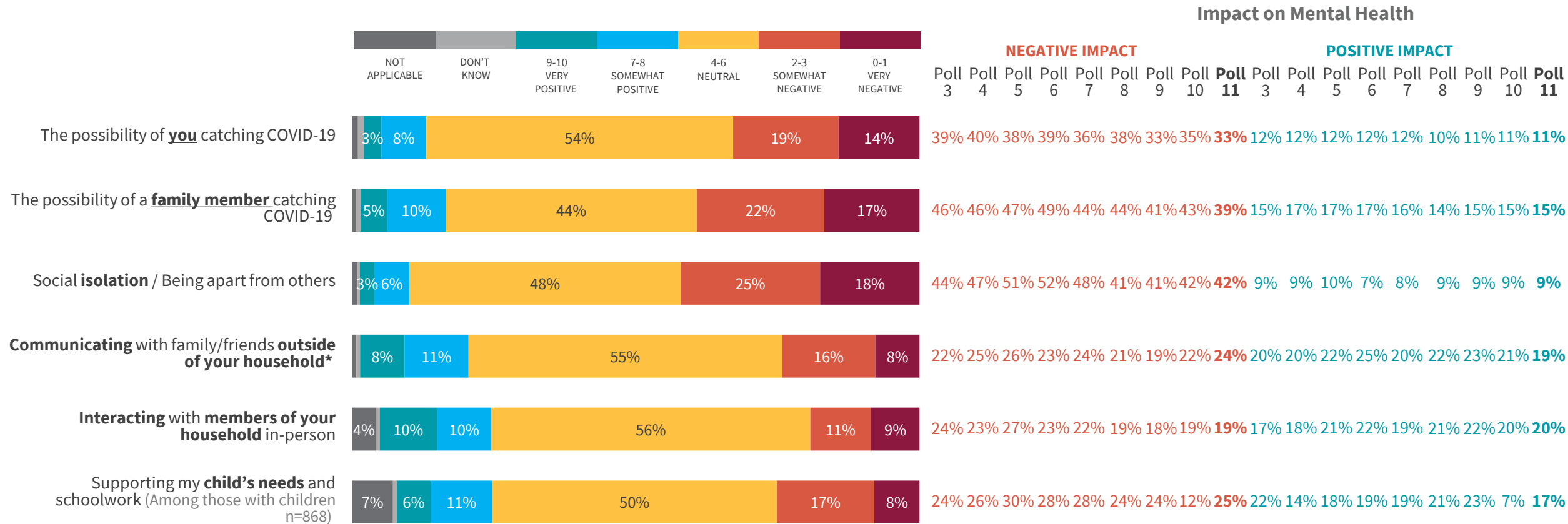
THOUGHTS RELATING TO SUICIDE



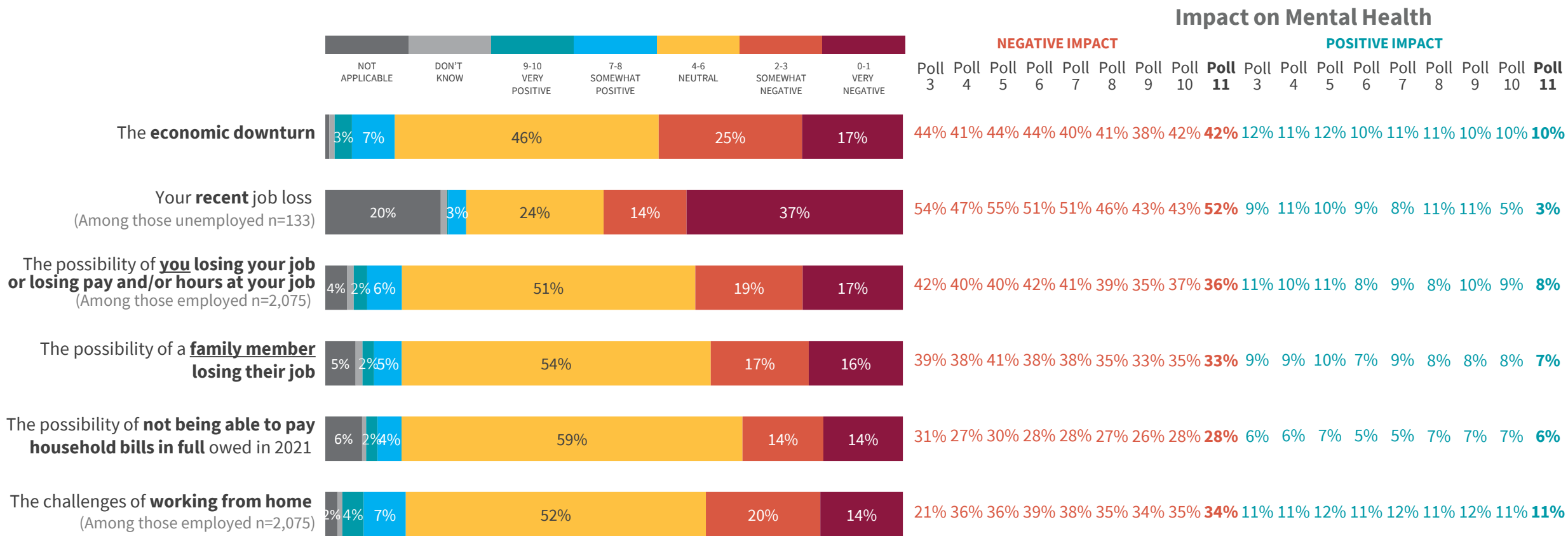
The negative impact of the spread of COVID-19 has decreased since Poll 10

- As the pandemic continues, **fear of contracting COVID-19** saw a decrease this poll (back to the levels of Poll 9), with the fear of personal contraction slightly decreasing from 35% to 33%, and fear of a family member contracting it significantly decreasing from 43% to 39%. Being vaccinated has little impact on this fear, with those who are vaccinated being slightly more afraid of contracting it themselves (33% vs. 26% of those unvaccinated) and much more afraid of family contracting it (41% vs. 24% of those unvaccinated).
- **Social isolation** continues to be the leading stressor on mental health. Although this has seen a declining trend over the past few polls, this poll remained consistent with the last poll, with 42% saying it has a negative impact on mental health.
- This poll, Canadians were asked for the impact of **communicating with people outside the home** in general, rather than just virtually. One-fifth (19%) found this to have a positive impact, while a quarter (24%) found it to be negative. Results were similar for positive impact of communicating with people in the home, with 20% saying this.
- The economic downturn has a negative impact on more than two-fifths of Canadians, with this impact unchanging since Poll 10 (42%). This continues to have the most negative impact on those in Alberta (50%, a decrease of 2% since last Poll). Younger Canadians continue to stay more impacted (18-34 46% +1, 35-54 45% -2 vs. 55+ 38% +1).
- The negative impact of daily news has stayed consistent since the last poll (44%, similar to Poll 3). Younger Canadians continue to be most likely to feel the negative impact (18-34, 49%; 35-54, 46%; 55+, 38%).

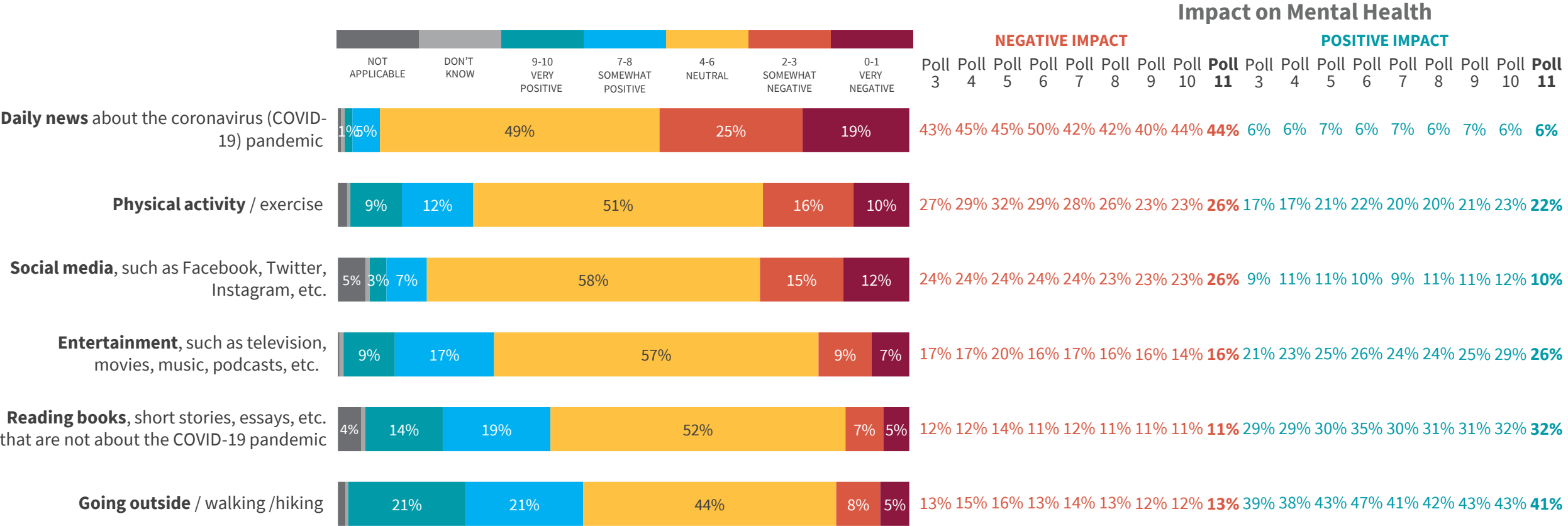
Social isolation remains a dominant factor in poor mental health



The negative impact of the economic downturn on mental health remains consistent with the last poll

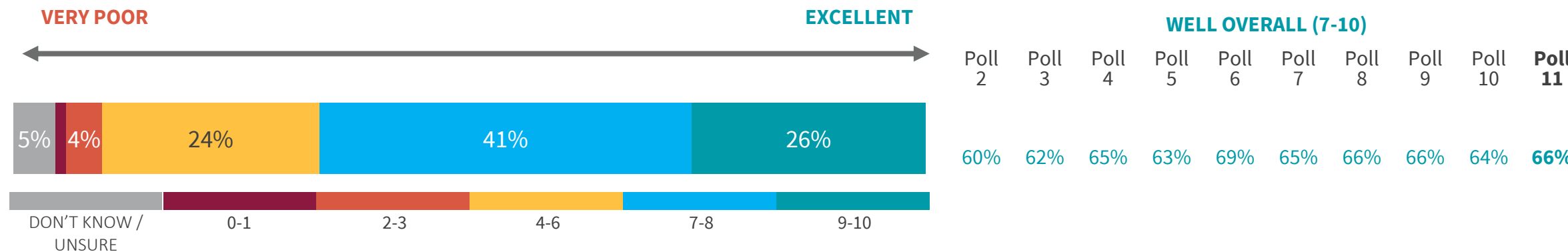


Going outside continues to have the most positive impact on mental health



Confidence in the ability to recover from challenges has increased slightly since the last poll, similar to findings of Poll 8 & 9

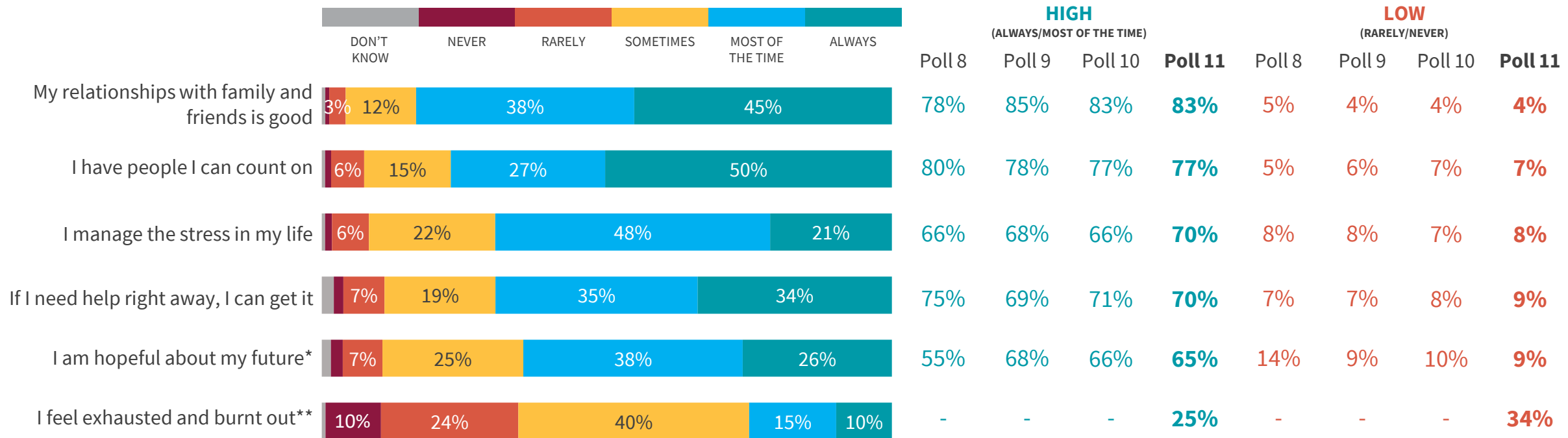
- Two-thirds of Canadians continue to feel somewhat confident about their ability to bounce back from the challenges created by COVID-19 (66% rate this 7 to 10, when 10 means excellent). This has increased slightly (+2%) since Poll 10.
- Younger Canadians (below 55 years) are not as positive (7-10 rating) about their ability to bounce back from the challenges presented by COVID-19 as older Canadians (16-17, 46%; 18-34, 52%; 35-54, 63%; 55+, 81%).
- Just half of those who identify as LGBTQ2S+ say they can bounce back from challenges (50%, a 2% increase since Poll 10).
- People not diagnosed with any mental health disorder are significantly more positive (7-10) about bouncing back from the challenges they faced due to the pandemic (76%) compared to those who are suffering from a mental health disorder(57%).



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= 3,512)**

Canadians remain as hopeful as they were in our last poll

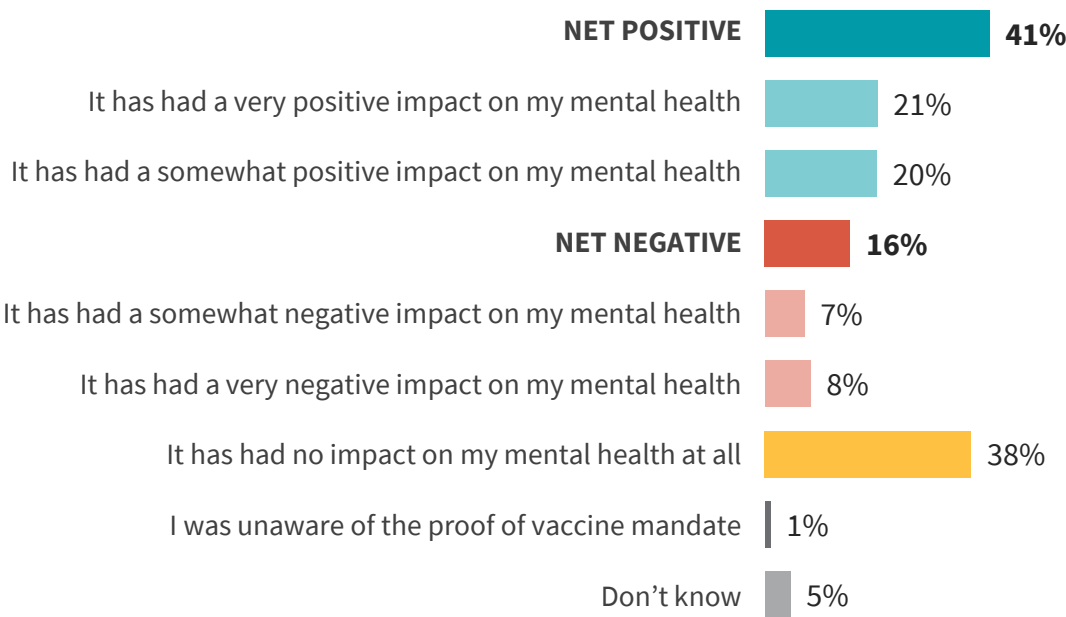
- Two-thirds of Canadians are feeling hopeful about their future. Additionally, 83% are saying their relationships with family and friends have been good, consistent with the findings of the last poll.
- One quarter are feeling exhausted and burnt out. Burnout is less prevalent among retired Canadians (10%) and more so for students (43%), those looking for work (38%) 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 (37% vs. 15%).
- People in Quebec (76%) and those over 55 (74%) are feeling most hopeful. Canadians who are vaccinated are more hopeful than those who are not (65% vs. 59%). Members of the LGBTQ2S+ are less likely to feel hopeful (53%) and more likely to be feeling exhausted and burnt out (44%). Those who are vaccinated also feel more positively about their relationship with their friends and family (84% vs. 74%).



The proof of vaccination requirement continues to be more positive than negative when it comes to mental health

- Two-fifths (41%, a 4% decrease since Poll 10) of the Canadians say the implementation of proof of vaccination in their province has had a positive impact on their mental health, with a fifth (21%) saying it was very positive, and another one-fifth (20%) somewhat positive. Two-fifths (38%) say it has had no impact, while a sixth say the impact has been negative (a finding similar to Poll 10). Older Canadians (55+) are most likely to consider this impact strongly positive (48%).

IMPACT OF PROOF OF VACCINATION ON MENTAL HEALTH

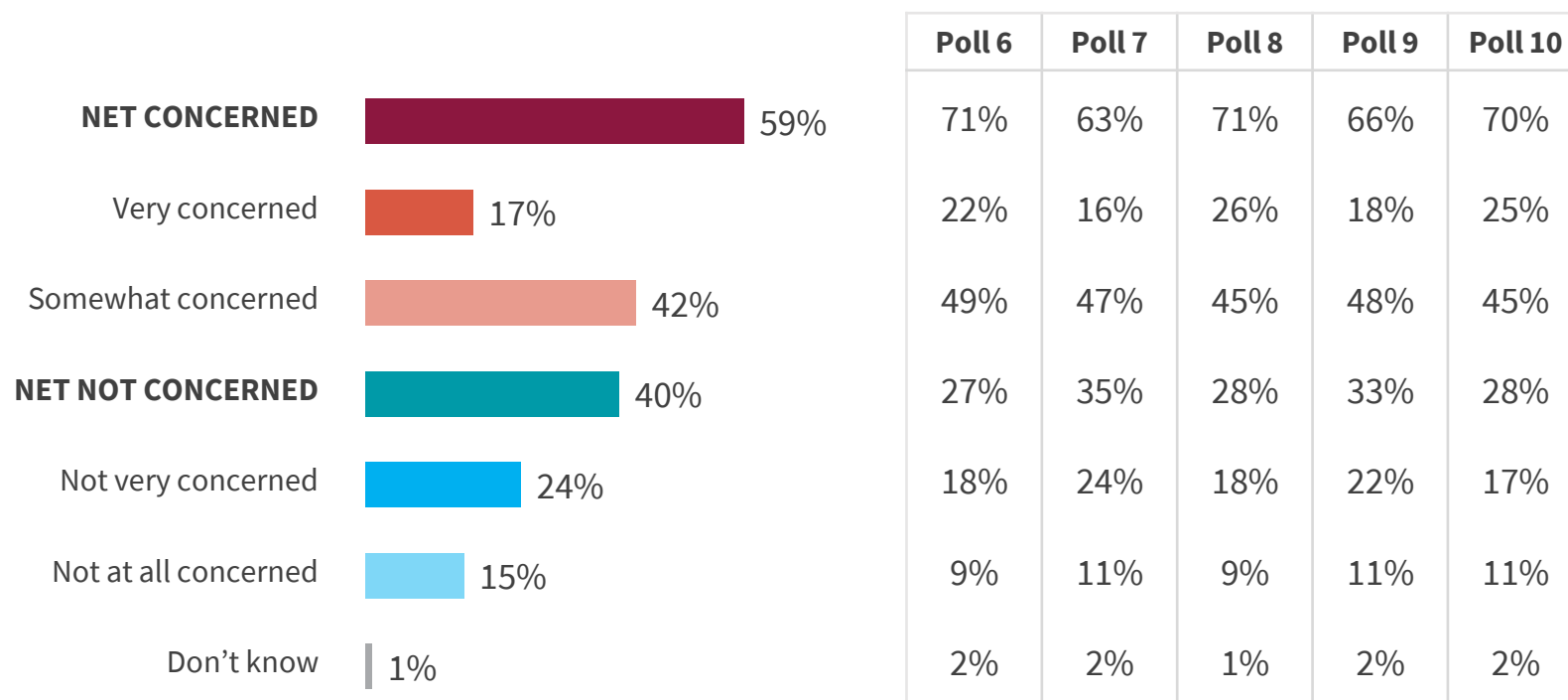


Poll 9	Poll 10
47%	45%
25%	23%
22%	21%
11%	16%
5%	8%
6%	8%
37%	32%
1%	1%
5%	6%

Concern over continuing threat of COVID-19 has gone down considerably this poll

- The continuing threat of COVID-19 has fluctuated from poll to poll. While this threat increased from October to December (Poll 9 to 10), it decreased again in February (Poll 11 – from 70% to 59%).
- Concern continues to be lowest in Quebec (39%, a considerable decrease of 15% since last poll), while being highest in B.C. (69%) and Ontario (65%). Those living in urban centres (60% vs. rural: 51%), women (62%) and those 55+ (64%) are also most concerned.
- Those who have received vaccines are more concerned about this continuing threat than those who have not (vaccinated: 62%, unvaccinated: 26%).

CONCERNED ABOUT THE CONTINUING POTENTIAL THREAT OF COVID-19



Seven-in-ten Canadians are in favor of keeping at least some public health measures in order to live with the virus

- Seven-in-ten (68%) are in the favor of keeping some (48%) to all (20%) public health measures in place. Those living in urban centers (69% vs. rural: 57%), older 55+ (73% vs. 16-17: 56%) and vaccinated (72% vs. unvaccinated: 21%) want the public health measures to stay.
- Those experiencing anxiety or depression are more likely to want to keep all the public health measures. This is true among those who report their anxiety and depression as high since the virus (keep all measures – anxiety 29%, depression 30%), but it is felt even more strongly among those who report their anxiety and depression as high before COVID-19 (keep all measures – anxiety 45%, depression 46%). Likewise, those with an anxiety (23%) or depression (22%) diagnosis are more likely to want to keep all public health measures than those with no diagnosis (18%).
- A third (32%) reported that they want to get rid of most (18%) to all (14%) of the health measures.
- Residents of Ontario (71%) and BC (76%) are most in favour of keeping at least some of the public health measures, with residents of Alberta (62%) and particularly Quebec (59%) being least in favour of this. In fact, only one-in-ten Quebecers want to keep all public health measures (11%), lower than all other provinces including Alberta (21%). Conversely, Quebec (41%) and Alberta (38%) are most likely to want to get rid of at least most of the measures, with Quebec respondents being more likely to say it should be most (26%) rather than all (15%). Alberta residents would rather see all go (21%) rather than just most (16%).

OPINION OF WHAT TO DO TO LIVE WITH THE VIRUS AT THIS TIME



Reasons for keeping or getting rid of the public health measures

- Of those who want the public health measures to stay, three-fifths (59%) want to keep the measures because people are still being hospitalized or dying and 54% because people are still catching the virus and hospitals are still too full due to the pandemic.
- Of those who want to get rid of the measures, three-quarters (76%) are of the opinion that the virus is going to be around, so they need to live with it; while two-thirds (66%) are concerned about the mental health of Canadians.

NET KEEP HEALTH MEASURES

68%

REASON FOR KEEPING SOME/ALL PUBLIC HEALTH MEASURES

People are still being hospitalized or dying due to the virus	59%
People are still catching the virus	54%
Hospitals are still too full due to COVID-19	54%
It is more important that we are safe than that we are free to do whatever we want	46%
It is not safe to lift restrictions yet	38%
I will be afraid of what will happen if the restrictions are lifted	36%
Not enough people have been vaccinated	32%
Other	3%
Don't know	3%

NET GET RID OF HEALTH MEASURES

32%

REASON FOR REMOVING MOST/ALL PUBLIC HEALTH MEASURES

The virus is going to be around, so we need to learn to live with it	76%
The mental health of Canadians is being affected by the restrictions	66%
Most people are vaccinated	59%
The public health measures are causing more harm than good	48%
The restrictions don't help	44%
A lot of people have already gotten COVID	38%
Virus is not as bad now	35%
Other	4%
Don't know	1%



Mental Health Supports



Financial contribution from

Health
Canada

Santé
Canada



Accessing mental health supports since COVID-19 remains at one-fifth

ACCESSED SUPPORT IN YEAR BEFORE COVID:

NET YES

Yes, one-to-one in-person with mental health professional (i.e. counsellor, psychologist, psychiatrist, etc.)	11%
Yes, one-to-one virtually VIA ONLINE (i.e. video chat) with mental health professional (i.e. counsellor, psychologist, psychiatrist, etc.)	13%
Yes, one-to-one virtually VIA VERBAL PHONE CALLS with mental health professional (i.e. counsellor, psychologist, psychiatrist, etc.)	2%
Yes, one-to-one virtually VIA TEXTING/MESSAGING with mental health professional (i.e. counsellor, psychologist, psychiatrist, etc.)	2%
Yes, my family doctor / GP	1%
Yes, group treatment/therapy	7%
Yes, trained peer support	2%
Yes, other mental health supports	0%

NET NO

No – Not in past year	86%
No - Needed mental health supports, but did not access any such supports	21%
No - Did not need mental health supports (and did not access any)	8%
Prefer not to answer	56%

Before Covid

SINCE COVID:

22%

7%

9%

6%

2%

7%

1%

1%

1%

76%

0%

11%

64%

3%

Poll 7

20%

6%

8%

5%

1%

6%

1%

0%

2%

78%

13%

65%

3%

Poll 8

20%

6%

7%

6%

1%

6%

1%

1%

2%

78%

12%

65%

2%

Poll 9

22%

8%

8%

6%

1%

7%

1%

1%

2%

75%

12%

62%

3%

Poll 10

21%

7%

6%

6%

1%

6%

1%

1%

1%

77%

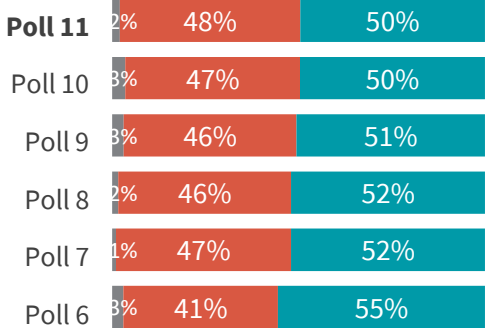
0%

12%

62%

3%

WHETHER STILL RECEIVE MENTAL HEALTH SUPPORTS



Prefer not to answer No Yes

Younger Canadians are more likely to have accessed supports since COVID (18-34: 34% vs. 35-54: 25%, 55+: 10%)

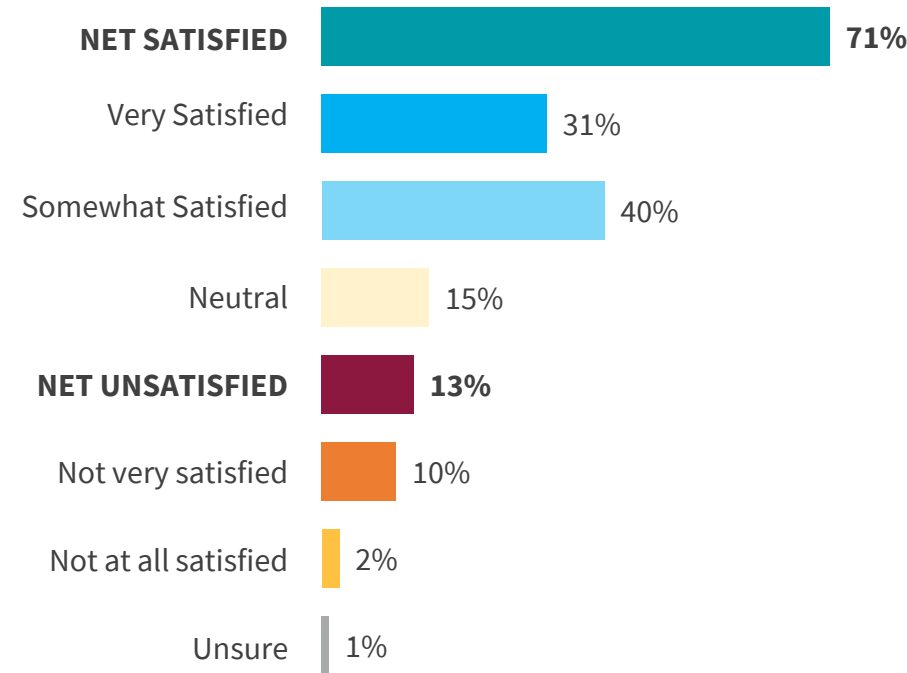
B11. BEFORE the outbreak of Coronavirus in Canada, have you ever had mental health support from any health care professionals? (Total n=3,512)
B13. SINCE the outbreak of the Coronavirus in Canada, have you had any support from any mental health professionals? (Total: n=3,512)
B14. Are you currently still receiving these mental health supports? (Total: n=757)



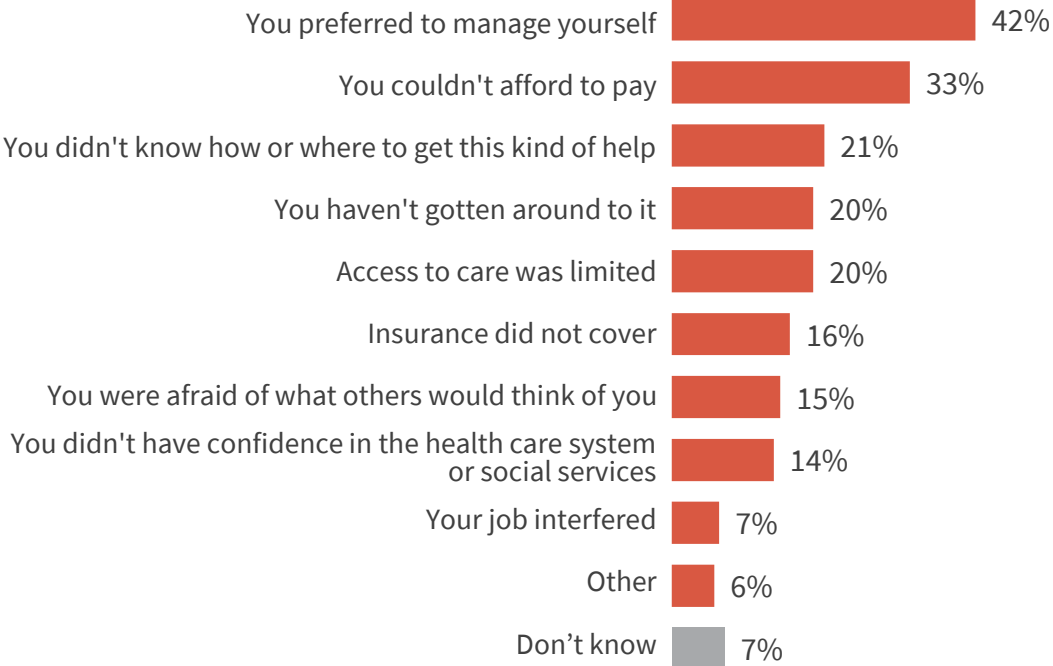
71% of Canadians were satisfied with the mental health support they received before the pandemic

- Most of those who accessed mental health supports before the pandemic were satisfied with what they received (71%)
- Of those not accessing professional support for their mental health, two-fifths (42%) said they preferred to manage themselves, while a third (33%) said they could not afford the professionals.

SATISFACTION WITH THE SUPPORT RECEIVED BEFORE COVID-19



REASONS FOR NOT ACCESSING THE SUPPORT BEFORE COVID-19



B12A. How satisfied were you with the support you received in the time BEFORE the Coronavirus (COVID-19) outbreak in Canada? **Base: (Ever had mental support before COVID-19 n=1,059)**

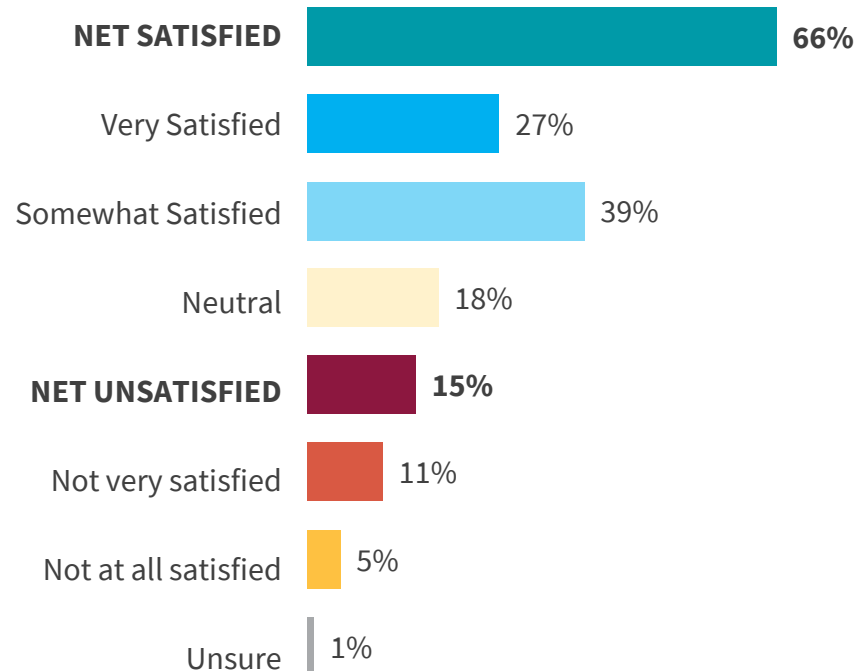
B12B. Why did you not access the support of a mental health professional? **Base: ("No - Needed mental health supports, but did not access any such supports" at B11 n=284)**



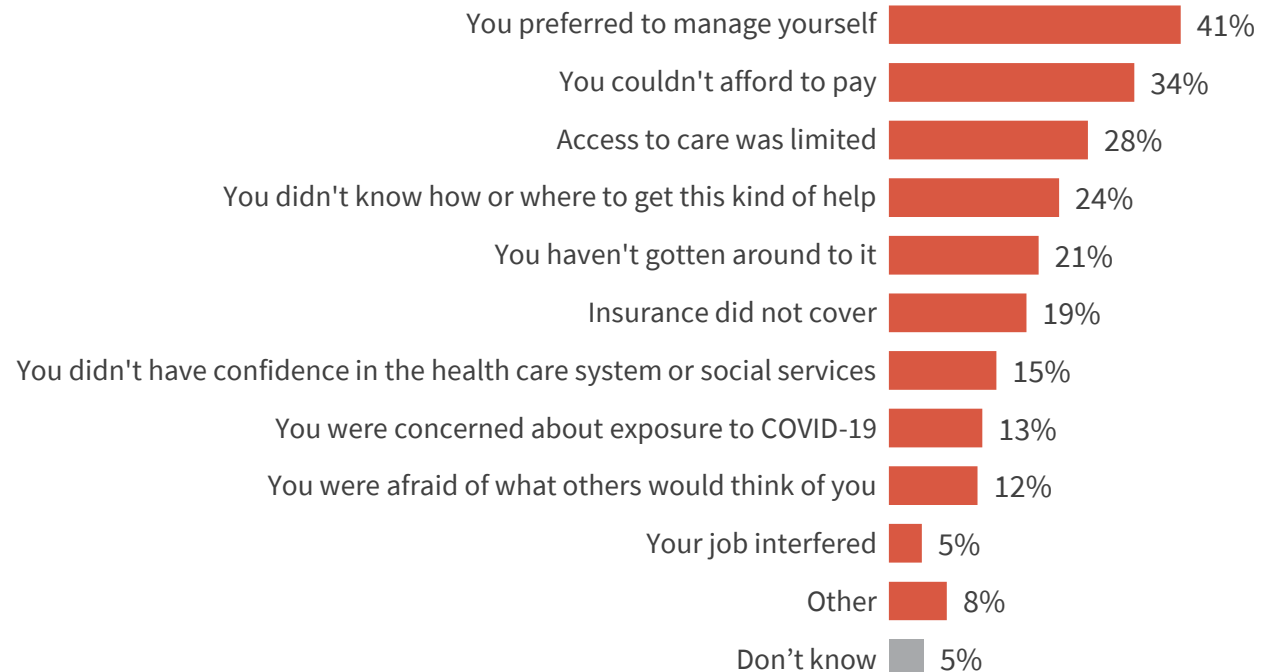
Satisfaction with support accessed since COVID-19 has declined slightly since Poll 9

- Two-thirds of those who have received support since COVID-19 are somewhat (39%) to very (27%) satisfied with it. Satisfaction has increased slightly since the last poll (64%).
- Of those not assessing professional support for their mental health since COVID-19, two-fifths (41%, a 5% increase since the last poll) said they preferred to manage themselves. Fear of contracting COVID-19 has continued to decline as a reason for not accessing support; while 31% said this was a reason in Poll 6, it is now down to 13% this poll.

SATISFACTION WITH THE SUPPORT RECEIVED SINCE COVID-19



REASONS FOR NOT ACCESSING THE SUPPORT SINCE COVID-19



B14A. How satisfied were you with the support you received since the Coronavirus (COVID-19) outbreak in Canada **Base: (Received any support from any mental health professional n=757)**

B14B: Why did you not access the support of a mental health professional? **Base: ("No - Needed mental health supports, but did not access any such supports" at B11 n=404)**



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