

WHICH CANADIANS ARE NOT ACCESSING MENTAL HEALTH SUPPORTS? : A SUPPLEMENTARY APPENDIX



Background

MHRC is proud to partner with Health Canada to collect, analyze, and present data from our [national polling project](#) on the [mental health of Canadians during the COVID-19 pandemic](#). The information in this report is data gathered from [polls 6 to 12](#) of our Canada-wide survey, collected between [April 2021](#) and [April 2022](#).

This document is intended as a supplementary resource to MHRC's research brief *Which Canadians Are Not Accessing Mental Health Supports?* Each of the following pages provides a visual representation of the statistics discussed in the report.

The following data represents Canadians who selected the survey response "I needed mental health support but did not access it". The analysis in this supplementary resource is on the 13 responses to the follow-up question "[Why did you not access the support of a mental health professional?](#)" (please select all that apply).

[2080](#) Canadians answered this question about their behaviour before the pandemic, and [3224](#) Canadians about their behaviour since the pandemic. Due to small sample sizes, we are unable to make accurate conclusions with confidence about Manitoba, the Northwest Territories, Yukon or Nunavut. Data may contain responses from the same participants over multiple polls.

Grey bars in the following figures cannot be accurately drawn with confidence due to insufficient sample sizes (N <50).

Thank you to Pollara Strategic Insights for their continued partnership in our national polling project, evaluating the impact of COVID-19 on the mental health of Canadians.

Data Analysis and Report: Shauna Major - Humber College Research Analyst Intern

Advisor: Michael Cooper – MHRC, Vice-President

For more information on MHRC'S national polling project "How COVID-19 is Impacting Mental Health in Canada" contact Brittany Saab at

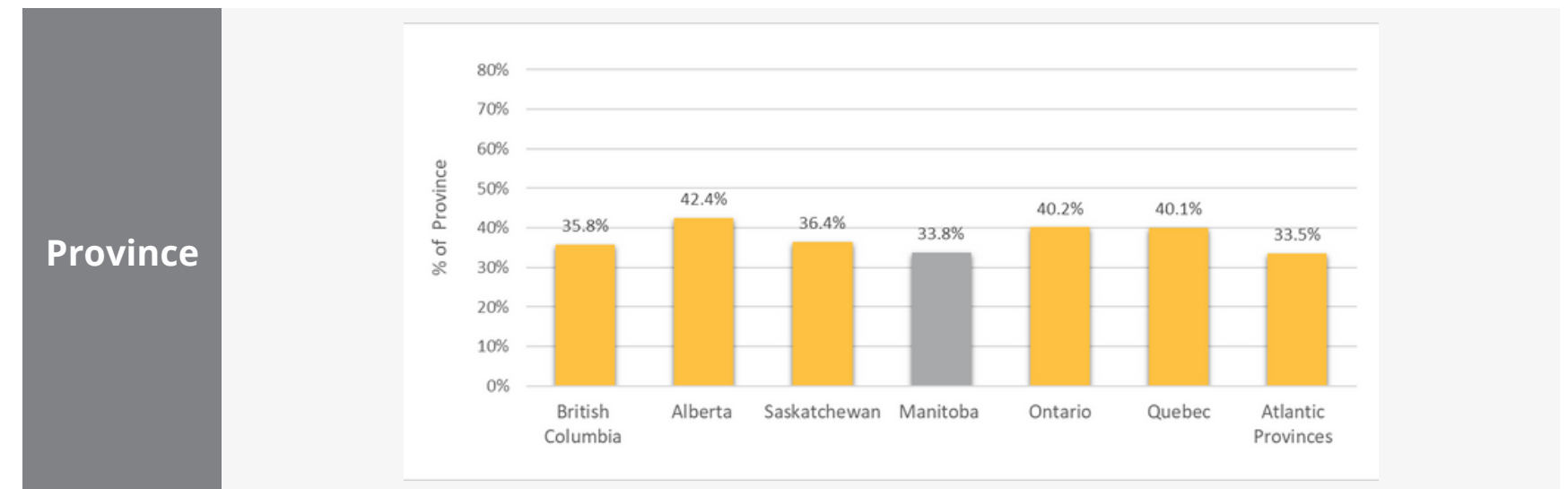
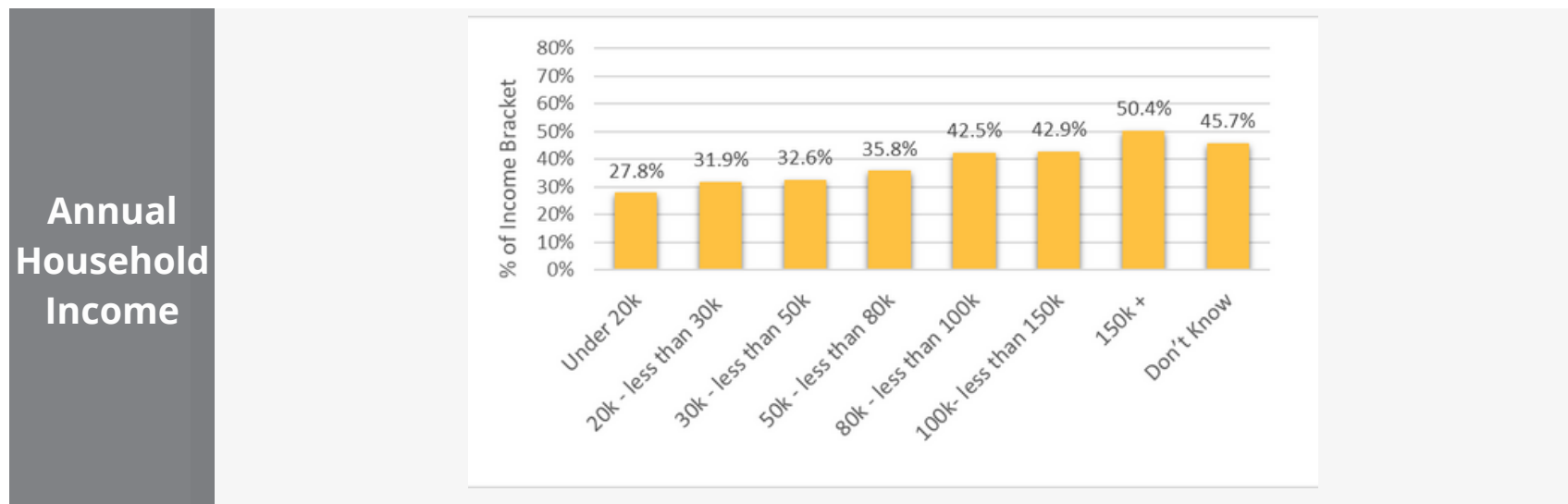
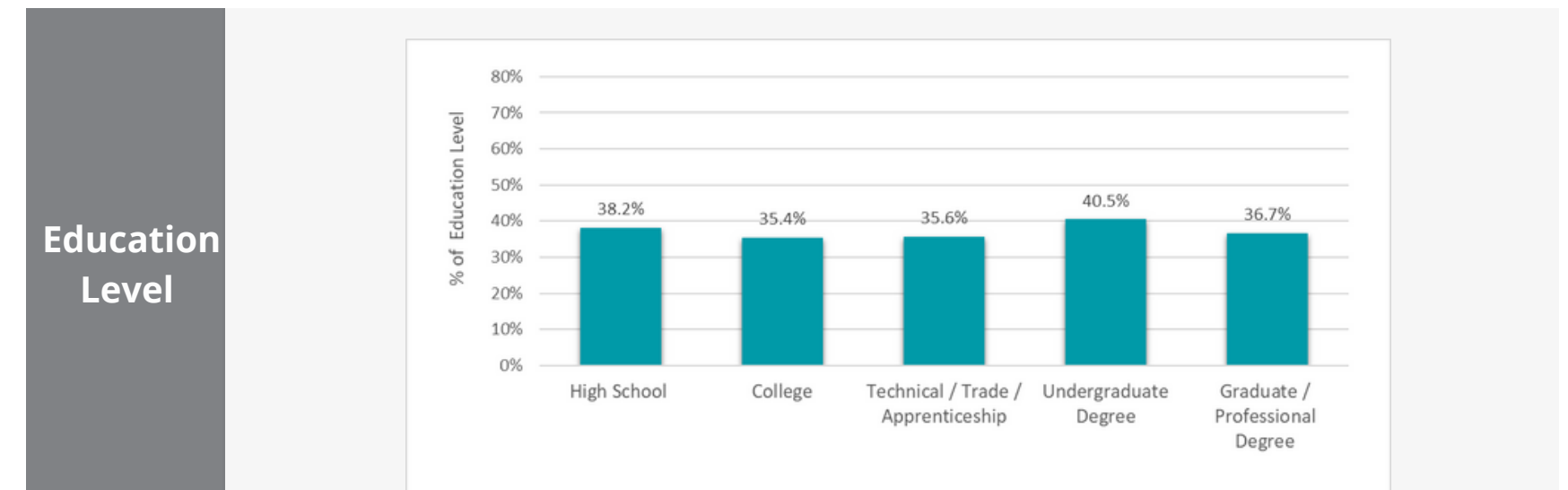
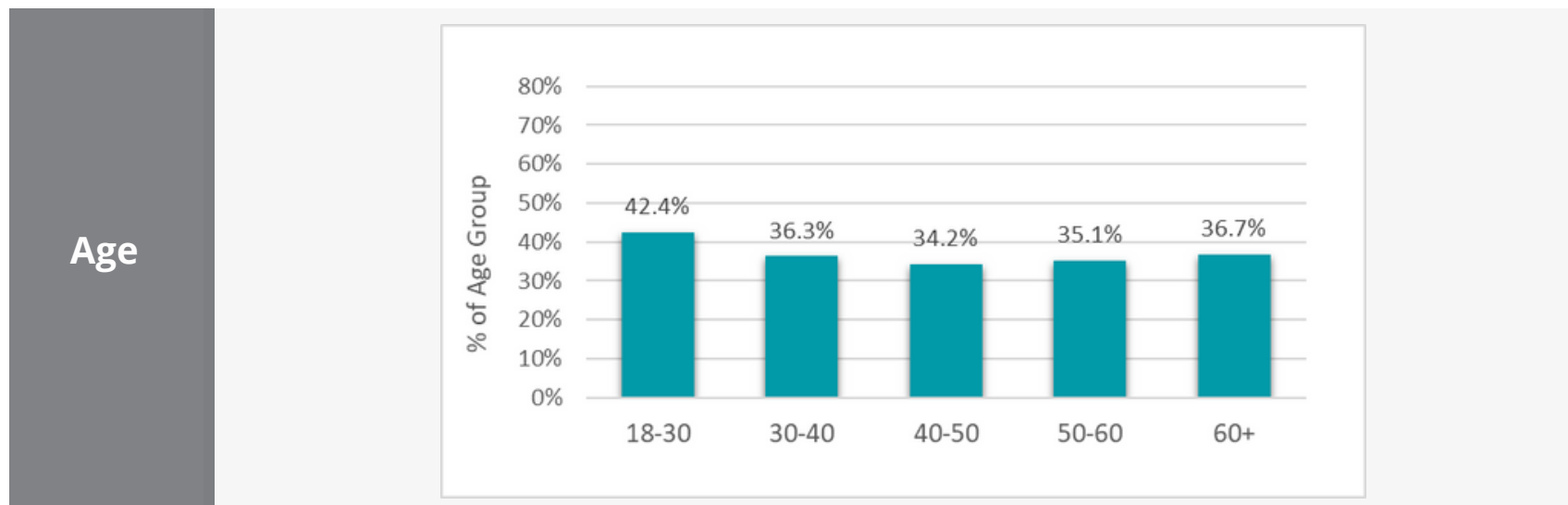
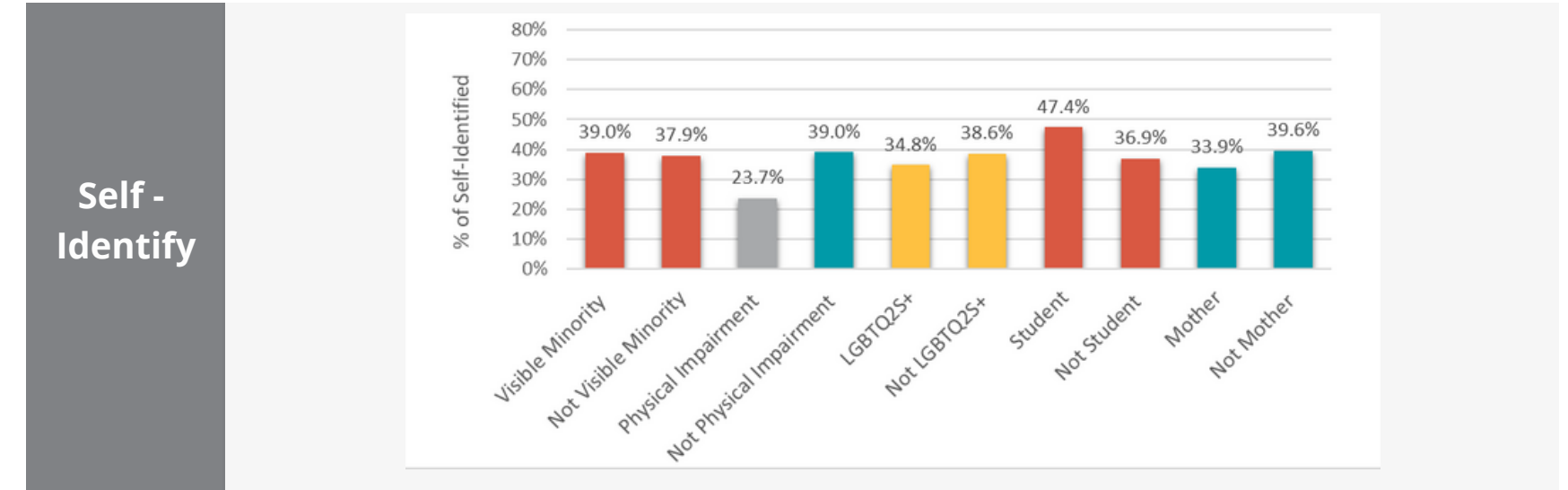
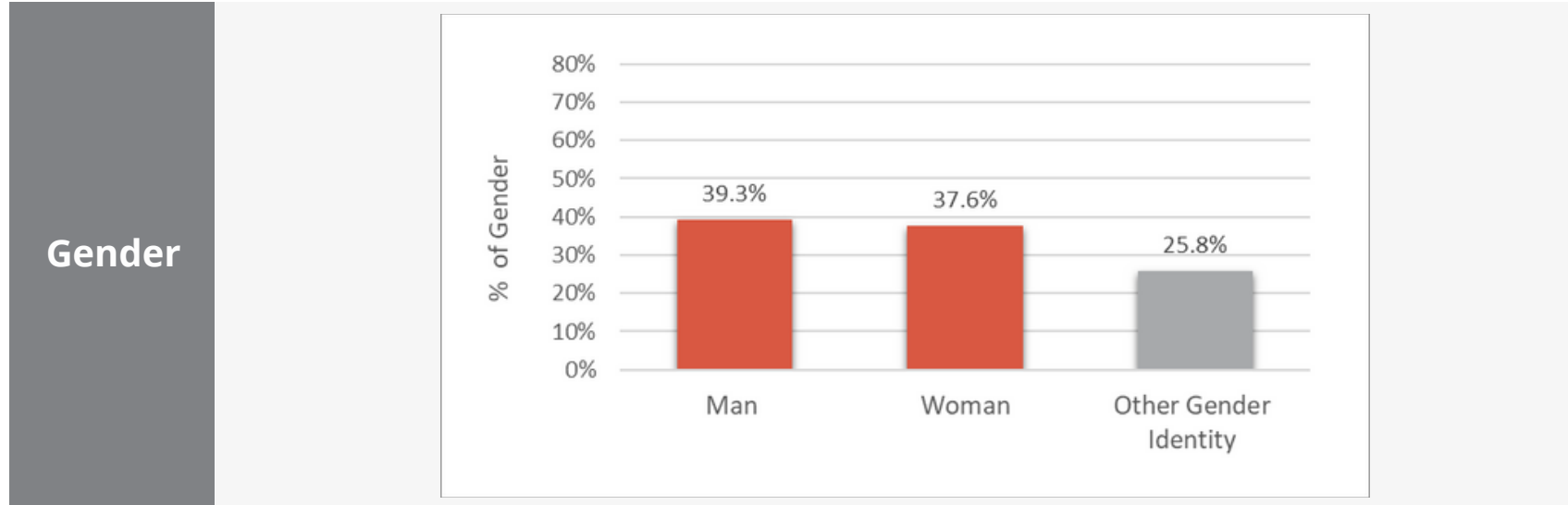
bsaab@mhrc.ca

Full reports of our findings can be found at www.mhrc.ca



WHICH CANADIANS ARE NOT ACCESSING MENTAL HEALTH SUPPORTS? : SUPPLEMENTARY APPENDIX

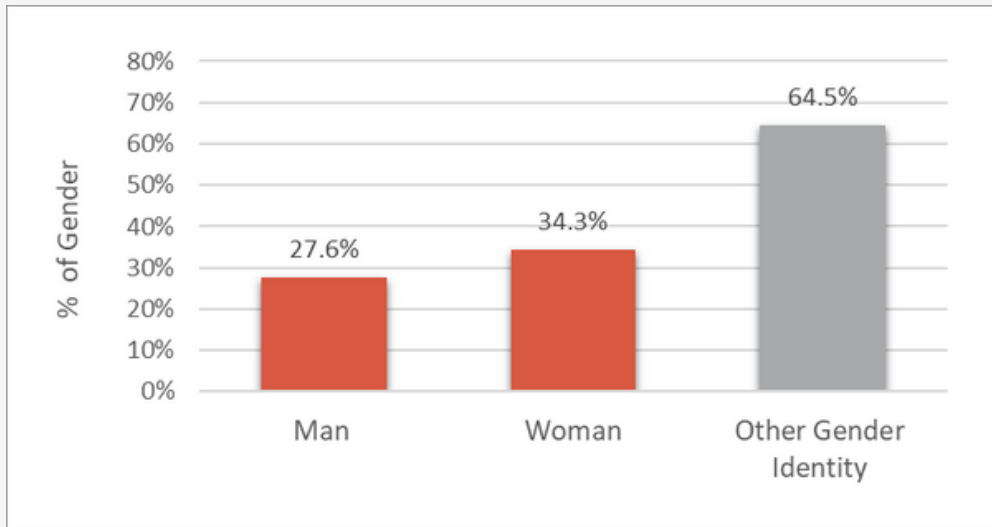
Did Not Access Support Because I Preferred To Manage Myself



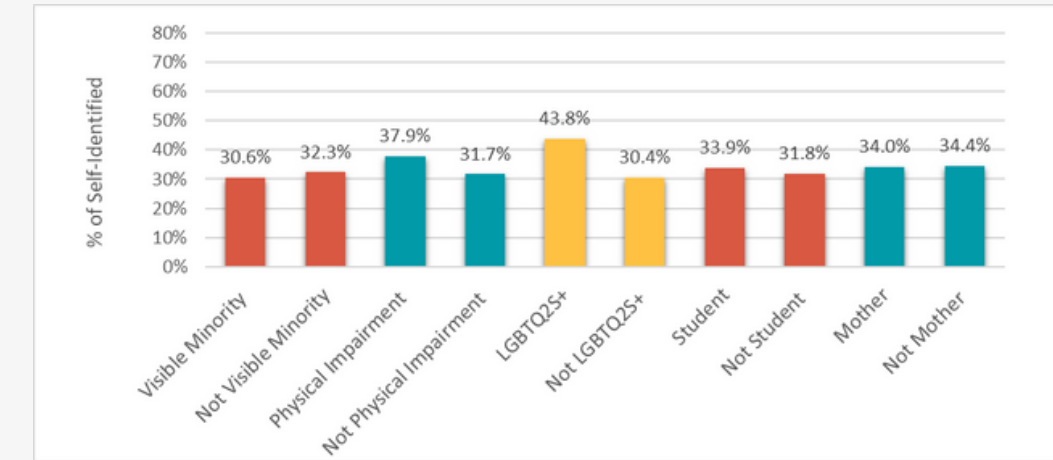
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Did Not Access Support Because I Couldn't Afford to Pay

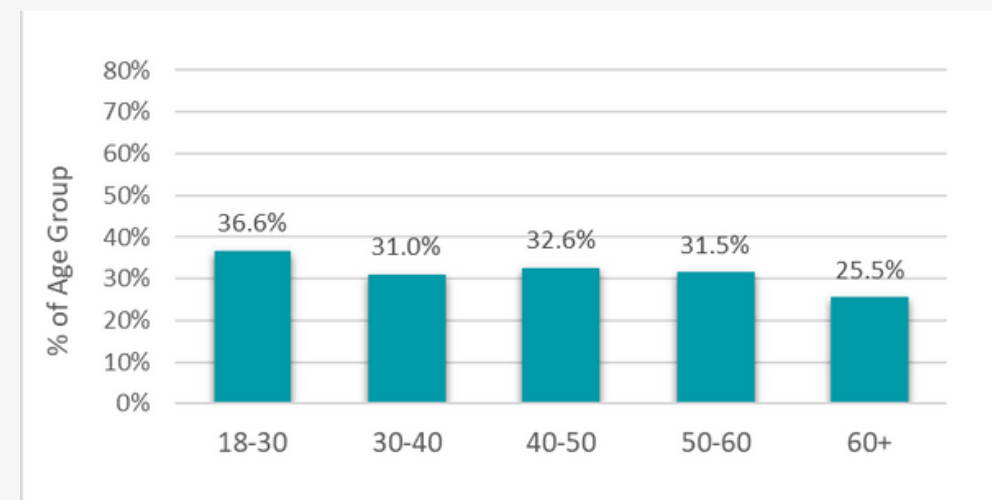
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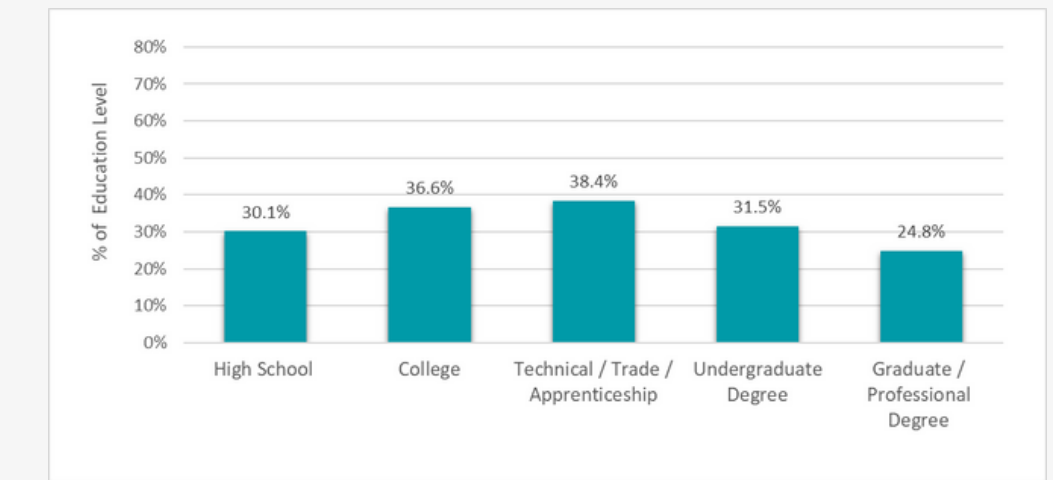
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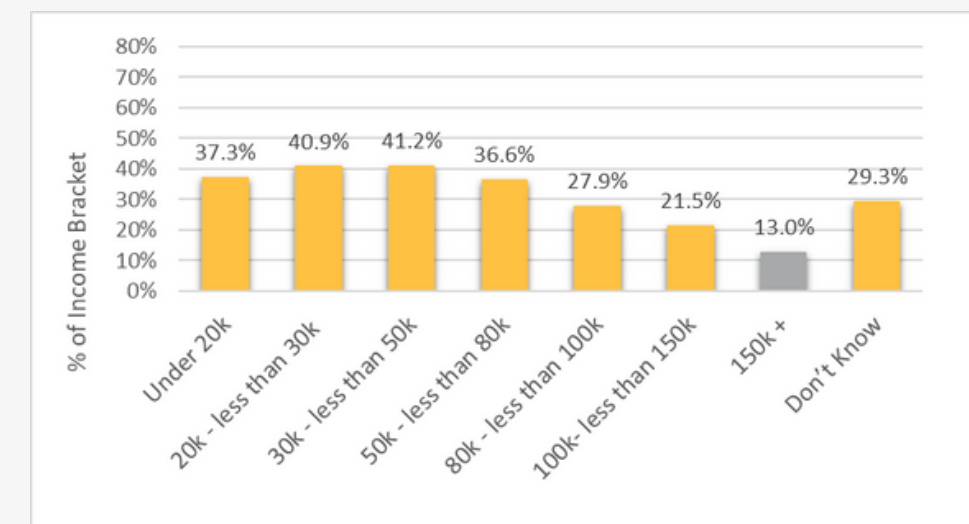
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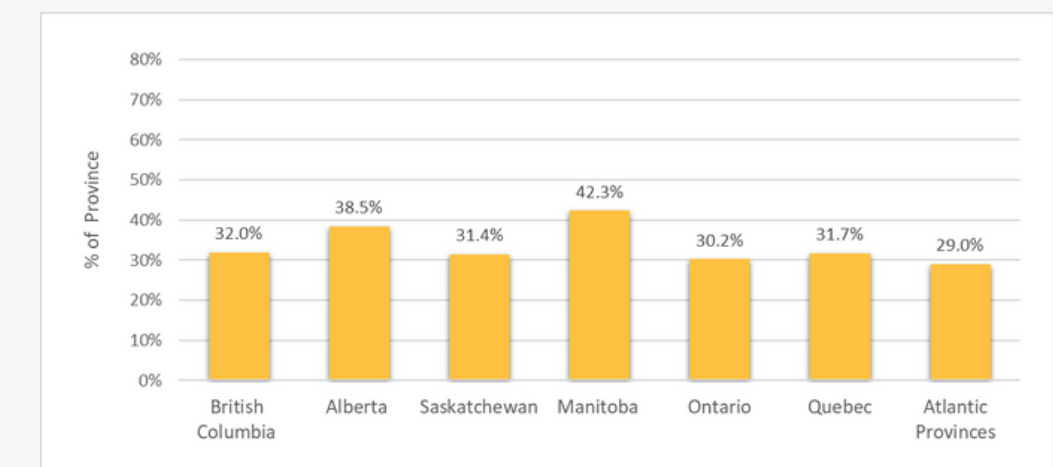
Education Level



Annual Household Income



Province



WHICH CANADIANS ARE NOT ACCESSING MENTAL HEALTH SUPPORTS? : SUPPLEMENTARY APPENDIX

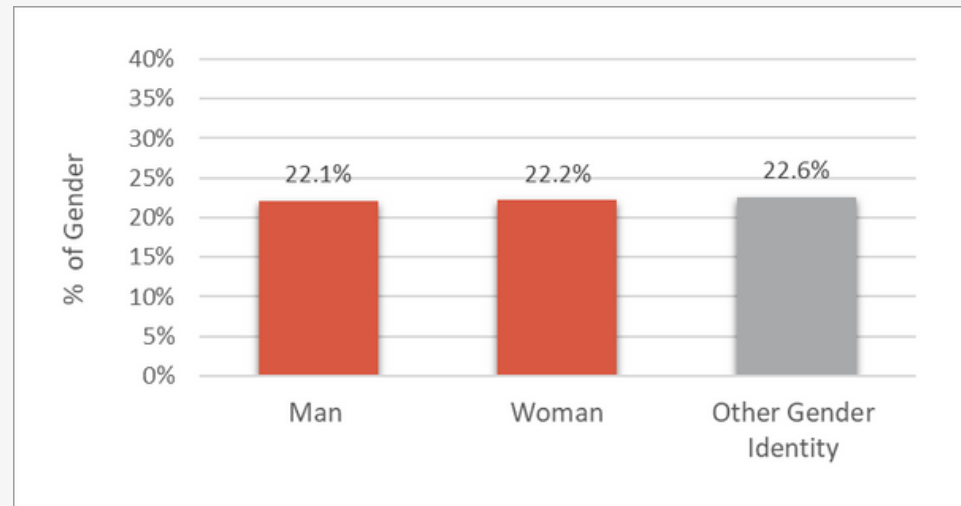
Did Not Access Support Because I Didn't Know Where or How To Get This Kind Of Help



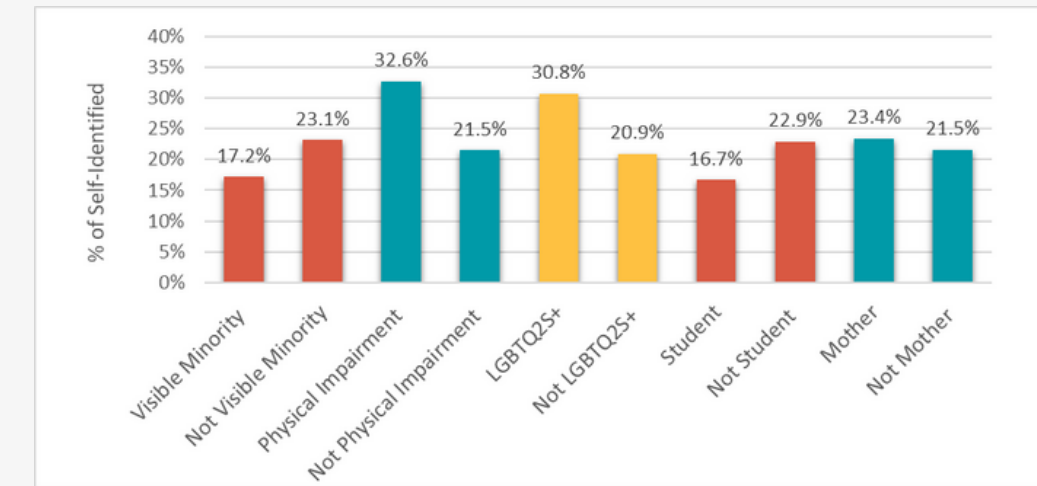
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Did Not Access Support Because Access to Care Was Limited

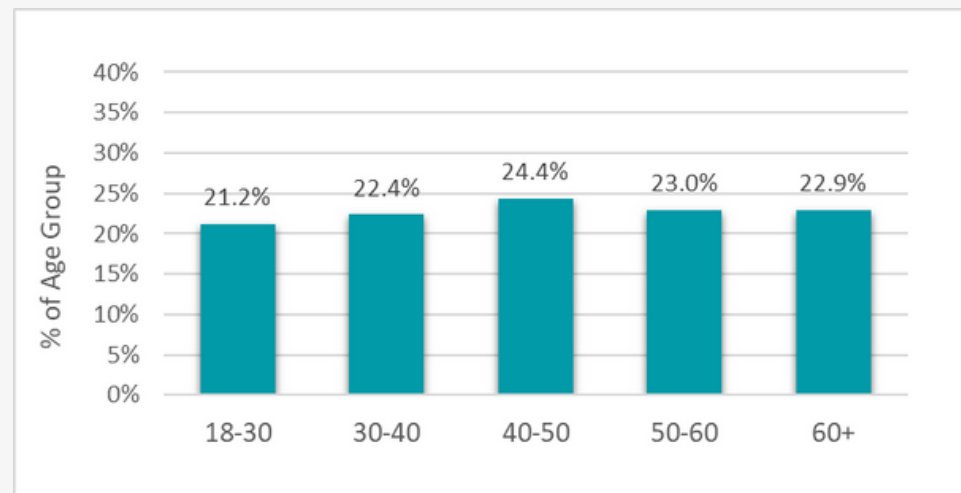
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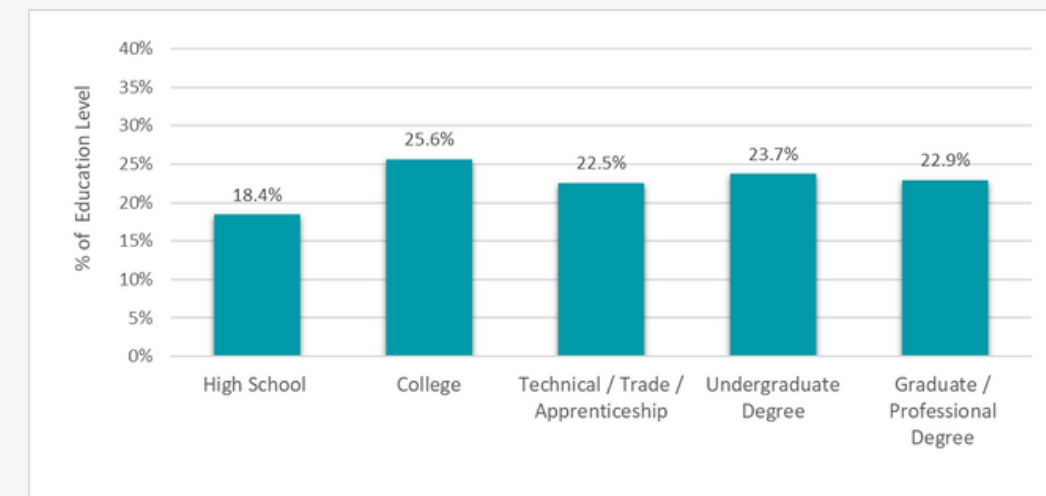
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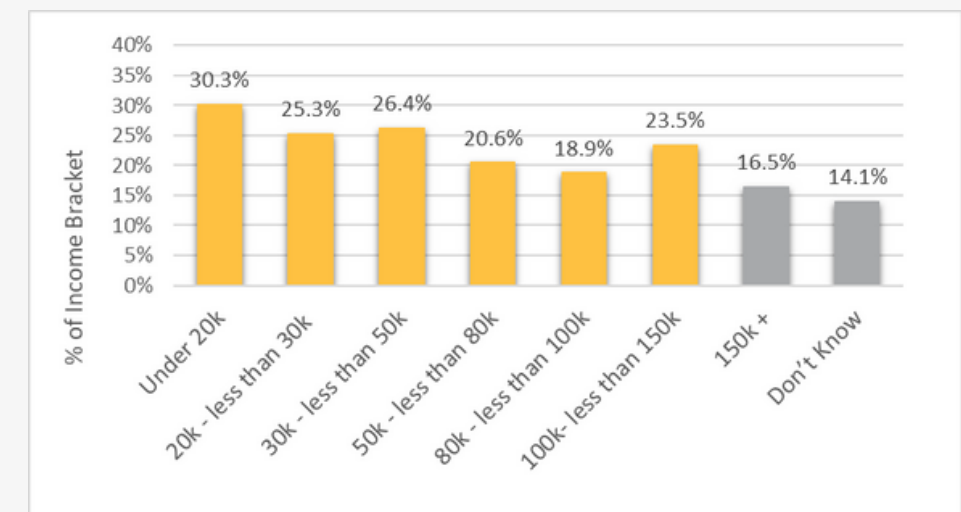
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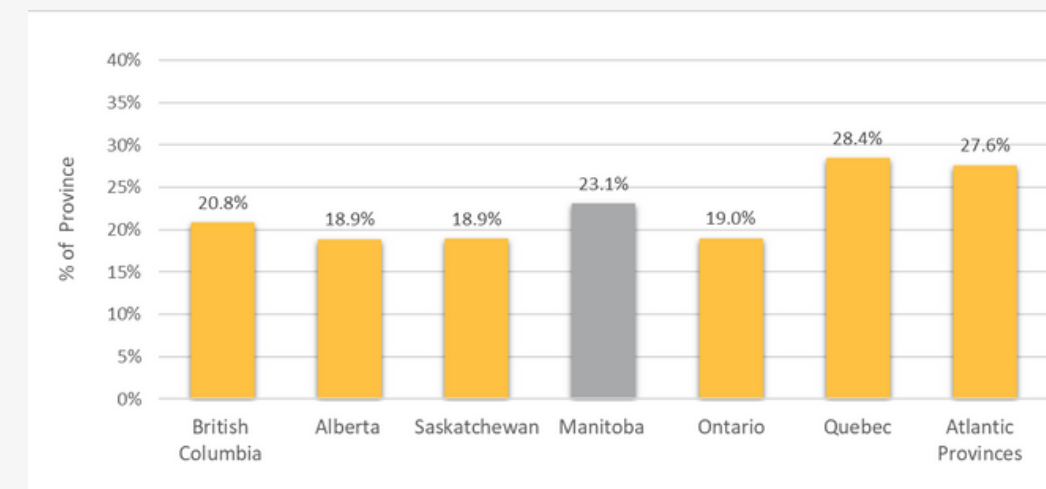
Education Level



Annual Household Income



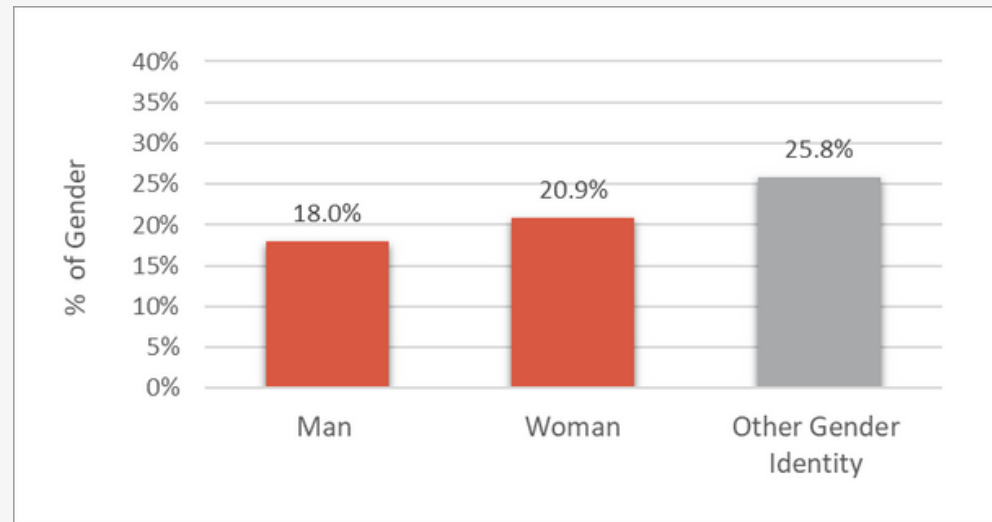
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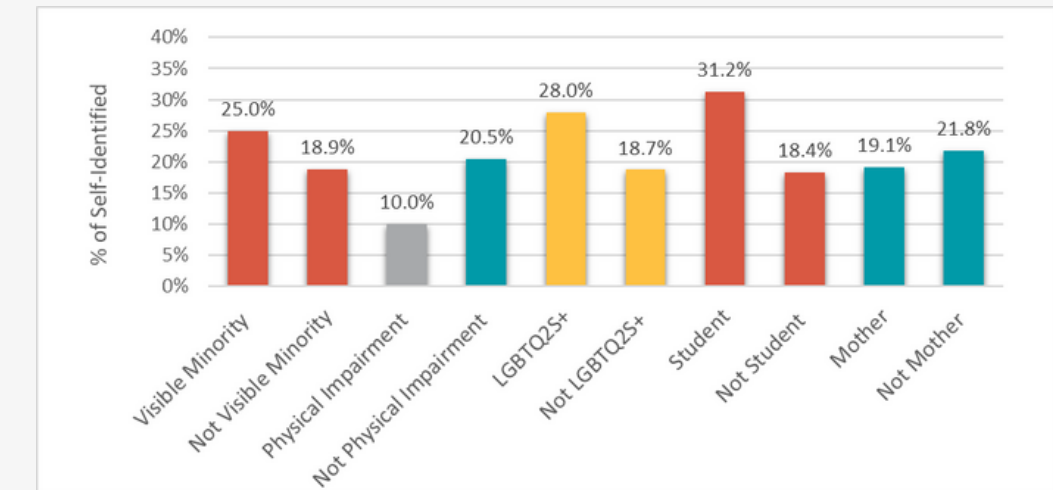
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Did Not Access Support Because I Haven't Gotten Around To It

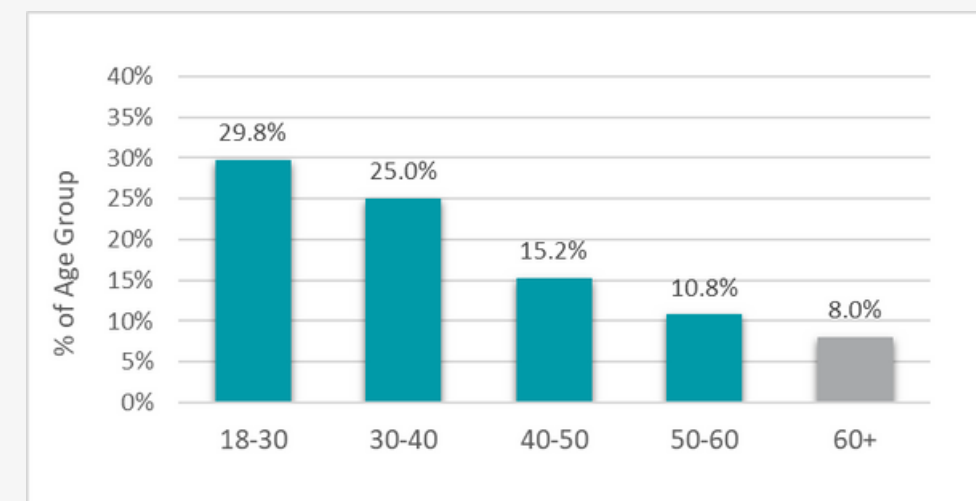
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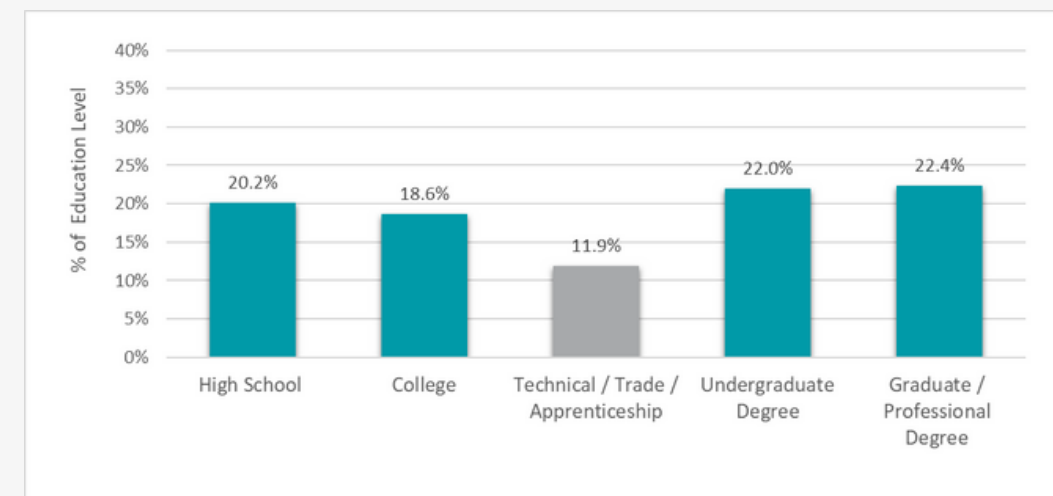
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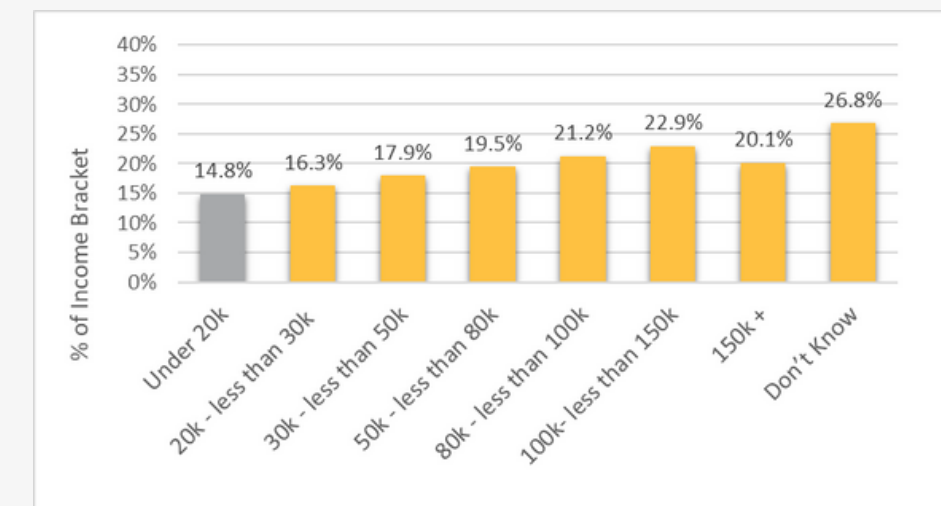
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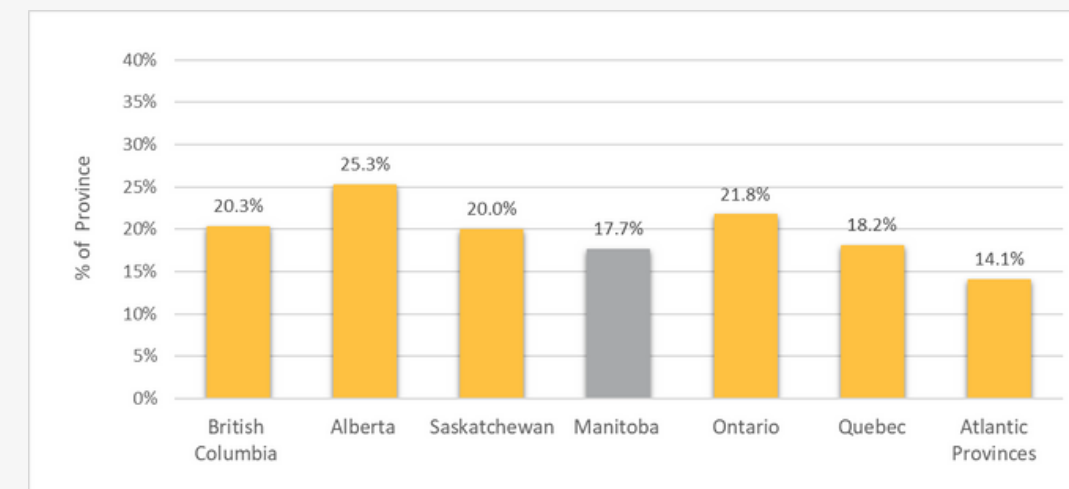
Education Level



Annual Household Income



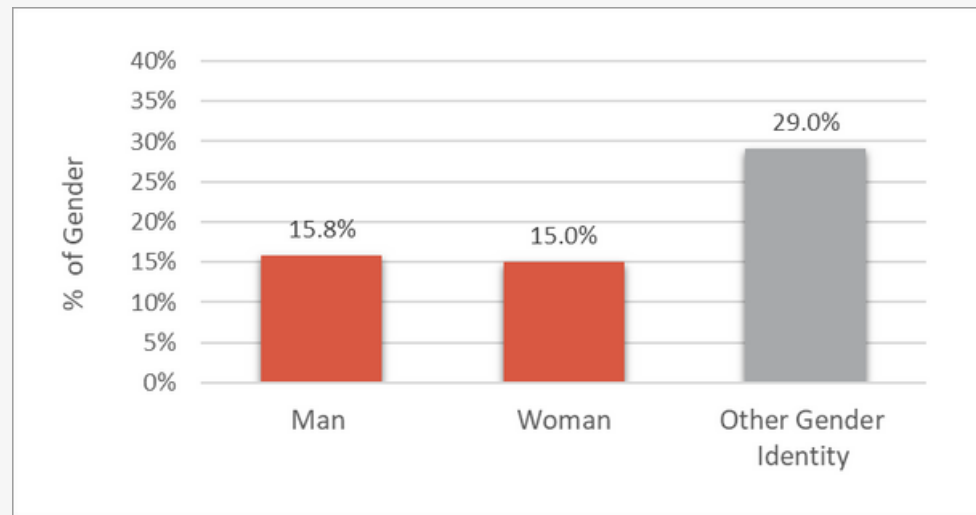
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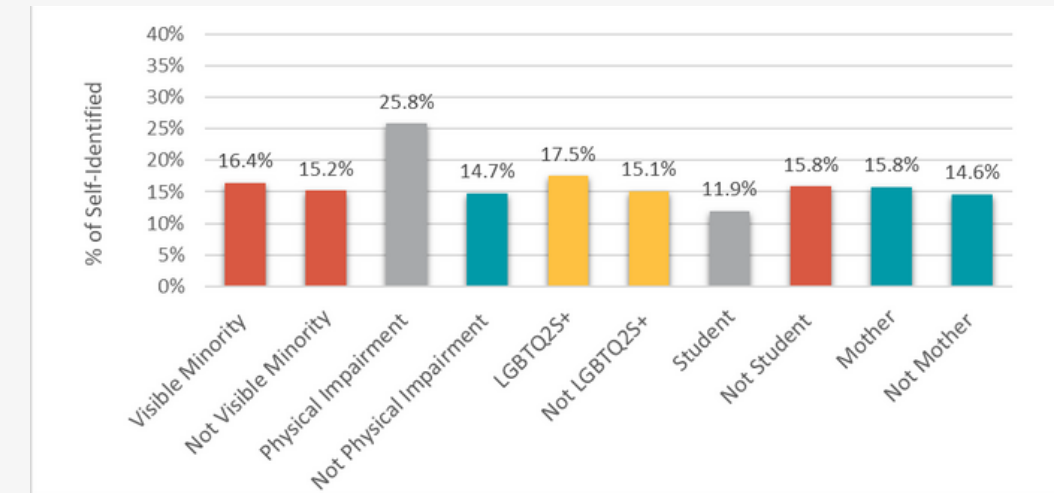
WHICH CANADIANS ARE NOT ACCESSING MENTAL HEALTH SUPPORTS? : SUPPLEMENTARY APPENDIX

Did Not Access Support Because I Didn't Have Confidence In The System Or Services

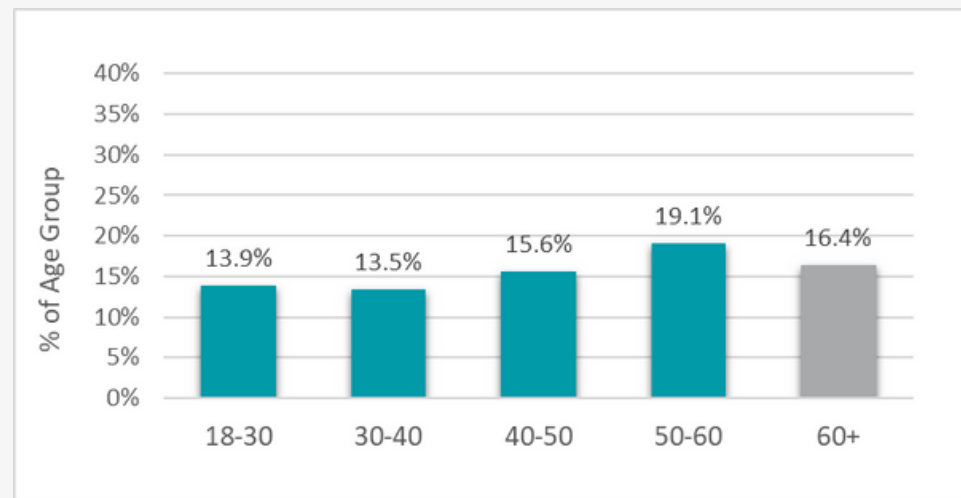
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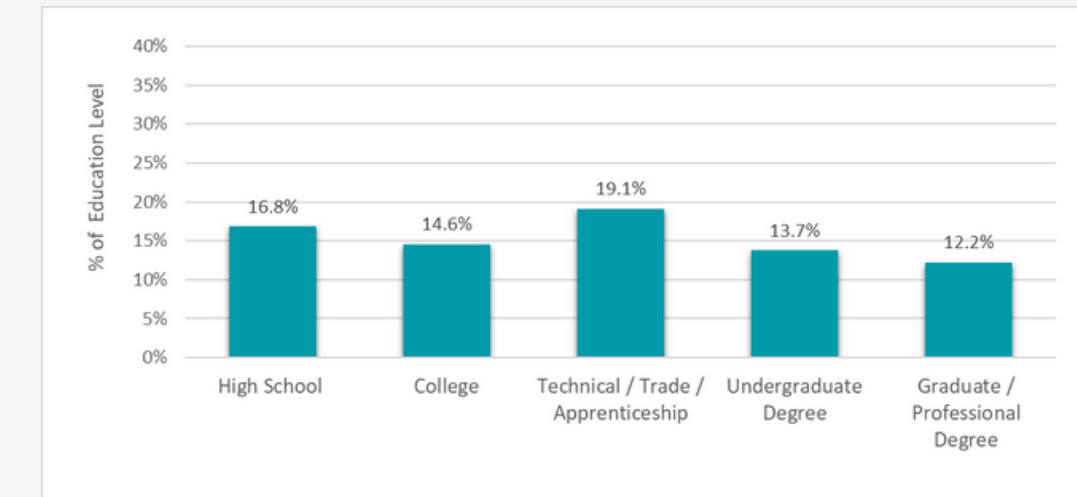
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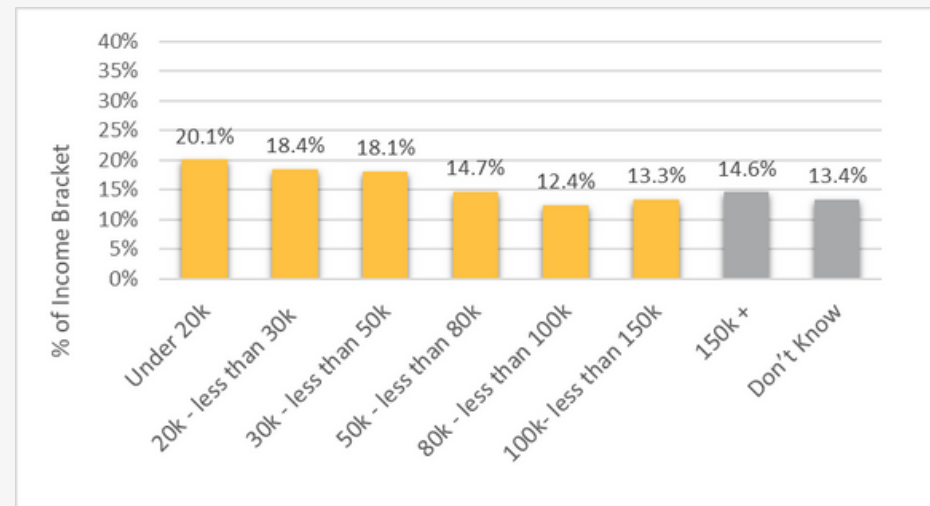
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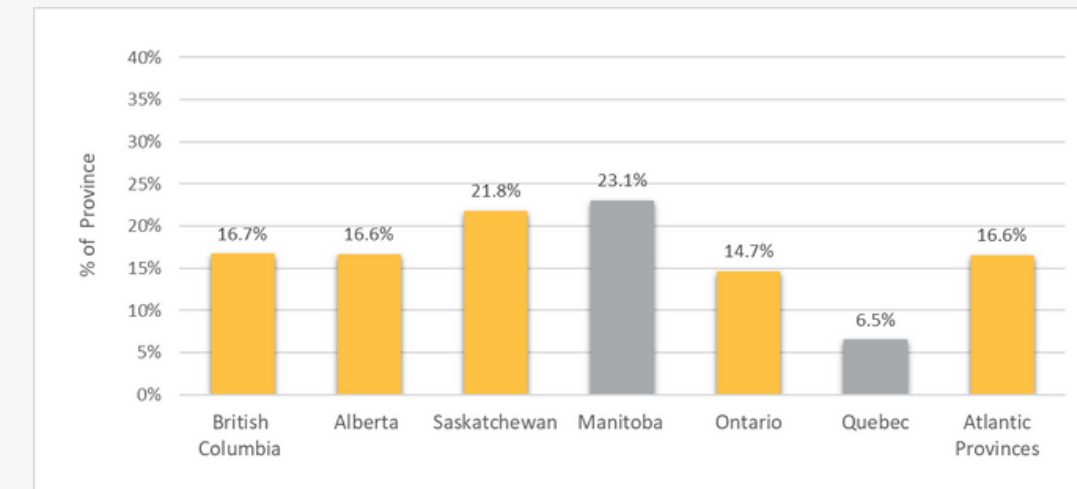
Education Level



Annual Household Income



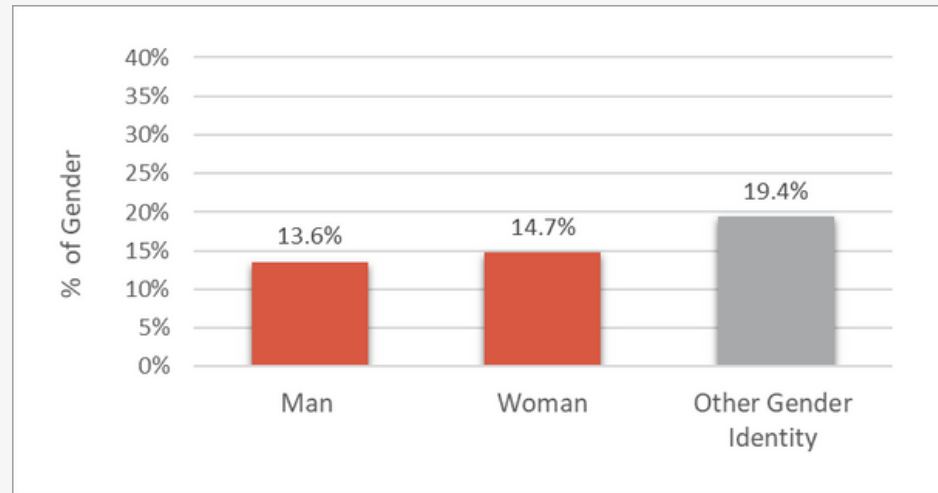
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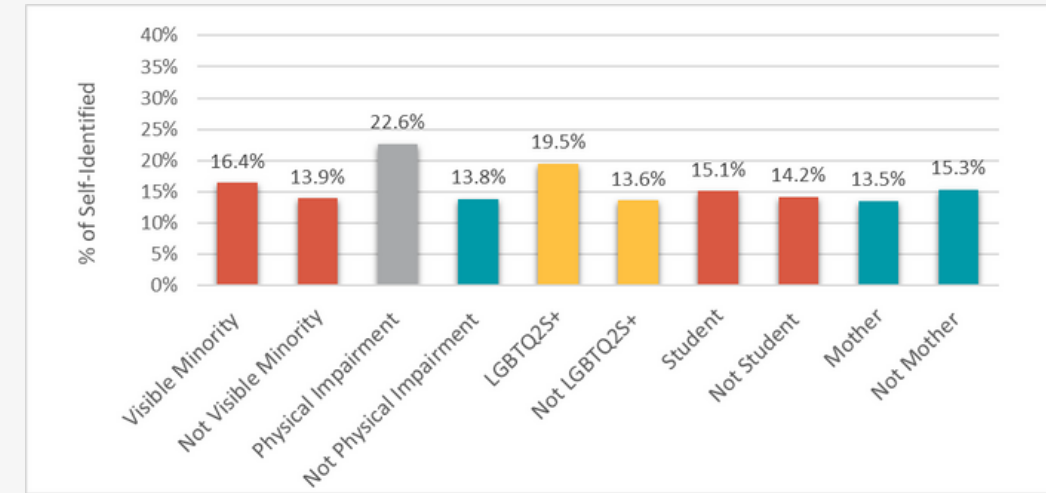
WHICH CANADIANS ARE NOT ACCESSING MENTAL HEALTH SUPPORTS? : SUPPLEMENTARY APPENDIX

Did Not Access Support Because I Am Concerned About Exposure To COVID-19

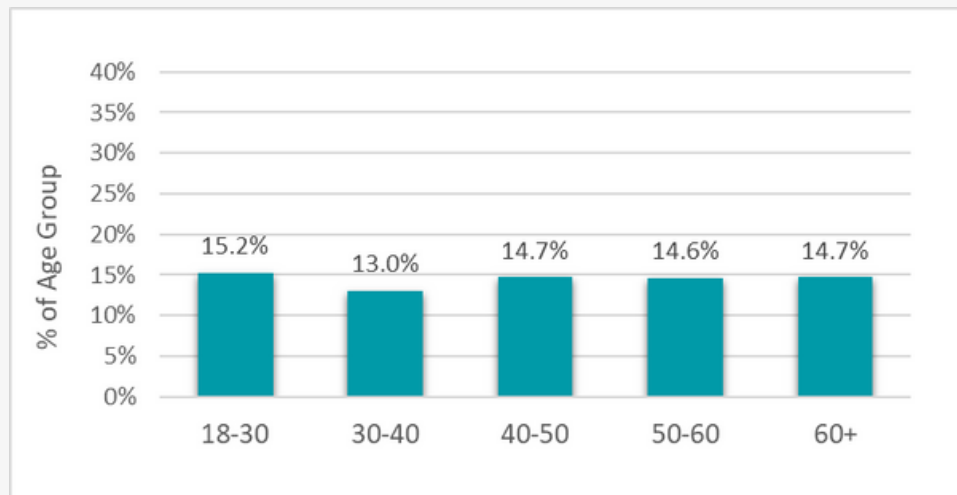
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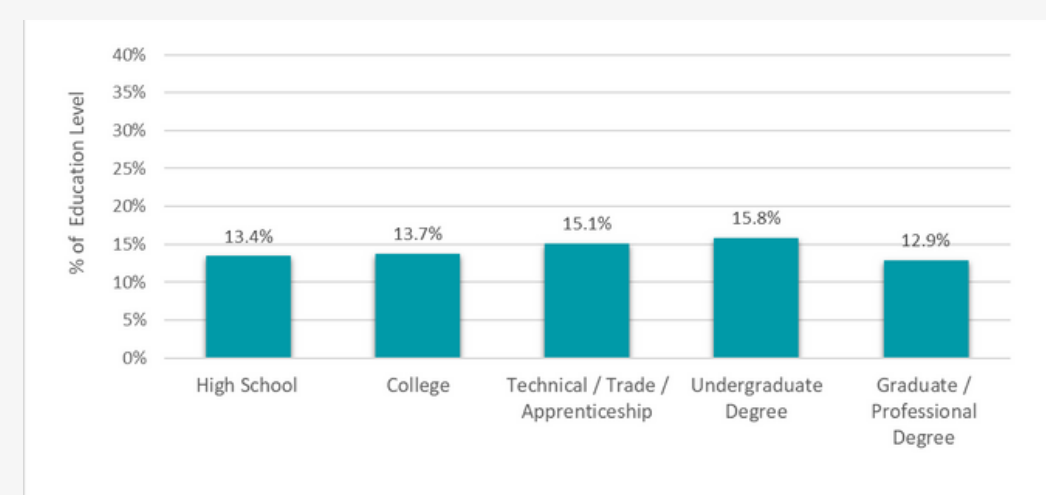
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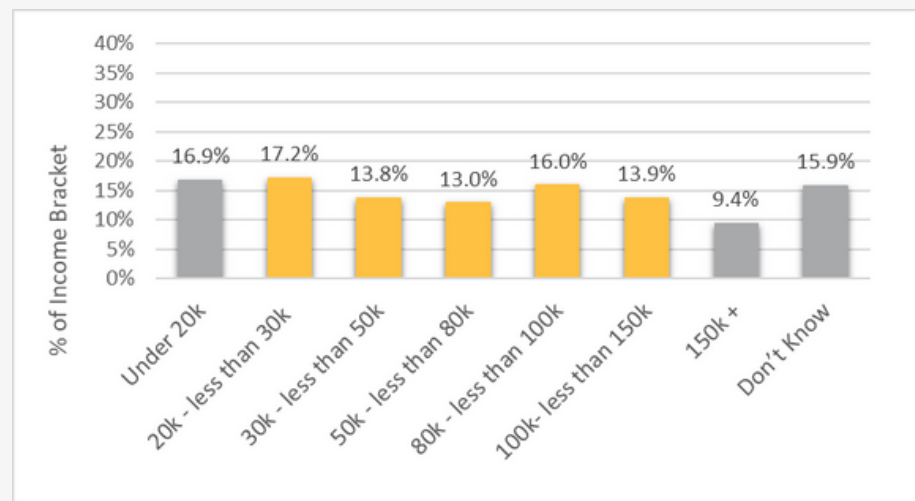
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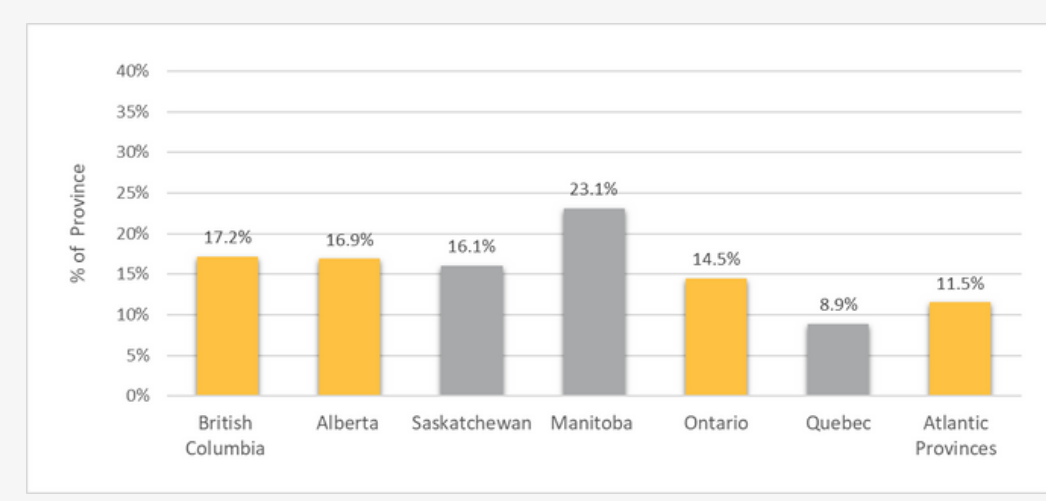
Education Level



Annual Household Income



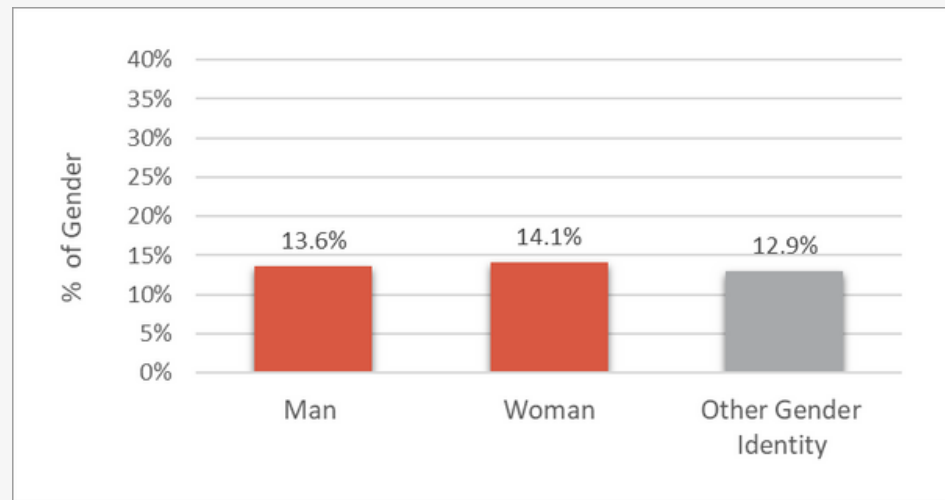
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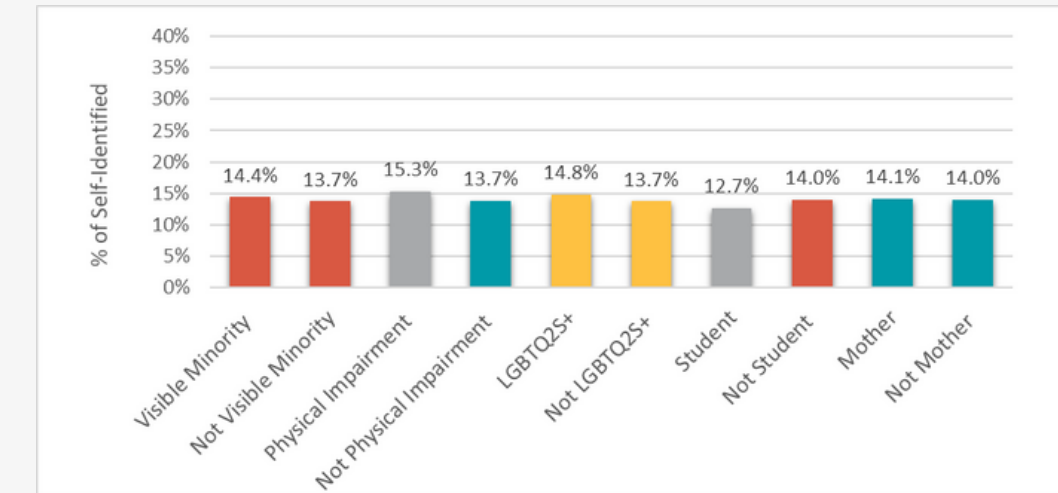
WHICH CANADIANS ARE NOT ACCESSING MENTAL HEALTH SUPPORTS? : SUPPLEMENTARY APPENDIX

Did Not Access Support Because Insurance Didn't Cover It

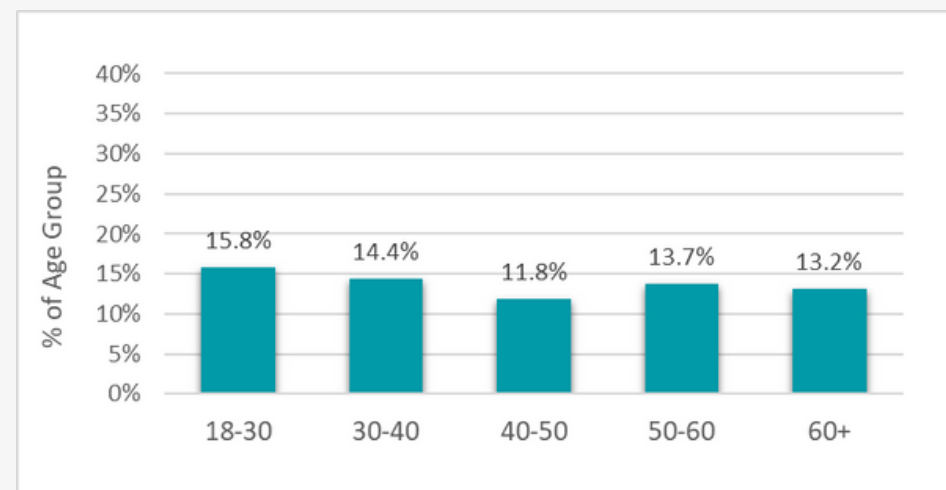
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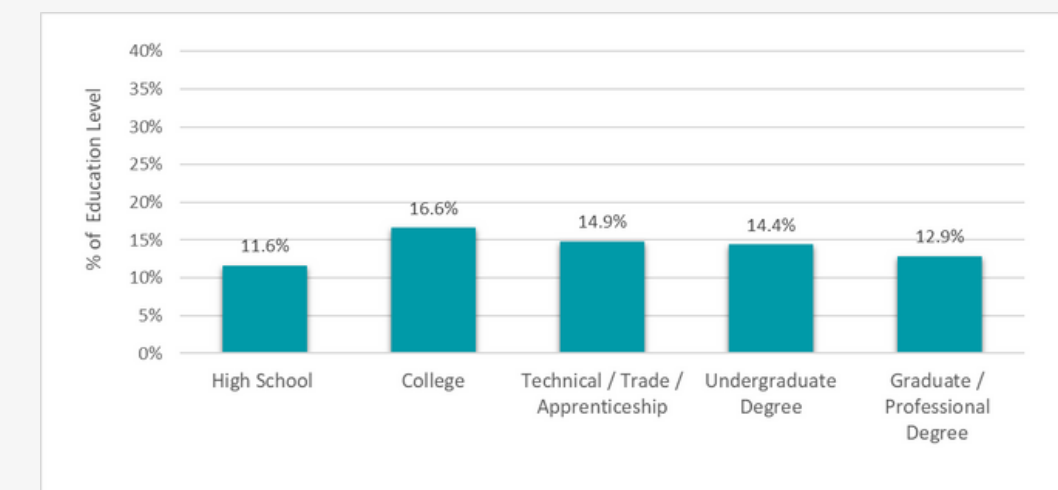
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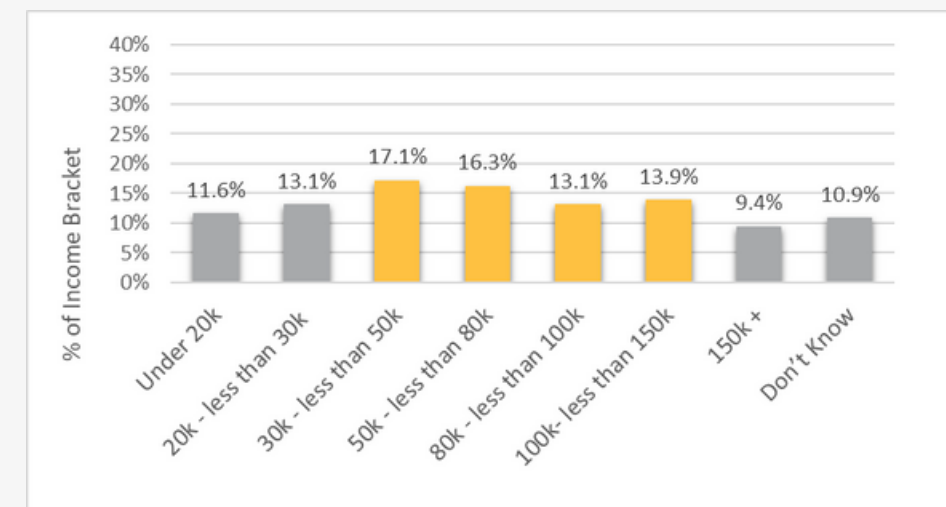
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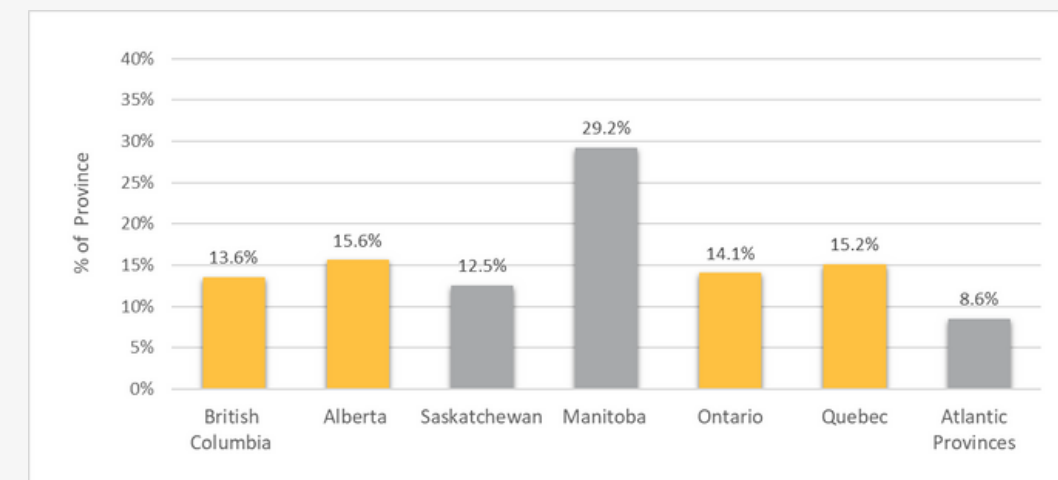
Education Level



Annual Household Income



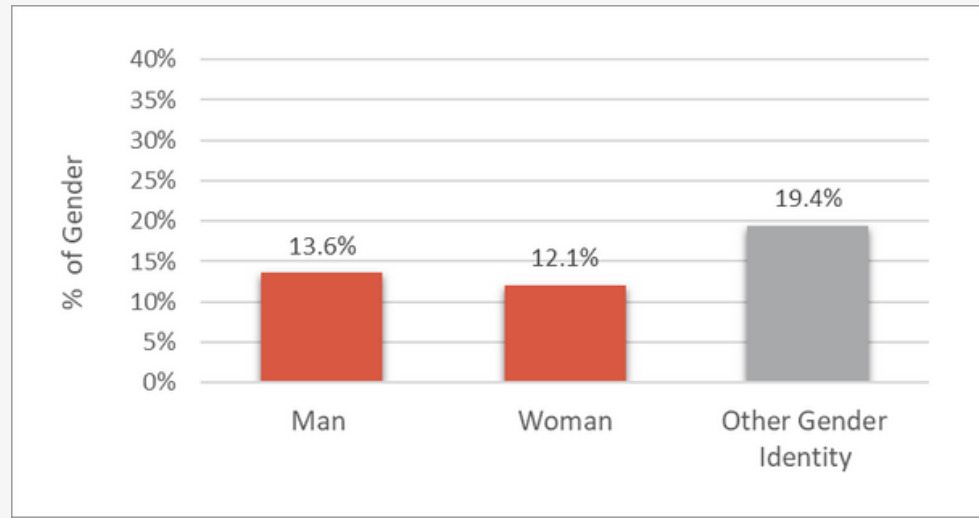
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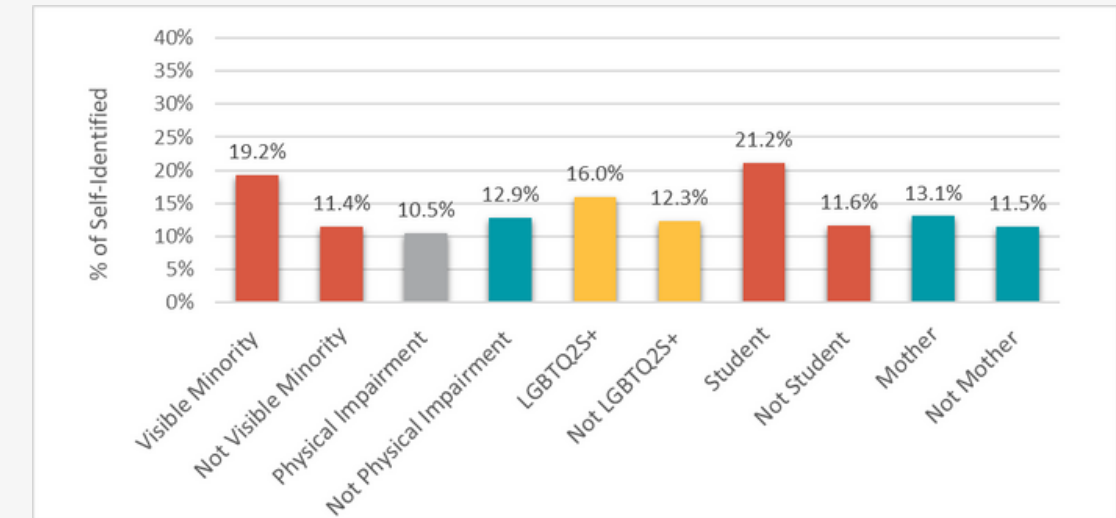
WHICH CANADIANS ARE NOT ACCESSING MENTAL HEALTH SUPPORTS? : SUPPLEMENTARY APPENDIX

Did Not Access Support Because I'm Afraid of What Others Would think

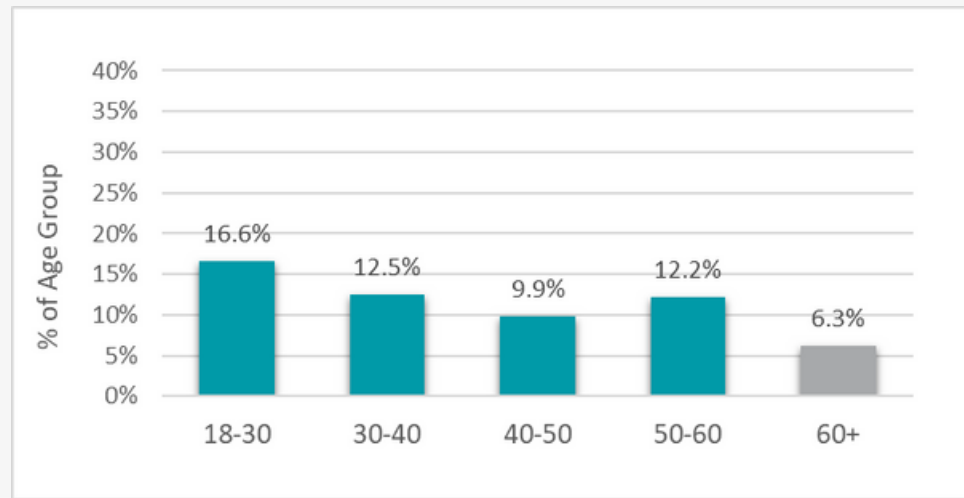
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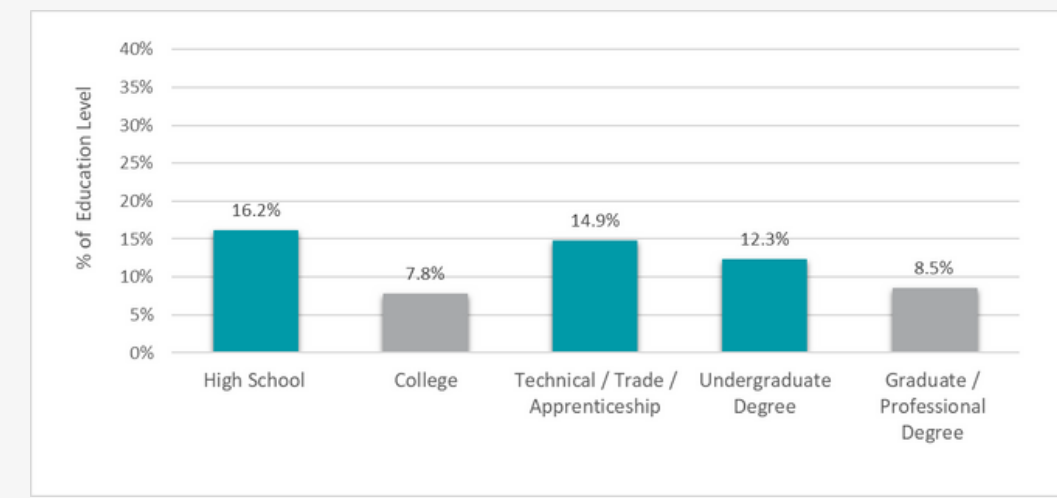
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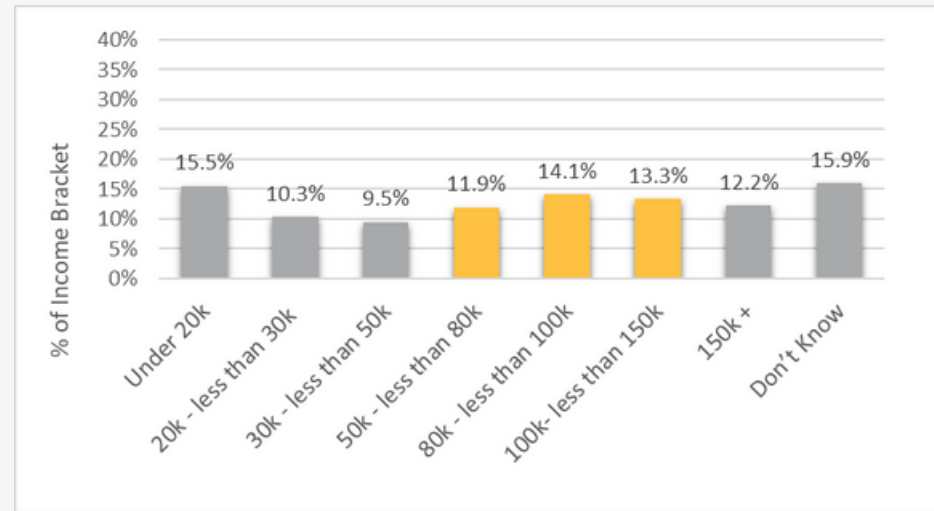
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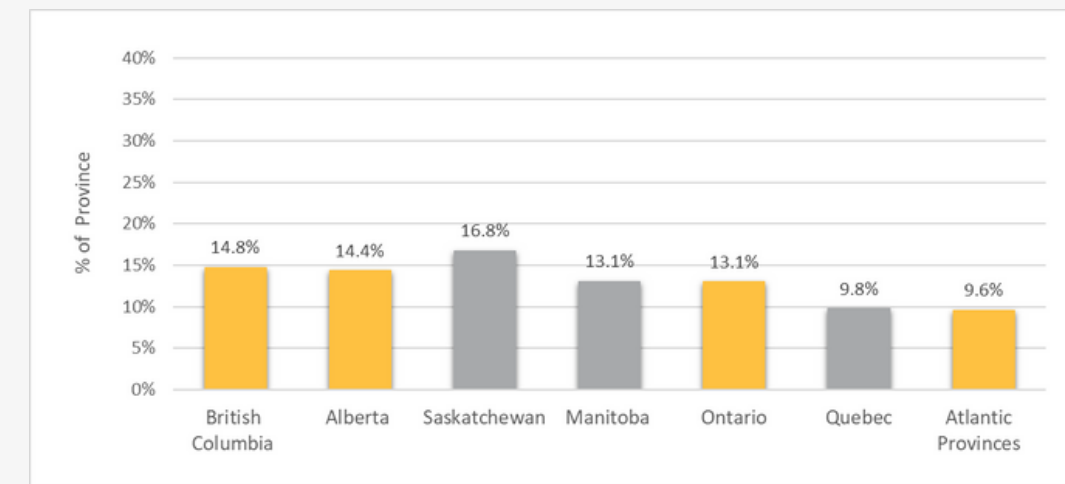
Education Level



Annual Household Income



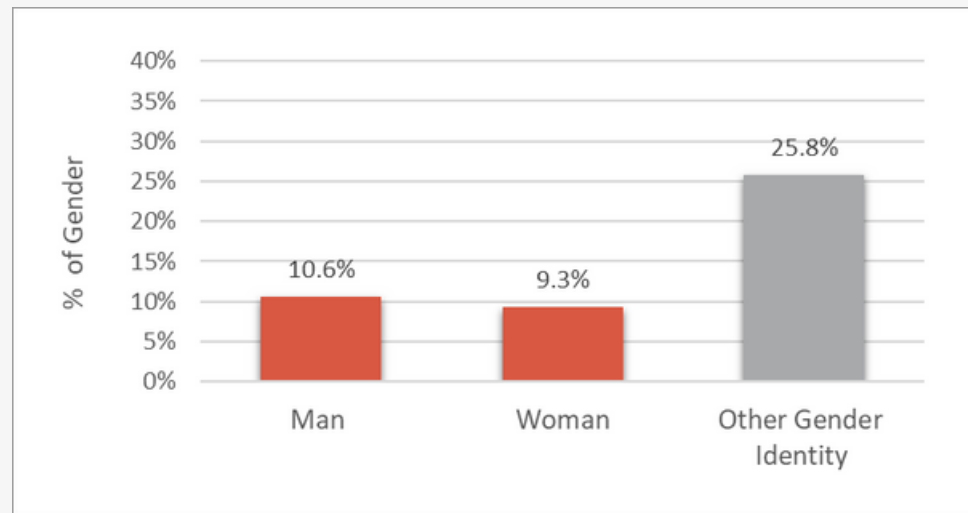
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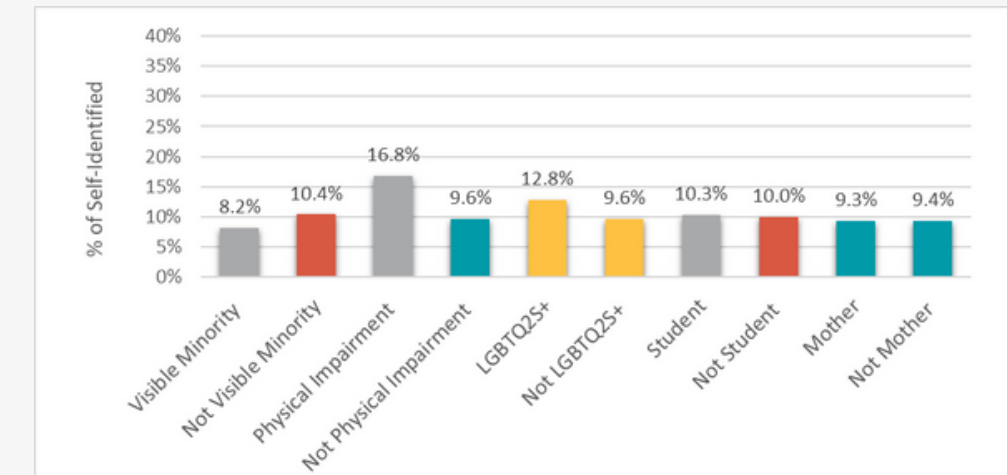
WHICH CANADIANS ARE NOT ACCESSING MENTAL HEALTH SUPPORTS? : SUPPLEMENTARY APPENDIX

Did Not Access Support Because of Other Reasons

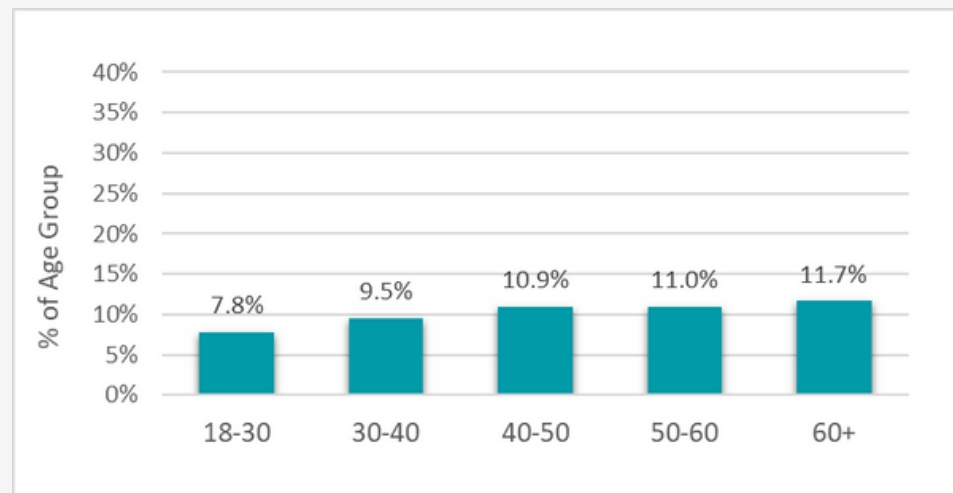
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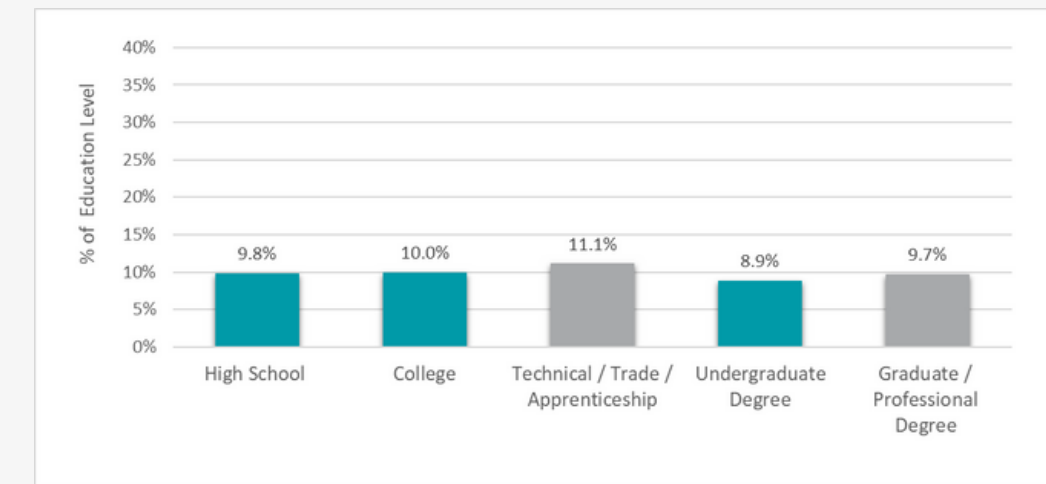
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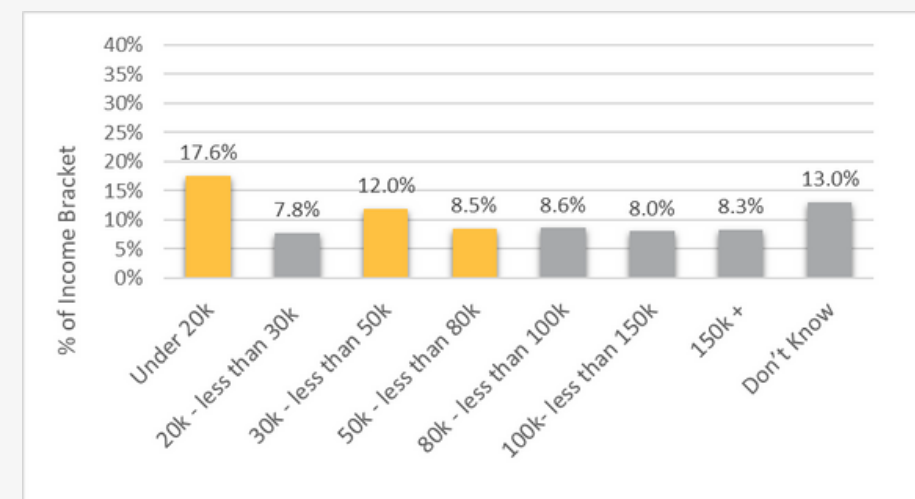
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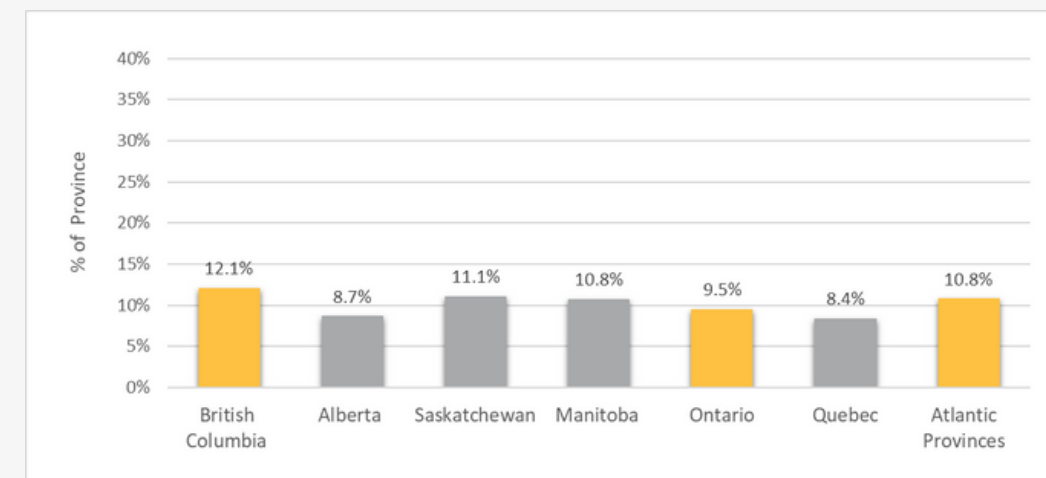
Education Level



Annual Household Income



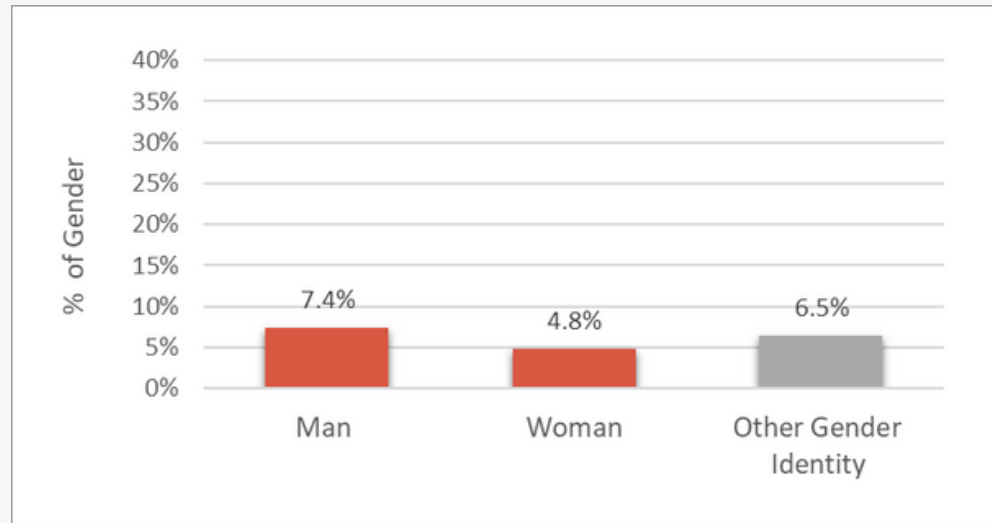
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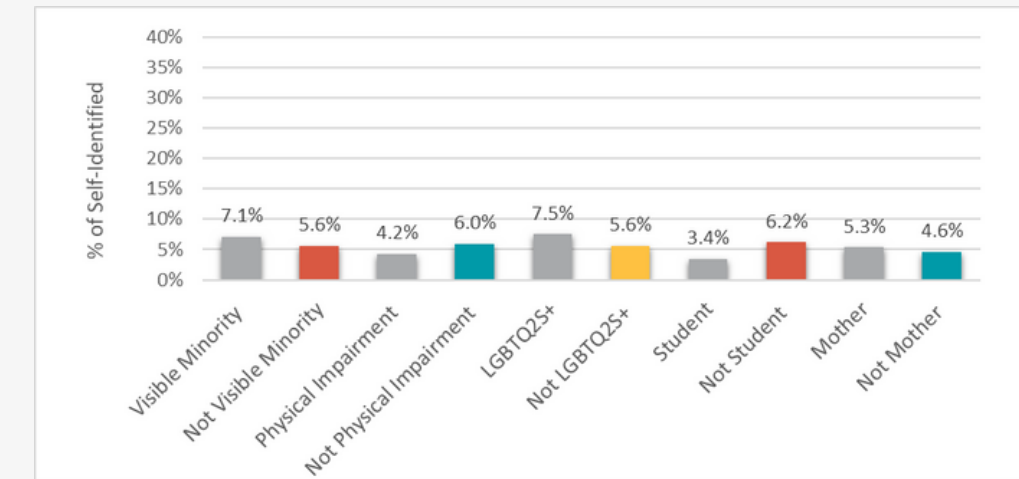
WHICH CANADIANS ARE NOT ACCESSING MENTAL HEALTH SUPPORTS? : SUPPLEMENTARY APPENDIX

Did Not Access Support Because My Job Interfered

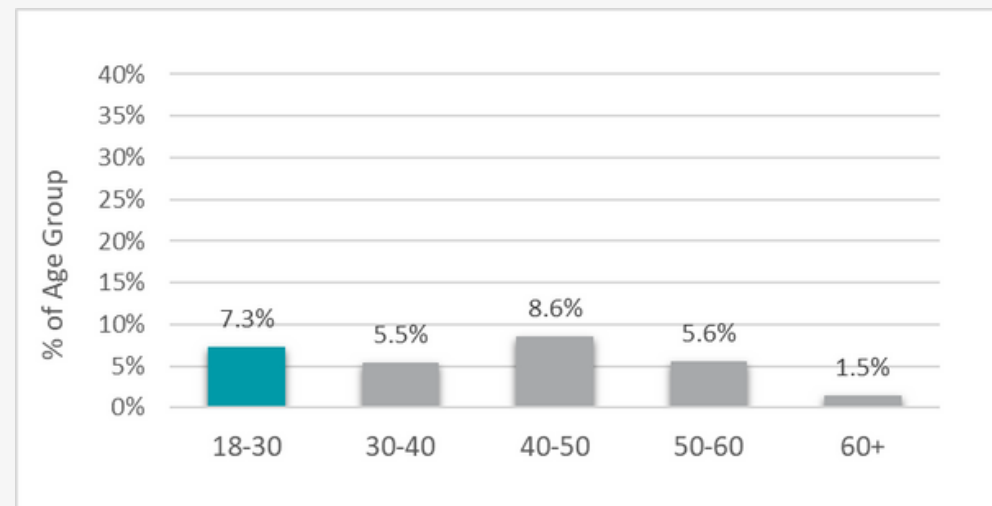
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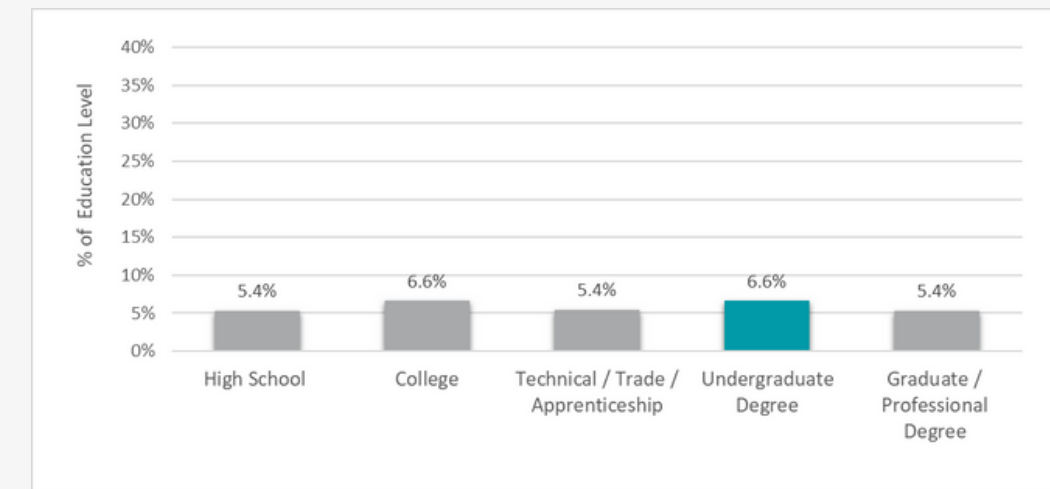
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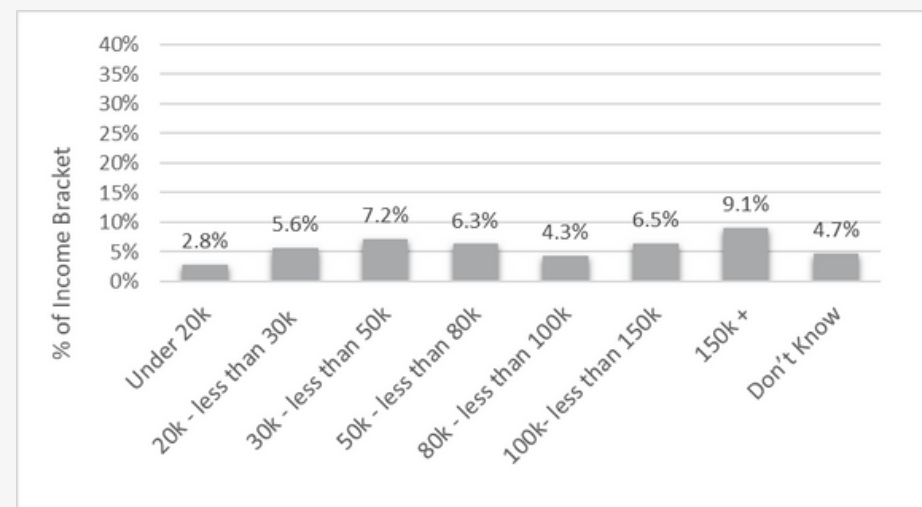
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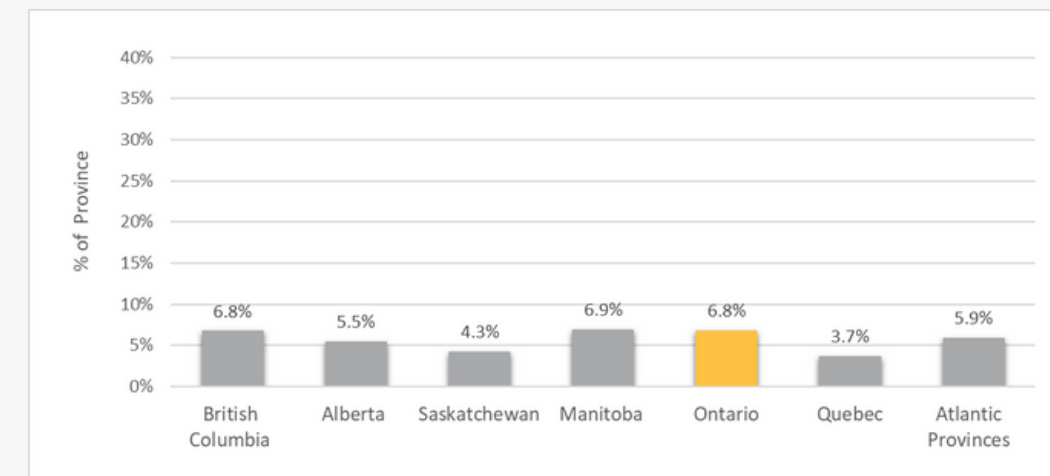
Education Level



Annual Household Income



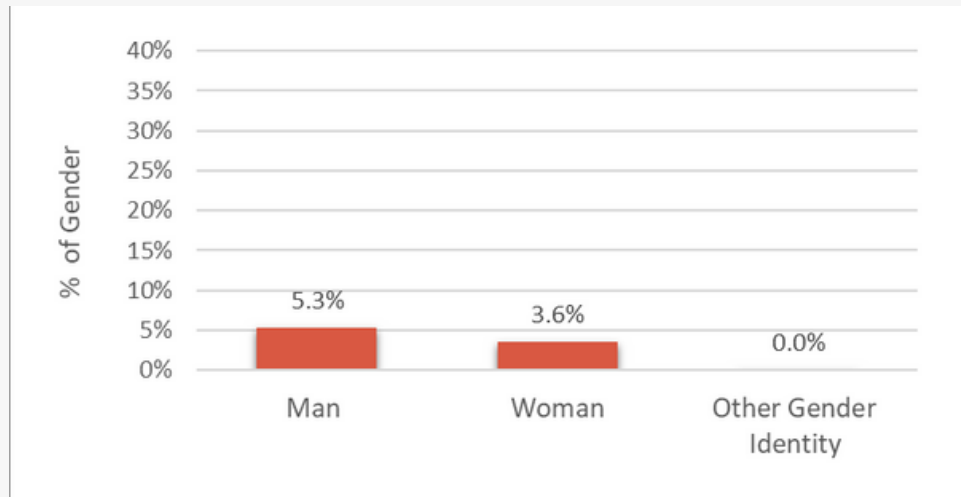
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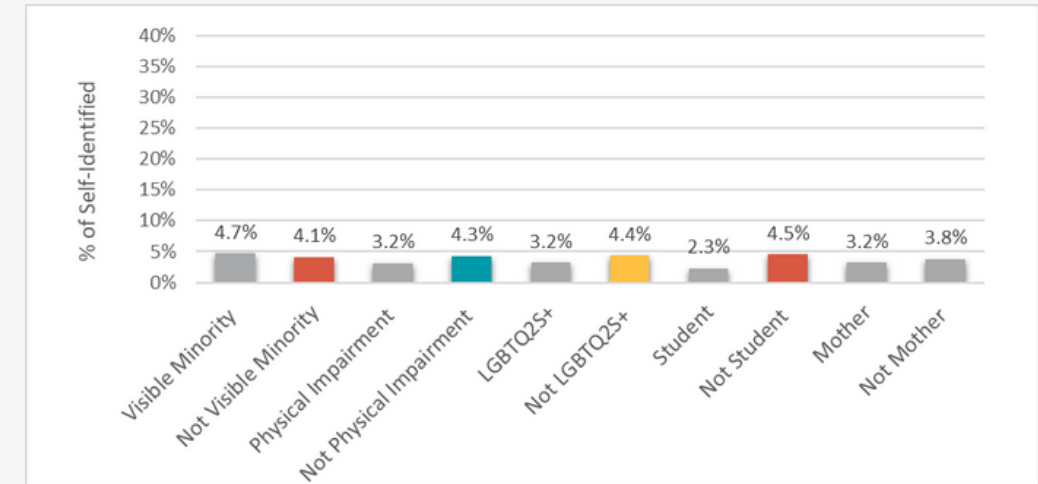
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I Don't Know Why I Did Not Access Support

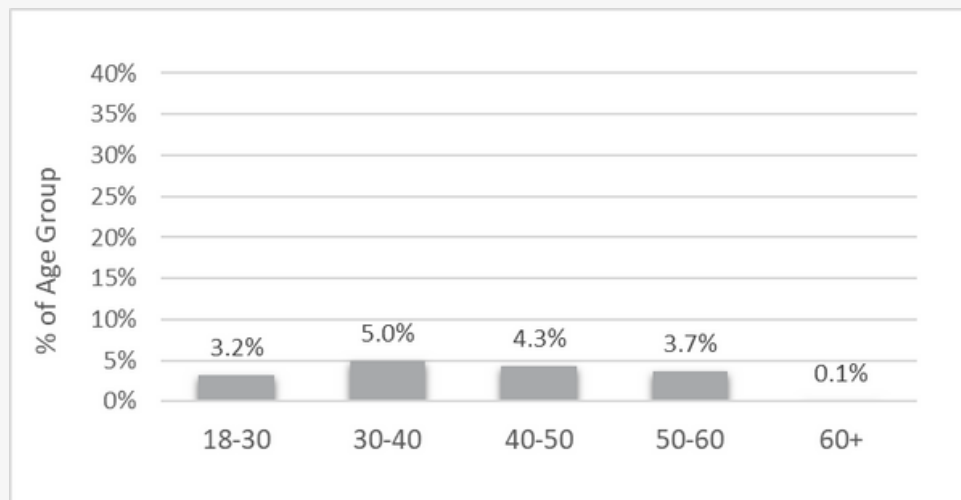
Gender



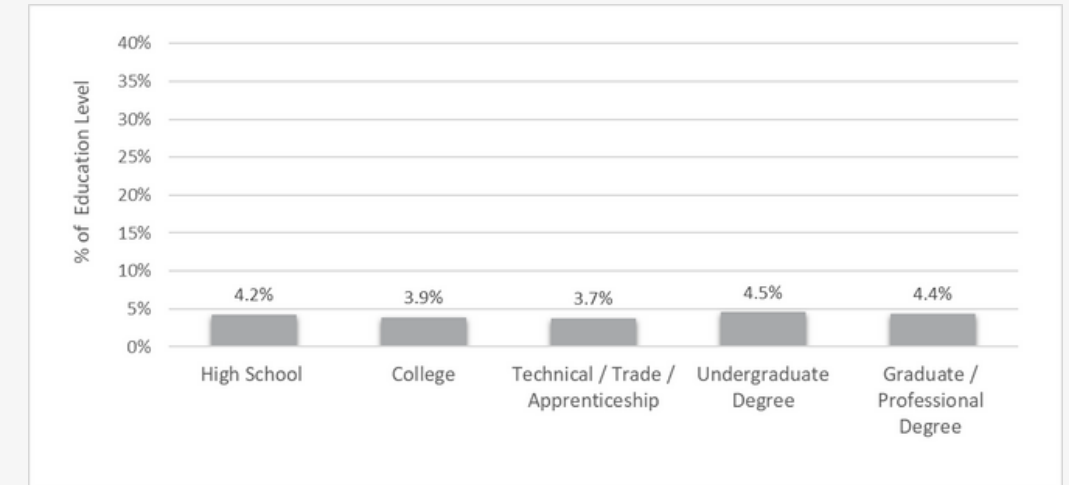
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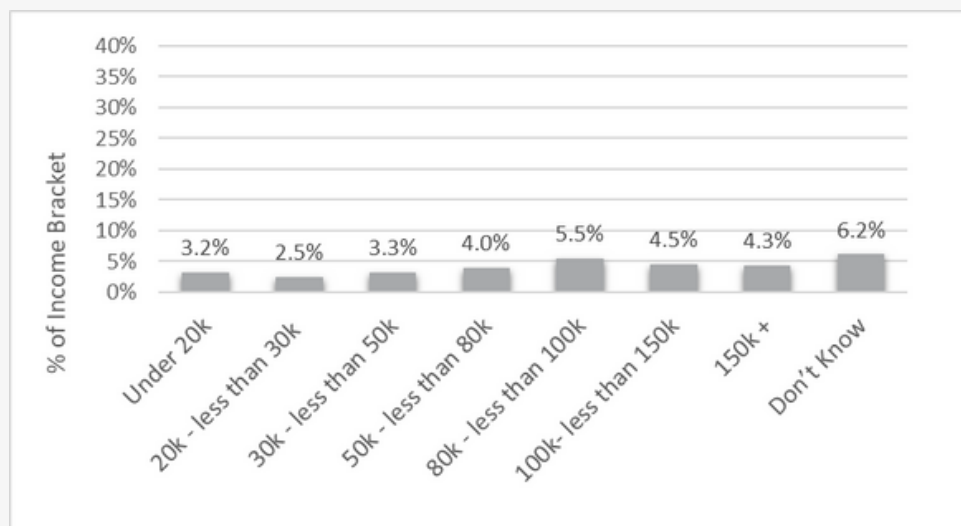
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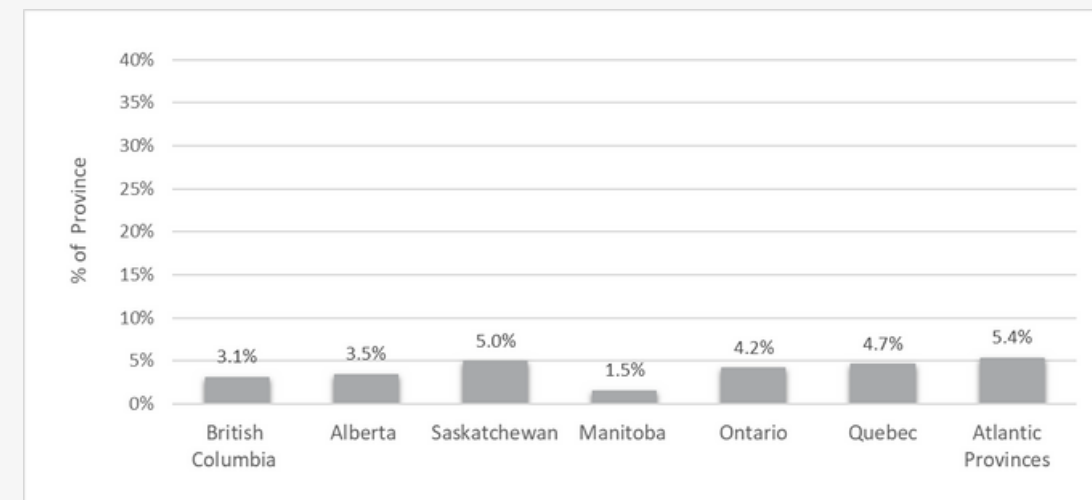
Education Level



Annual Household Income



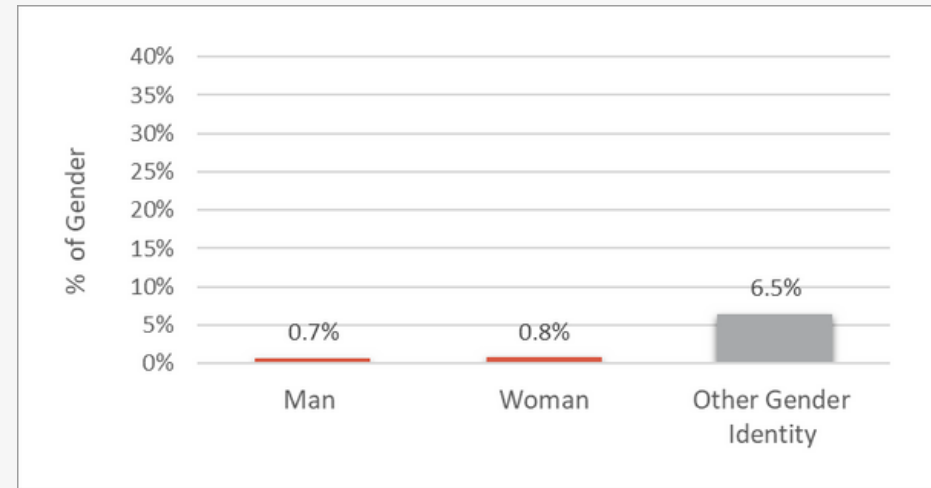
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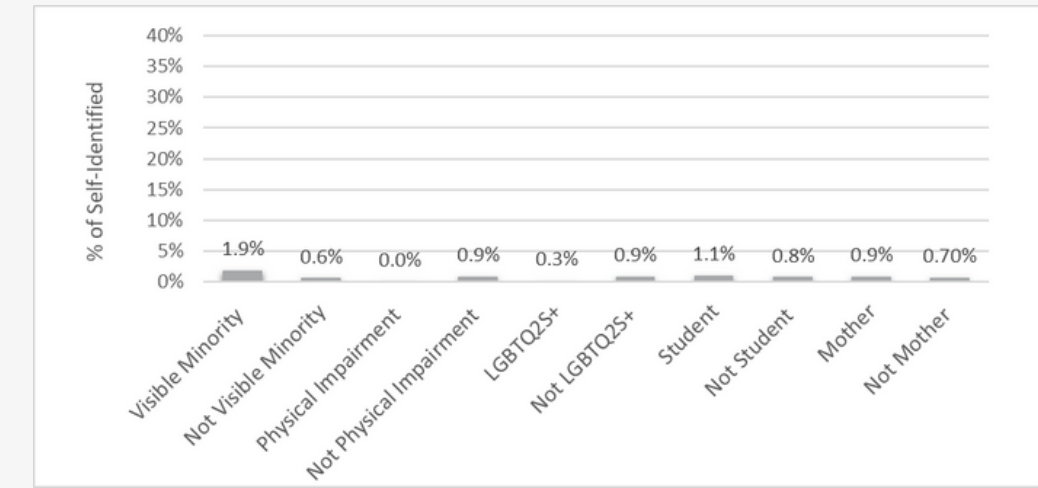
WHICH CANADIANS ARE NOT ACCESSING MENTAL HEALTH SUPPORTS? : SUPPLEMENTARY APPENDIX

Did Not Access Support Because of Language Problems

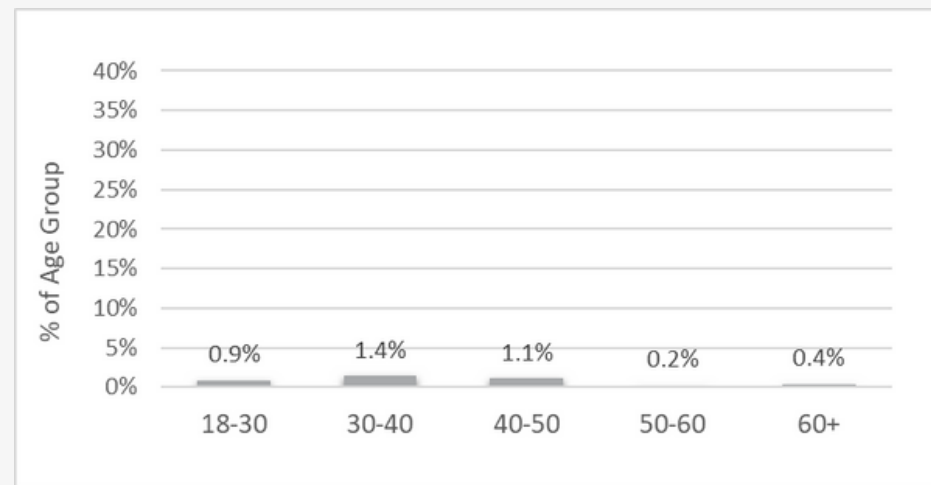
Gender



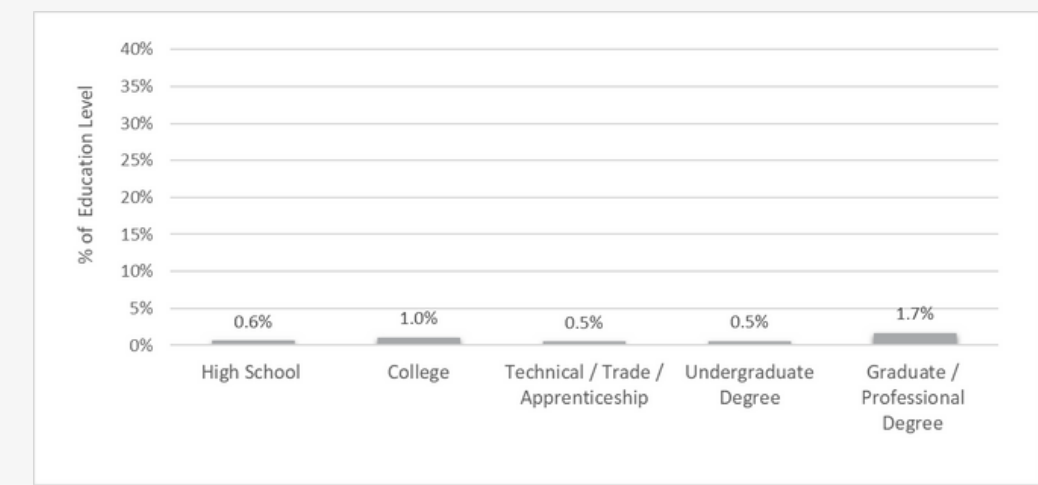
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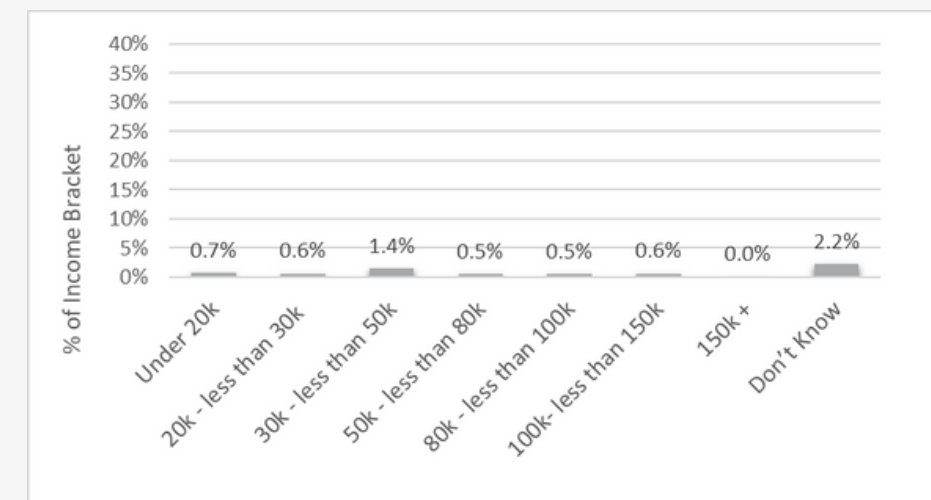
Age



Education Level



Annual Household Income



Province

