



Understanding the Mental Health of Canadians through COVID-19 and Beyond: Poll #15



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February 2023

Methodology

Methodology: This online survey was conducted among a sample of 3,238 adult Canadians. This was the fifteenth 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 this study contained a booster of those who have accessed mental health supports in the past year, weighting has also been applied to make the total sample representative on this factor.

National	Interview Dates	Number of Interviews	Margin of Error	Poll Fifteen	Number of Interviews	Margin of Error
Poll One	April 22 to 28, 2020	1,803	±2.3%			
Poll Two	August 21 to 31, 2020	4,010	±1.5%			
Poll Three	October 22 to 28, 2020	2,004	±2.2%			
Poll Four	December 10 to 18, 2020	2,761	±1.9%			
Poll Five	February 1 to 8, 2021	3,005	±1.8%			
Poll Six	April 20 to 28, 2021	4,005	±1.5%			
Poll Seven	June 7 to 13, 2021	4,010	±1.5%			
Poll Eight	August 17 to 24, 2021	3,010	±1.8%			
Poll Nine	October 22 to Nov 3, 2021	4,108	±1.5%			
Poll Ten	Dec 13 to 22, 2021	3,701	±1.6%			
Poll Eleven	Feb 15 to 22, 2022	3,512	±1.7%			
Poll Twelve	April 13 to 25, 2022	3,000	±1.8%			
Poll Thirteen	July 13 to 22, 2022	3,023	±1.8%			
Poll Fourteen	October 21 to Nov 1, 2022	3,500	±1.7%			
Poll Fifteen	Jan 23 to Feb 6, 2023	3,238	±1.7%			
				British Columbia	386	±5.0%
				Alberta	410	±4.8%
				Prairies	306	±5.6%
				Ontario	988	±3.1%
				Quebec	667	±3.8%
				Atlantic Canada	481	±4.5%

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



Major Findings



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Major Findings

- **Mental health indicators have remained flat (or got slightly worse)** after a long period of improvement post-pandemic. We predict the next poll could validate whether these trends are indicative of a new “normal” for these indicators or if slightly poorer indicators are the result of more transitional changes, such as seasonal impact on wellbeing.
 - Levels of high anxiety (10%) and depression (8%) have remained constant, as well as the percentage of Canadians likely to be experiencing symptoms of anxiety or depression using the GAD-7 (14%) and PHQ-9 (11%) clinical screeners.
 - Feelings of burnout (24%), hopefulness (64%) and the percentage of Canadians who said they are not coping well with stress (14%) have not changed since our last poll in November 2022 collection.
- **The number of Canadians accessing mental health services in the past year has risen slightly.** With this, we observe different migration trends within publicly funded supports and those funded by private or group insurance.
 - This poll indicated a reduction in publicly funded psychologists (-8%), psychotherapists (-4%), some online services (-8%) and text-based supports (-9%), while indicating large increases in the use of family doctors and health services (+19%). For services funded by private or group health insurance, we noted a migration away from psychologists (-3%) and psychotherapists (-4%) to accessing counsellors or social workers (+12%).

Major Findings

- While half of Canadians indicate that inflation is not having a negative mental health impact on them, **for the other half whose mental health has been affected by inflation, the economy and financial insecurity are showing significant signs of worsening mental health.**
 - These Canadians indicate higher self-rated anxiety (33%) and depression (32%), higher rates of recent diagnosis of a mood disorder since the pandemic (14%), higher suicide ideation (31%) and alcohol (23%) or cannabis dependency (22%), as report being less able to handle their stress well (30%).
 - **Also noted are increases in similar negative mental health indicators in parents of children under the age of nine.** Two-thirds (63%) of these Canadians report being negatively impacted by inflation, half by not being able to pay their bills (52%) or the economic downturn (47%). This group also indicated elevated healthy food insecurity (54%), as well as alcohol (9%) or cannabis (13%) dependency.
- Major findings from past polls remain relevant including the **quarter of Canadians that are feeling exhausted and burnt out** (24% - but higher among the unemployed and students) and the **disproportionate level of mental health challenges faced by 2SLGBTQIA+ Canadians**, including in self-rated anxiety and depression, and resilience indicators.



Key Findings



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Little improvement has been seen in Canadian's mental health since summer 2022

- **Levels of high anxiety and depression have seen little movement since the summer of 2022 (Poll 13):** each remaining higher than pre-pandemic levels. Beginning in the last poll, Atlantic Canada experienced higher levels of anxiety than other areas of the country (14%).
- **Alcohol and cannabis dependence continues to be concern** to one-in-seven and one-in-ten Canadians respectively, with those reporting high levels of anxiety and depression being more likely to have dependent behaviours.
- **Canadians are generally happy (81%), with two-fifths saying they are happy and interested in life (42%) or somewhat happy (39%).** More likely to be happy are those over the age of 54 (52%), a resident of Quebec (45%). Less likely to be happy are students (31%), residents of BC (38%), or 2SLGBTQIA+ (28%).
- **While the negative impact of inflation (49%) and the economic downturn have lessened (36%), it has not improved food or housing insecurities.** Inflation and the economic downturn continues to have a negative impact on mental health, noting slight improvements compared to Poll 14. Canadians are also less impacted by a fear of job loss (39%). Worries of paying bills and food insecurities (36%) have remained stable this poll, while an increased number are concerned about the ability to pay their housing (20%). These issues are most strongly impacting women, and those with young children in the home.
- **While those accessing supports find them somewhat effective, improvements are necessary:** The proportion accessing mental health supports in the past year remain consistent to past polls (12%), with public supports continuing to be the most often accessed (33%). Canadians are more likely this Poll to say it met their needs completely (+6%) rather than just most of their needs (-5%).



Results in Detail



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Anxiety and Depression in Canada

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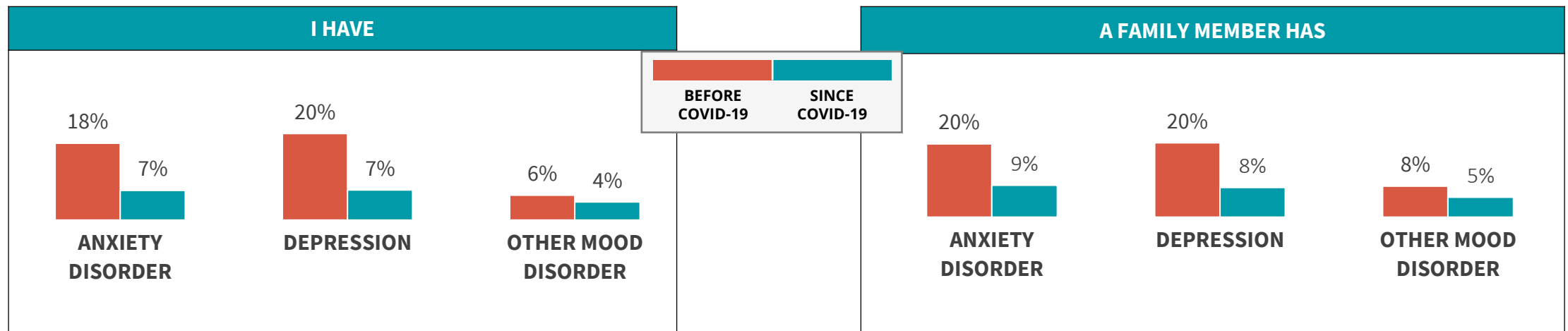
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One-third of Canadians have been diagnosed with anxiety or depression since the onset of COVID-19

- Prior to the pandemic, almost one-fifth of Canadians have experienced a personal or family diagnosis of anxiety (18% personal, 20% family) or depression (20% personal, 20% family). Other mood disorders are less common, with 6% having a personal diagnosis, and 8% a diagnosis in their family.
- Since the onset of COVID-19, another 7% say they have personally been diagnosed with anxiety and another 7% with depression; another 9% and 8% say a family member has been diagnosed with anxiety or depression, respectively.
- When it comes to anxiety, Canadians between the ages of 18 and 34 years (12%) and racialized Canadians (11%) are more likely to have been diagnosed since the pandemic. Those with financial troubles (14%), alcohol and cannabis dependency (26% and 28%) are also more likely to have received this diagnosis.
- A larger percentage of young adults (16-17 16% and 18-34 11%), those with financial troubles (15%), alcohol or cannabis dependency (24% and 28%) reported receiving a diagnosis of depression since the start of the pandemic, compared to other segments of the population.



Base: (Total n=3,238)

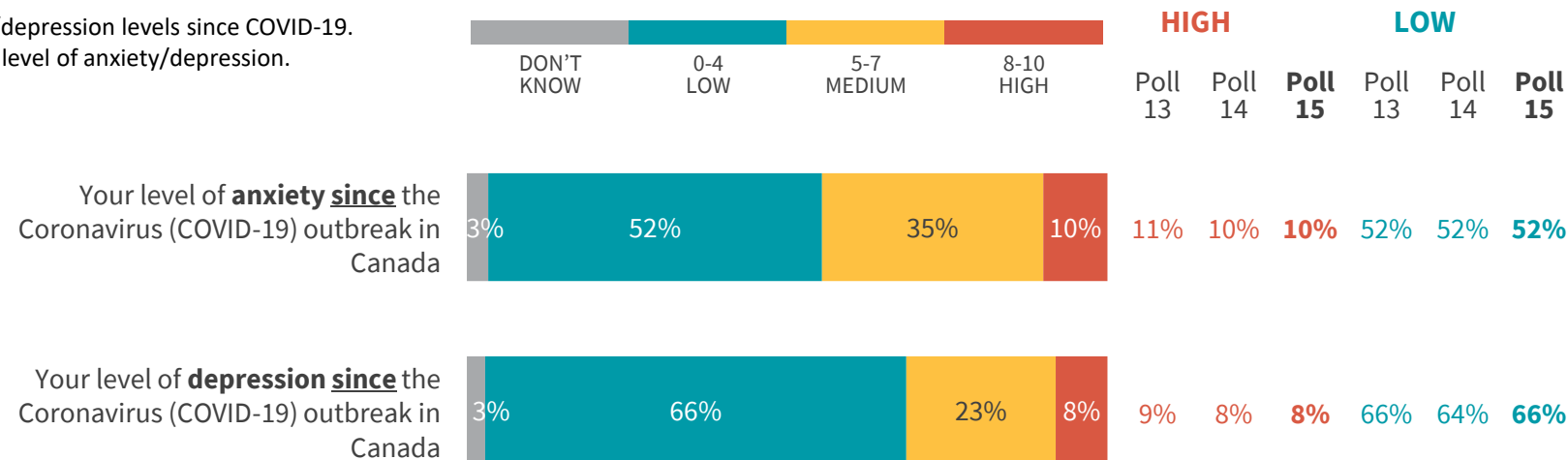
A1A. Have you ever, either before the Covid-19 outbreak or since it, received a diagnosis from a healthcare professional stating that you are affected by any of the following:

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

Percent high self-rated anxiety and depression remain consistent

- A tenth of Canadians said they are experiencing high levels of anxiety, which has remained consistent since the summer and continues to be higher than before COVID-19.
- A similar proportion (8%) of Canadians said they are experiencing high levels of depression, which is also consistent since the summer and higher than before COVID-19.

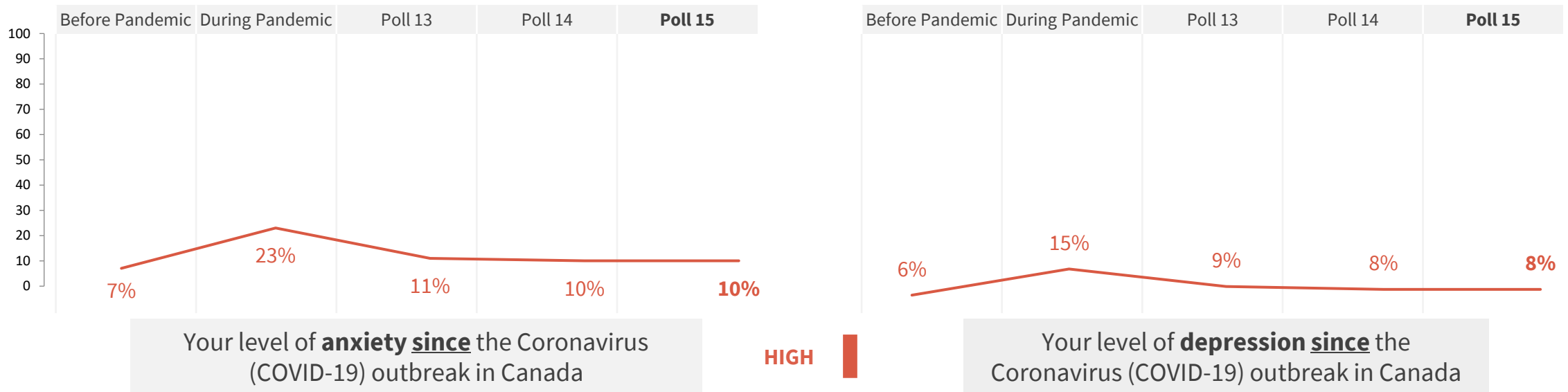
Polls 1-12 asked anxiety/depression levels since COVID-19.
Poll 13-15 asked current level of anxiety/depression.



Younger Canadians identifying as 2SLGBTQIA+ continue to struggle disproportionately

- Younger Canadians between 18 to 34 years old (13%), students (15%) as well as those who are unemployed (16%), have a low income (<30K, 15%), experiencing financial trouble (33%), members of 2SLGBTQIA+ communities (16%), and racialized persons (13%) are more likely to report high levels of anxiety.
- This poll saw that those living in urban centres had higher levels of high anxiety than those in rural setting (11% vs. 6%).
- High anxiety is also more prevalent among Canadians struggling with mental health or consuming cannabis or alcohol at a level considered to be harmful or dependent, affecting at least one third of individuals among those segments.
- Those who are unemployed (15%), have a low income (<30K, 16%) or financial troubles (32%), racialized Canadians(11%), or are members of 2SLGBTQIA+ communities (13%) are more like to say they are experiencing high levels of depression. This poll, living alone has less of an impact on depression than in past polls.
- Those living in urban centres are also likely to have higher levels of depression (9% vs. 4%).
- Similarly, high levels of depression are also more prevalent among Canadians struggling with mental health or a level of cannabis or alcohol consumption considered to be unhealthy, affecting at least one third of individuals among those segments.

Levels of high anxiety and depression have remained consistent since summer 2022, and are not yet back to pre-pandemic numbers

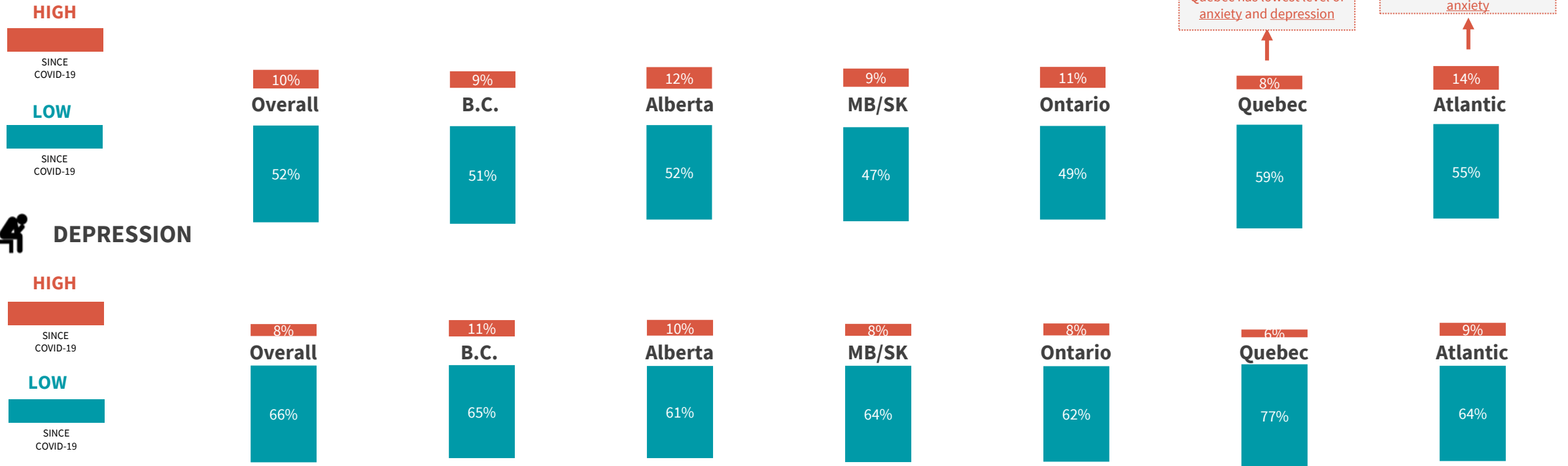


Polls 1-12 asked anxiety/depression levels since COVID-19.
 Poll 13-15 asked current level of anxiety/depression.

The Atlantic provinces continue to experience high levels of anxiety, consistent with findings since the Summer of 2022

ANXIETY

- Self-rated anxiety in Atlantic Canada remains high, having increased last poll seemingly as a result of the hurricane.
- Self-rated depression in B.C. has increased from 7% in the last poll to 11%. We will observe these trends in future polls to see if this continues.



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

There is a decrease in severe symptoms among Canadians reporting a high level of anxiety or depression

- Similar to the findings of the last two polls, three-quarters (76%) of Canadians who rated their anxiety or depression high since COVID-19 (8-10) are likely to have moderate or severe mental health disorders. However, this poll, the likelihood of having a moderate disorder has increased (from 17% to 24%) while having a severe disorder has decreased (from 58% to 52%).
- Levels have not yet returned to the lows seen in April 2022 (60%).
- Among those who rate their anxiety or depression as moderate (5-7), almost two-in-five likely to have a moderate (20%), severe (25%) mental health condition, an increase from 41% in Poll 14.

Mental Health Scores Among Canadians With High And Moderate Anxiety Or Depression Since COVID-19

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

Tired out for no good reason	35%	27%
That everything was an effort	26%	42%
Nervous	25%	31%
Depressed	20%	47%
Restless or fidgety	19%	47%
Worthless	17%	62%
Hopeless	16%	57%
So sad that nothing could cheer you up	12%	65%
So nervous that nothing could calm you down	11%	68%
So restless you could not sit still	11%	70%

Moderate: 5-7

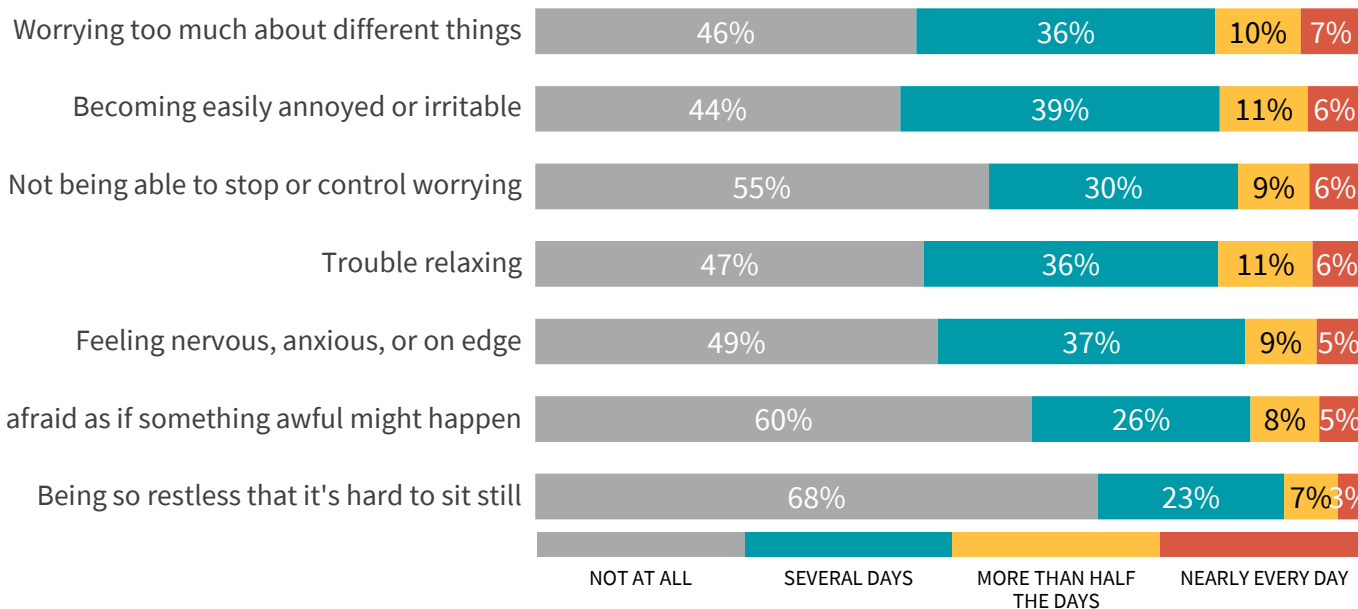
High: 8-10

Poll 15	Poll 15	Poll 14	Poll 13	Poll 12	Poll 11	Poll 10	Poll 9	Poll 8	Poll 7	Poll 6	Poll 5	Poll 4	Poll 3	Poll 2	
34%	11%	12%	12%	23%	19%	19%	20%	21%	20%	23%	19%	19%	18%	21%	Likely to have no mental health disorder (<20)
21%	14%	13%	13%	16%	17%	19%	19%	20%	19%	18%	18%	18%	19%	16%	Likely to have a mild mental disorder (20-24)
20%	24%	17%	21%	18%	19%	18%	22%	22%	21%	21%	20%	22%	26%	21%	Likely to have moderate mental disorder (25-29)
25%	52%	58%	54%	42%	45%	44%	38%	38%	40%	37%	43%	40%	36%	42%	Likely to have severe mental disorder (30-50)

A seventh of Canadians are likely to have moderate to severe symptoms of anxiety

- Using the General Anxiety Disorder -7 (GAD-7) screening test, 5% of Canadians have severe anxiety and 9% have moderate anxiety. Scores have remained consistent since this test was started in Poll 6.
- Those with lower incomes or who are experiencing financial trouble or are dependent on alcohol or cannabis are more likely to experience moderate to severe anxiety. This is also true among those in the 2SLGBTQIA+ community.
- This poll found little difference in the prevalence of anxiety disorders among frontline healthcare workers compared to the rest of the population.

Psychological Distress Anxiety Frequency Scale Items



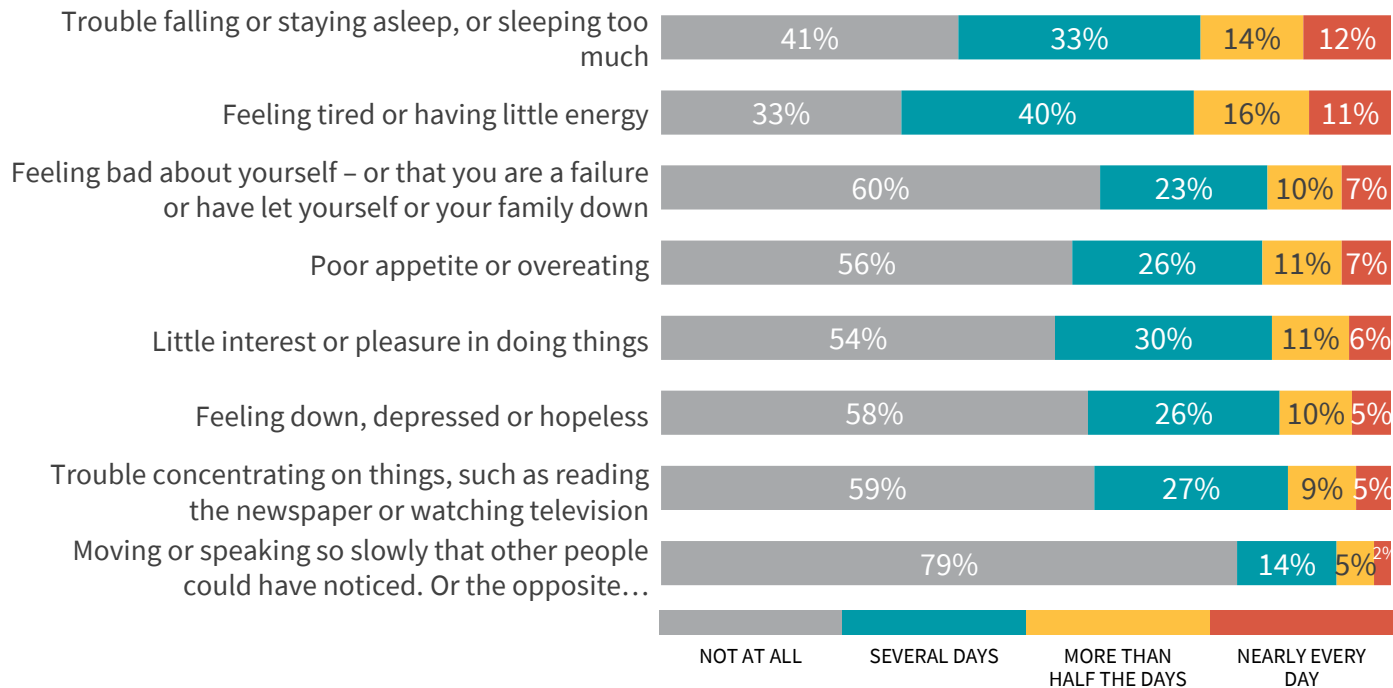
Mental Health Scores Among Canadians With Anxiety Since COVID-19

Poll 15	Poll 14	Poll 13	Poll 12	Poll 11	Poll 10	Poll 9	Poll 8	Poll 7	Poll 6	
63%	64%	66%	65%	64%	62%	65%	63%	63%	62%	Likely to have no anxiety disorder (0-5)
23%	23%	20%	23%	22%	23%	22%	23%	22%	23%	Likely to have a mild anxiety disorder (6-10)
9%	9%	9%	8%	10%	9%	9%	9%	9%	9%	Likely to have moderate anxiety disorder (11-15)
5%	4%	5%	5%	5%	5%	4%	5%	5%	6%	Likely to have severe anxiety disorder (16-21)

About a fifth of Canadians are likely to have symptoms of moderate to severe depression

- Using the Patient Health Questionnaire -9 (PHQ-9) test, 23% of Canadians are likely to have symptoms of moderate to severe depression, with 4% having severe, 7% moderately severe, and 12% moderate depression. Results have remained consistent since the start of this test (Poll 6).
- Rates of moderate to severe depression are highest among those with financial troubles (63%) and those with alcohol and cannabis dependency (66% and 68%).

Psychological Distress Depression Frequency Scale Items



Mental Health Scores Among Canadians With Depression Since COVID-19

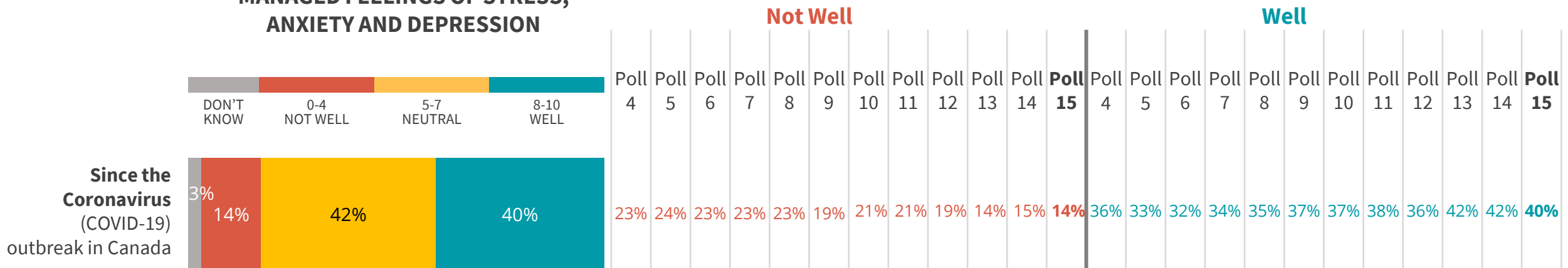
	Poll 15	Poll 14	Poll 13	Poll 12	Poll 11	Poll 10	Poll 9	Poll 8	Poll 7	Poll 6	
	54%	55%	58%	55%	55%	54%	55%	53%	52%	52%	Likely to have no depression disorder (0-4)
	23%	23%	20%	23%	21%	21%	21%	23%	24%	24%	Likely to have a mild depression disorder (5-9)
	12%	12%	11%	12%	12%	12%	13%	12%	12%	12%	Likely to have moderate depression disorder (10-14)
	7%	7%	7%	7%	8%	7%	7%	7%	8%	9%	Likely to have moderately severe depression disorder (15-19)
	4%	3%	4%	4%	4%	5%	4%	4%	5%	5%	Likely to have severe depression disorder (20-27)

A10. In the past 2 weeks, how often have you been bothered by... Base: (Total n= 3,238)

The number of Canadians saying they are struggling to cope remains consistent since summer 2022

- While the number of Canadians saying they are not coping well has stabilized since Poll 13 (14%), it is much lower than levels seen during the height of the pandemic.
- Young adults under 34 years old (21%) and students (22%) are more likely to say they are not handling stress well.
- Other groups that are likely to say they are not handling stress well are those who identify as 2SLGBTQIA+ (26%), those with severe (37%) mental health symptoms, and those with financial concerns (30%).

MANAGED FEELINGS OF STRESS, ANXIETY AND DEPRESSION





Impacts on Mental Health



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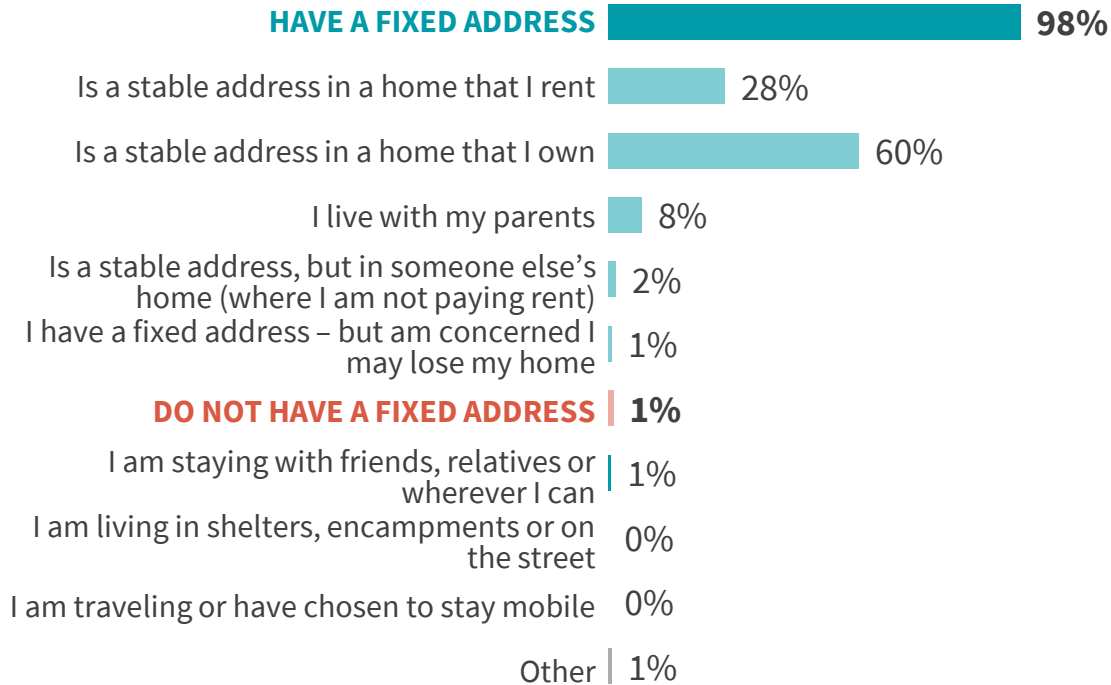
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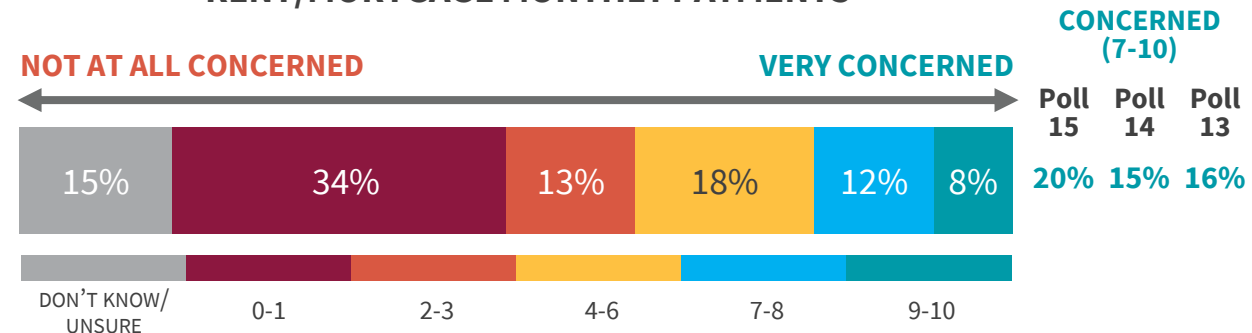
A fifth of Canadians are concerned about making their housing payments

- Rising prices and inflation are taking their toll, with one-fifth of Canadians having concerns, a significant increase (from 15% to 20%) since the fall (Poll 14). Conversely, 47% have few concerns on this front, down from 56% last poll.
- This concern has not yet been translated to a loss of housing, with 98% of Canadians reporting a fixed address and a few of these people are concerned they may lose their homes (1%), similar to Poll 14.

CURRENT HOUSING SITUATION



RENT/MORTGAGE MONTHLY PAYMENTS

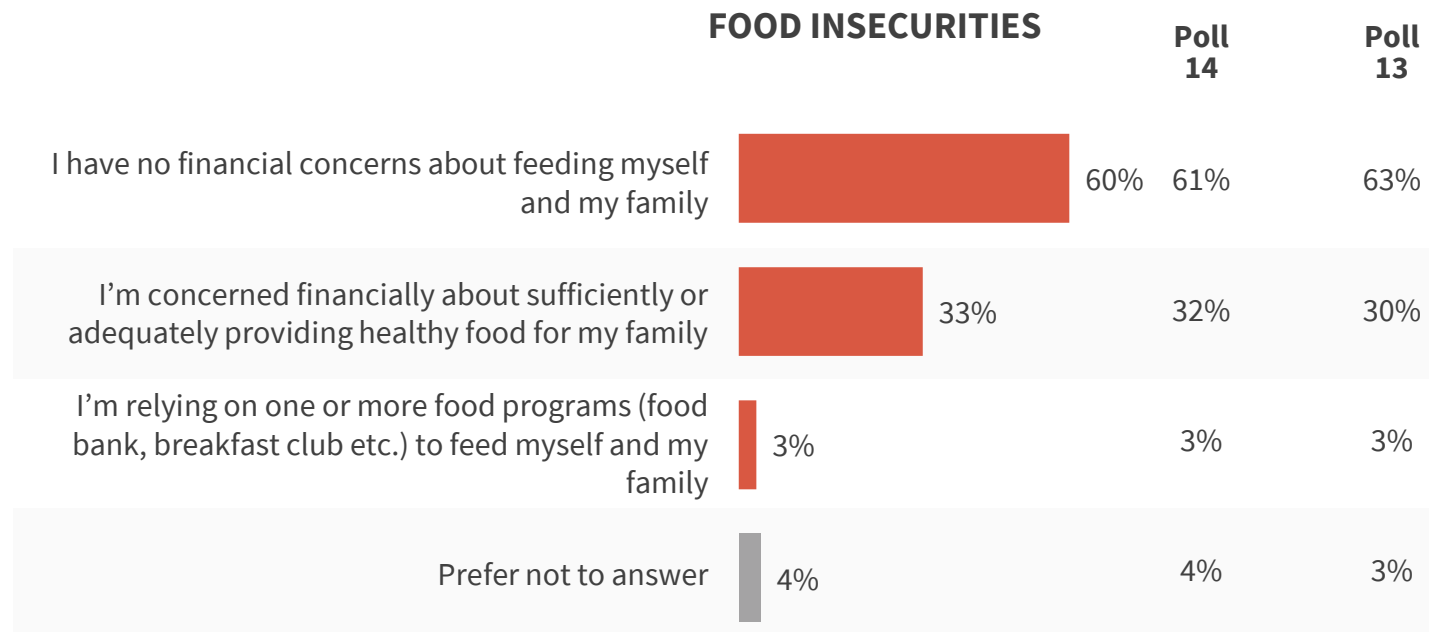


A22A: Which of the following best describes your current housing situation? Base: (Total n= 3,238)

A22B: How concerned are you about your rent/mortgage being paid each month? Base: (Total n=2821, Poll 14: n=2,992, Poll 13: n=2,579)

A third of Canadians continue to worry they can't afford healthy food for their family

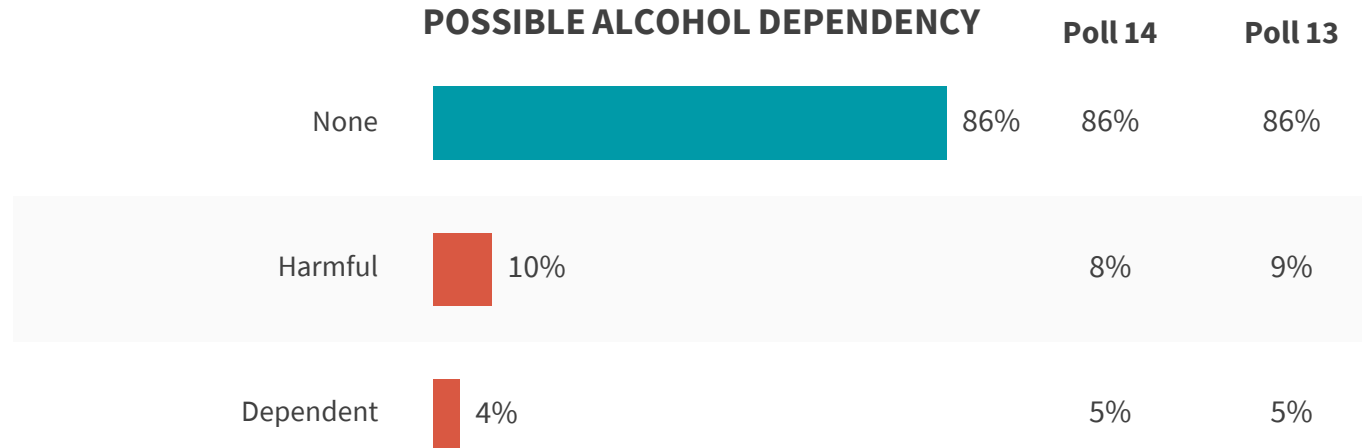
- Recent high food costs have not yet impacted food insecurities, with one-third of Canadians worried about providing healthy food for their family, and 3% relying on food supports already. This is similar to findings in Poll 14 and 13.
- Food insecurity is most prevalent in the Prairies, where almost half are concerned or relying on food programs (48% from 44% in Poll 14).
- Profile of those with healthy food insecurity:** younger Canadians (18-34 49%, 35-54 45%), those who have children under 9 (54%), unemployed (56%), racialized communities (43%), those with a physical impairment (57% +6 from Poll 14) and members of the 2SLGBTQIA+ community (47%).
- Those experiencing high levels of anxiety or depression are considerably more likely to be experience food insecurities (59% and 65% respectively), with half still saying they are concerned about providing healthy food (49% and 53% respectively) and one-in-ten already relying on a food program (10% and 12% respectively).



A22C: Which of the following describes your current situation? Base: (Total Poll 15: n=3238, Poll 14: n= 3,500), Poll 13: n= 3,023)

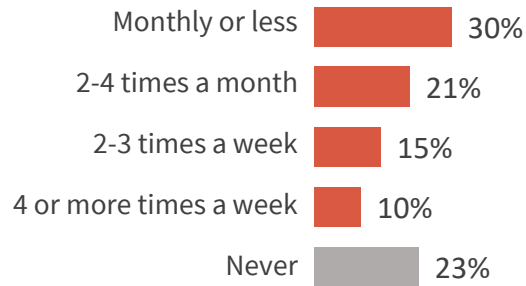
One-in-seven Canadians exhibit signs of problematic alcohol use

- Through the AUDIT screening tool for problematic alcohol use, 4% of Canadians show signs of being dependent on alcohol, while 10% are exhibiting harmful behaviours. This remains unchanged over the past three polls.
- **Profile of those who indicate problematic use:** Younger (18-34 8%), those with children under 9 (9%), having financial troubles (23%) or those likely to have a mental health disorder (severe 17%).
- Likelihood of alcohol dependency among frontline healthcare workers have declined from 17% in Poll 14 to 9% this poll.

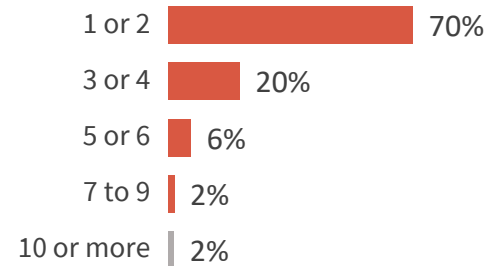


Half of the Canadians consume alcohol at least twice a month

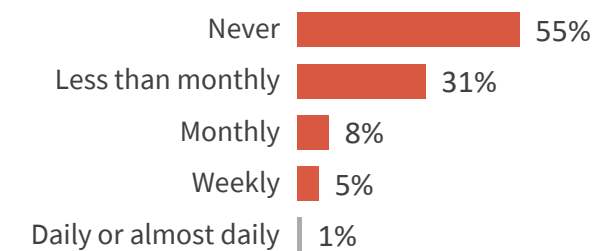
ALCOHOL CONSUMPTION



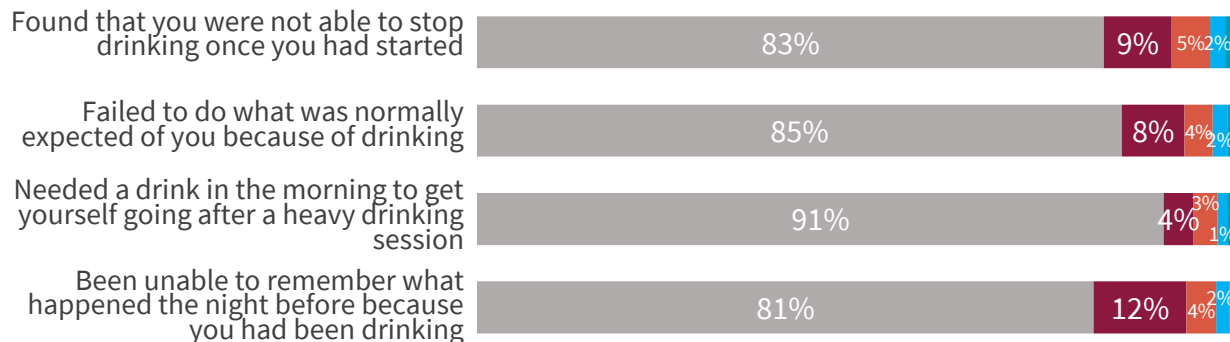
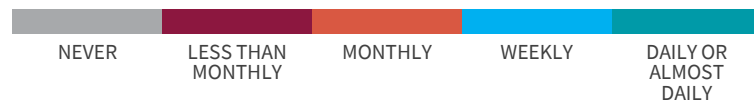
NUMBER OF DRINKS



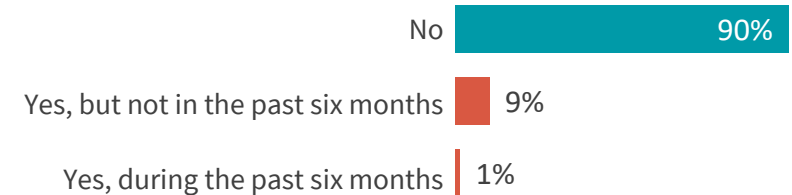
6 OR MORE DRINKS – ONE OCCASION



IN THE PAST SIX MONTHS



CAUSED INJURIES BECAUSE OF DRINKING



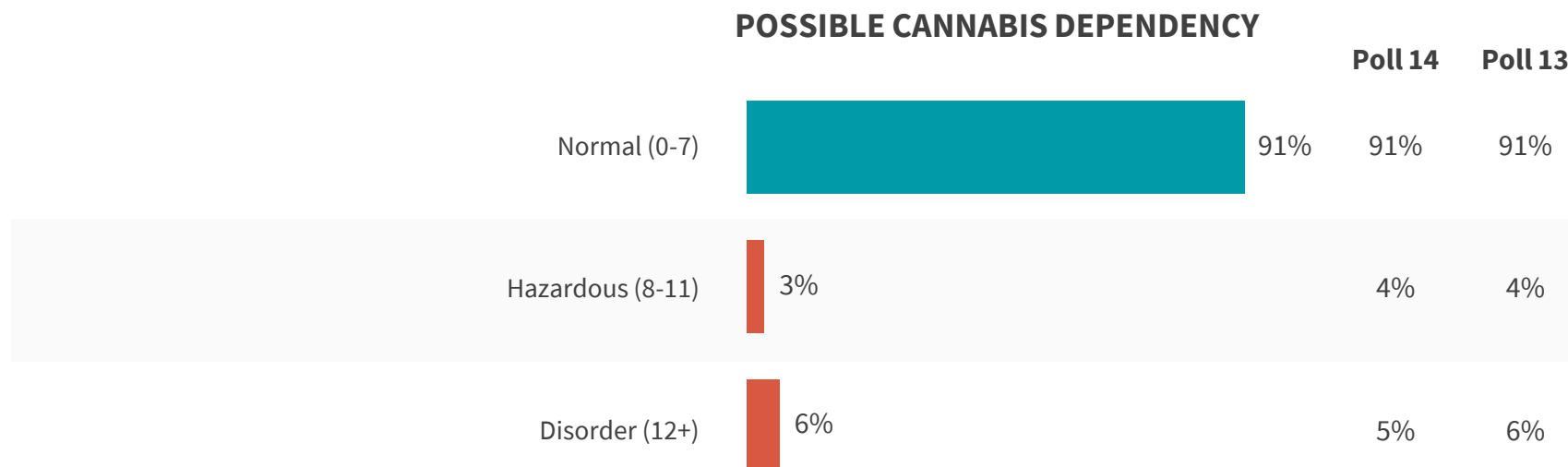
SOMEONE CONCERNED ABOUT YOUR DRINKING



C1: How often do you have a drink containing alcohol? Base: (Total n= 3,238) Data <2% not labelled.
 C2: How many standard drinks containing alcohol do you have on a typical day when drinking? Base: (Total n= 2,489)
 C3: How often do you have six or more drinks on one occasion? Base: (Total n= 2,489)

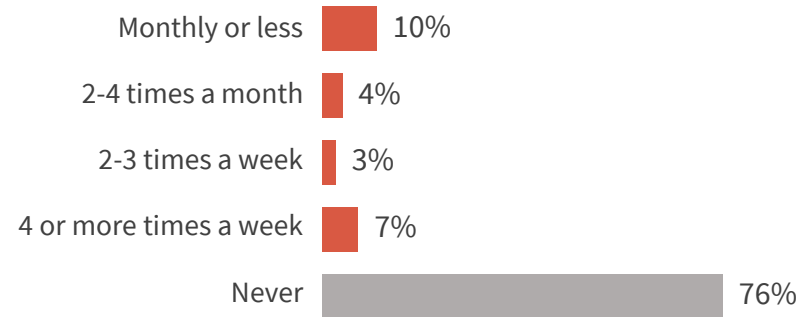
One-in-ten Canadians show signs of cannabis consumption that is considered hazardous or possibly dependent

- Through the CUDIT-R screener, 3% of Canadians are exhibiting hazardous cannabis use behaviours and 6% a possible cannabis dependency. Results have remained consistent over the past three polls.
- **Profile of those who indicate a potential cannabis dependency disorder:** 18-34 years old (13%), men (7%), those living alone (8%) or with children under 9 (13%), frontline health care workers (14%). Those experiencing financial concern (22%), racialized Canadians (9%), and those in 2SLGBTQIA+ communities (14%).
- Those with a severe mental health challenge (22%), or are experiencing high anxiety (16%) or depression (15%) are likely to be classified as indicating cannabis dependency.
- Almost half of those dependent on alcohol are also likely to indicate a possible cannabis dependency disorder (48%).

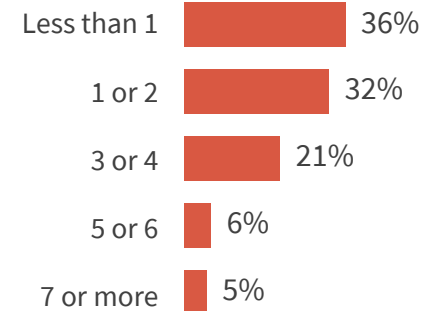


One-in-ten Canadians consume cannabis on a weekly basis

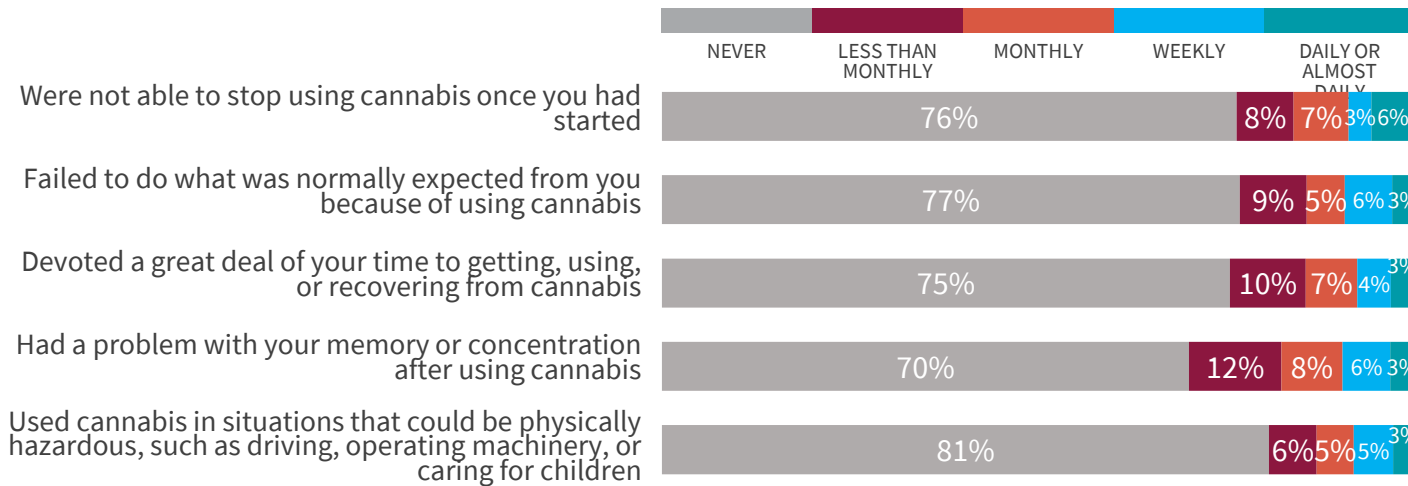
CANNABIS CONSUMPTION



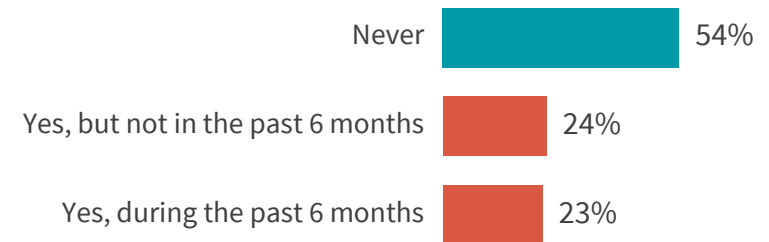
HOURS UNDER THE EFFECT



IN THE PAST SIX MONTHS



CONSIDER STOP USING CANNABIS



C7: How often do you use cannabis? Base: (Total n= 3,238)

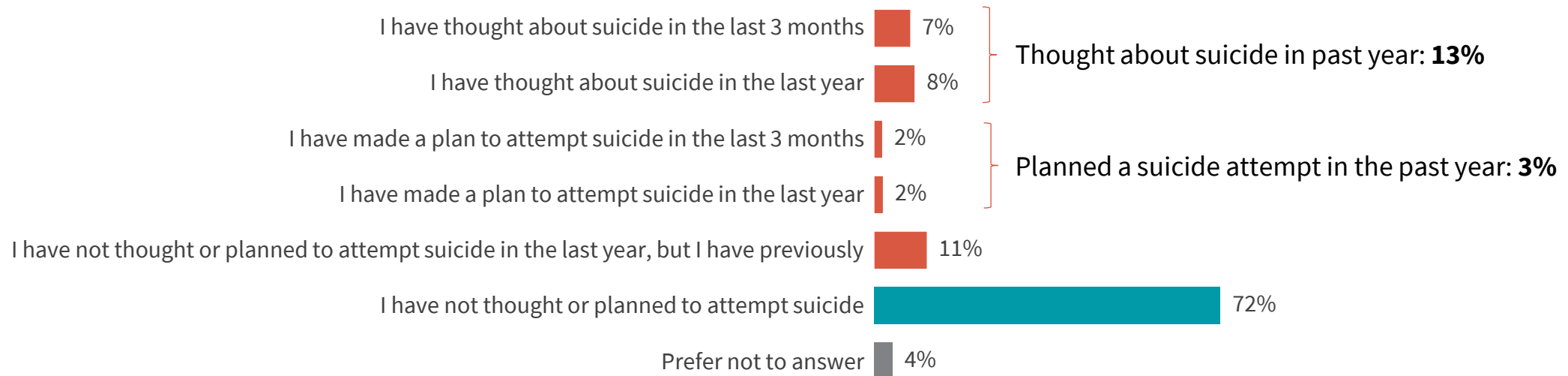
C8: How many hours were you "stoned" on a typical day when you had been using cannabis? C9: In the past six months, how often have you done each of the following?

C10: Have you ever thought about cutting down, or stopping, your use of cannabis? Base: (Total n= 798)

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

- Thoughts of suicide are more predominant among younger people, with 23% of 16–17-year-olds and 19% of 18–34-year-olds having thought of it in the past year, and 6% of 16–17-year-olds and 18–34-year-olds having planned an attempt in the past year.
- Thoughts of suicide are the same among men and women (12% for men and 12% for women). In 2SLGBTQIA+ communities, 27% have thought about suicide in the past year (18% in the past three months, similar to the findings of Poll 14) and 8% have made a plan in the past year (5% in the past three months).
- One-fifth of front-line healthcare workers have thought about suicide in the past year (20% from 24% in the last poll).
- Compared to the rest of the population, students (23%) and those who are unemployed (21%), have an income below 30K (21%) or have financial concerns (31%) were more likely to have had suicidal thoughts in the past year.
- Those who rate their anxiety and depression as high (rated 9-10) since COVID-19 are more likely to have thoughts of suicide. Two-fifths (59%) of those with high depression have thought of it in the past year (43% in the past three months) and one-in-five (17%) have planned an attempt in the past year (11% in the past three months). Of those rating their anxiety as high, 46% have thought about suicide in the past year (30% in the past three months) and 10% have planned an attempt in the past year (10% in the past three months).

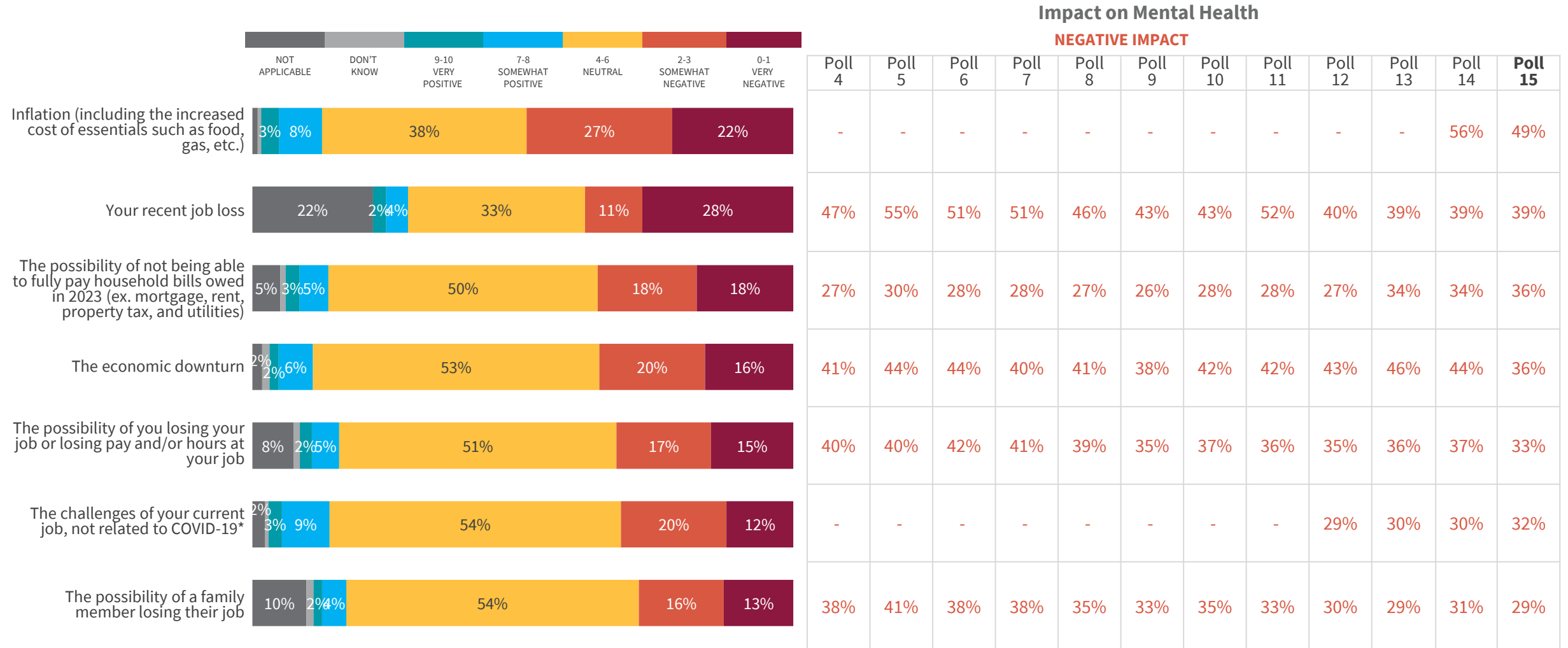
THOUGHTS RELATING TO SUICIDE



While economic conditions continue to have a negative impact on mental health, it has lessened since Poll 14

- Just less than half (49%) of Canadians feel their mental health is negatively impacted by inflation and a third (36%) feel the same about the economic downturn, marking a considerable decrease in both factors since Poll 14 (down -7% and -8% respectively). That said, 36% are worried about not being able to pay household bills, a slight increase of 2% since Poll 14 and a considerable increase of 9% since Poll 12.
- There has also been a decline in the negative impact of the possibility losing their employment (33% down 4% from Poll 14) or their family losing employment (29% down 2%) on mental health.
- Similar to last poll, one-third are being negatively impacted by their job loss (39%) or the challenges of their job (32%),
- Women are feeling the negative impact of the economy more strongly than men, with half being negatively impacted by inflation (52%), two-fifths by the economic downturn (39%) and another two-fifths concerned about not being able to pay bills (38%).
- Those with children at home under 9 years old are also feeling the pinch, with two-thirds (63%) being negative impacted by inflation, half by not being able to pay their bills (52%) or the economic downturn (47%).
- Not surprisingly, those with a lower income or those experiencing financial trouble are also more impacted by the economic situation, as are those who rate their current anxiety or depression as high.
- Members of racialized groups are more concerned about the economic downturn (41%), not being able to pay their bills (42%), the possibility of losing their job (38%) or a family member losing their job (36%).

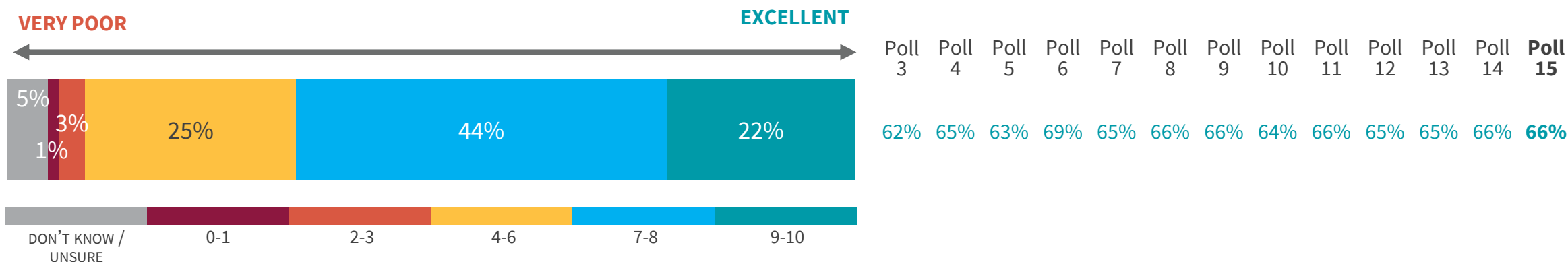
The impact of inflation and the economic downturn has decreased only slightly since Poll 14



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:
Data <2% not labelled. Base: (Total n= 1,934 - 3,238), * "Your recent Job loss" base: 127 (Those who are unemployed)

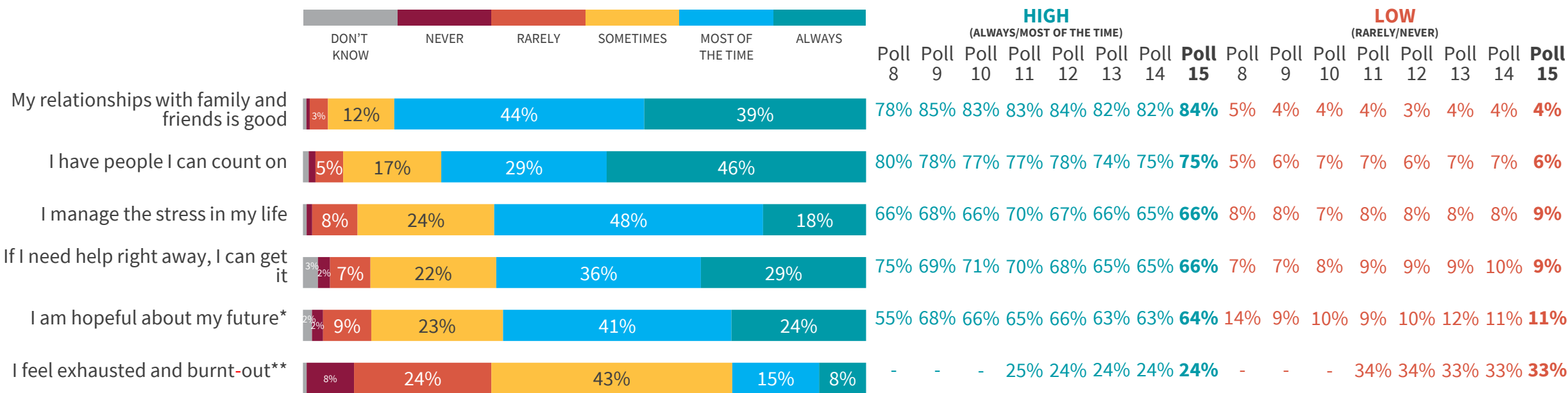
Confidence in the ability to recover from challenges has remained consistent

- Two-thirds of Canadians continue to feel somewhat confident about their ability to bounce back from the challenges created by COVID-19 (66% rate this 7 to 10, when 10 means excellent). This has remained consistent since Poll 7.
- 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: 36%, 18-34:55%; 35-54: 60%; 55+: 79%). This has declined significantly among 16-17 years olds (down 17% since Poll 14).
- Members of the 2SLGBTQIA+ community continue to indicate having a hard time bouncing back from the challenges and unexpected troubles, worsening considerably over the past few Polls (48% from 52% in Poll 14 and 58% in Poll 13).
- 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%, consistent with the last Poll) compared to those who are suffering from mental illness (57%).



A quarter of Canadians remain exhausted and burnt out

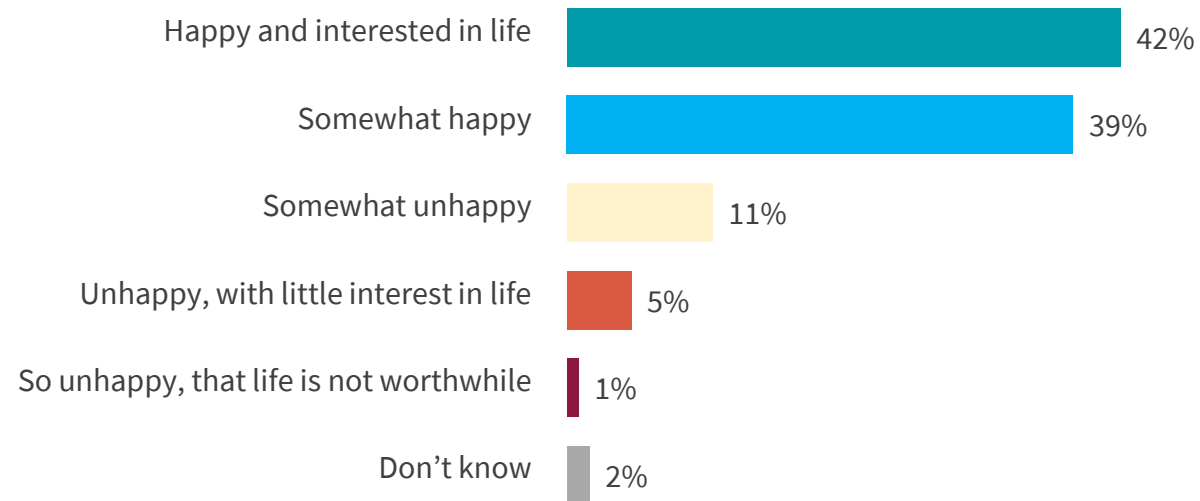
- While still high, hopefulness saw a slight decline in Poll 13 and levels remained consistent this poll. Similarly, having people to count on and the ability to get help if needed have remained consistent this poll, after a drop in Poll 13.
- A quarter of Canadians remain exhausted and burnt out, a level that has not changed since this question was added in Poll 11.
- Burnout is less prevalent among those retired (10%). Burnout is more likely reported by students (39%), those looking for work (36%) as well as those working (26%). Additionally, those with a mental health diagnosis are more likely to be burnt out compared to those without a diagnosis (34% vs. 12%).
- People in Quebec (78% up from 73%) and those over 55 (72% up from 70%) continue to feel most hopeful. Members of 2SLGBTQIA+ communities (53% from 48%), members of racialized groups (54% from 56%) and those who are physically impaired (40% from 52%) are less likely to feel hopeful.



SCR20. Over the past 4 weeks of the COVID-19 pandemic, how often have each of the following statements been true for you? Base: (Total n= 3,238). Data <2% not labelled. *W8 wording: I have been hopeful about my future. **Added in Poll 11.

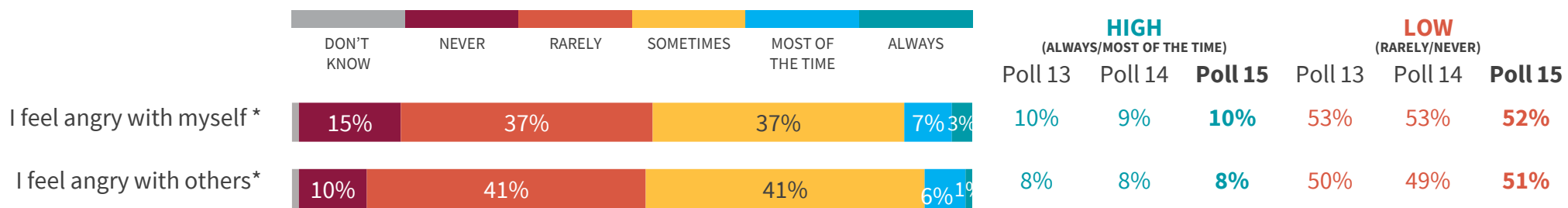
Four-fifths of Canadians are happy

- Canadians are generally happy (81%), with two-fifths saying they are happy and interested in life (42%) or somewhat happy (39%). Those over the age of 54 are more likely to be happy and interested in life than younger age groups (52%), while those who are students (31%) or unemployed (32%) are least likely to be happy.
- Those in Quebec are most likely to say they are happy and interested in life (45%), while those in BC are the least likely (38%).
- Money issues impact happiness with only 23% of those having financial concerns and one-third of those with a household income of less than \$30K (36%) saying they are happy and interested in life.
- Not surprisingly, anxiety and particularly depression impact happiness. Almost half (48%) of those who rate their depression as high (9-10) say they are unhappy, with one-fifth (19%) saying that life is not worthwhile. One-third of those rating their anxiety as high (9-10) say they are unhappy (32%), with one-in-ten (11%) saying that life is not worthwhile.
- Those who are members of a racialized group (36%), members of the 2SLGBTQIA+ community (28%) or physically disabled (29%) are less likely to say they are happy and interested in life.
- Less than one-fifth of those with alcohol or cannabis dependencies are happy and interested in life (and 16% and 18% respectively).



One-in-ten Canadians continue to feel angry with themselves or others most of the time

- One-in-ten of the Canadians reported being angry with themselves most of the time (7%) to always (3%) with 8% being angry with others most of the time (6%) to always (1%).
- Anxiety and depression are associated with an exacerbation of anger. Those who say their anxiety or depression is high are more likely to say they have felt angry with particularly themselves but also others most of the time to always (anxiety rating of 9-10 angry with self 45%, others 33%, depression rating of 9-10 angry with self 52%, others 33%). Additionally, those with a diagnosis are more likely to feel angry most of the time than those without (angry at self – anxiety 15%, depression 15%, angry at others – anxiety 12%, depression 11%).
- Younger Canadians (16-17 23% vs. 18-34 16%, 35-54 11%, 55+ 4%), students and unemployed (18% and 21% respectively), those with a household income of less than 30k (14%), members of 2SLGBTQIA+ community (16%), and racialized Canadians (13%) are more likely to be angry with themselves at least most of the time.
- Those living in urban centers are also more likely to be angry with themselves (10% vs. 5% in rural areas) or others (8% vs. 5% in rural areas).



SCR20. Over the past 4 weeks of the COVID-19 pandemic, how often have each of the following statements been true for you? Base: (Total n= 3,238).

Data <2% not labelled. *Added in Poll 13



Mental Health Supports

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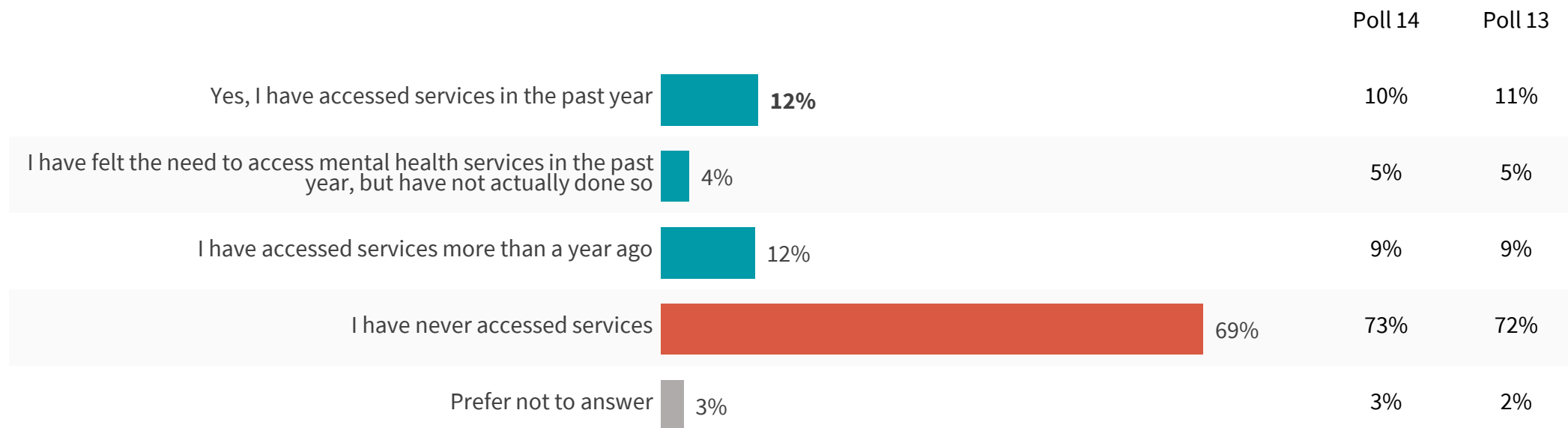
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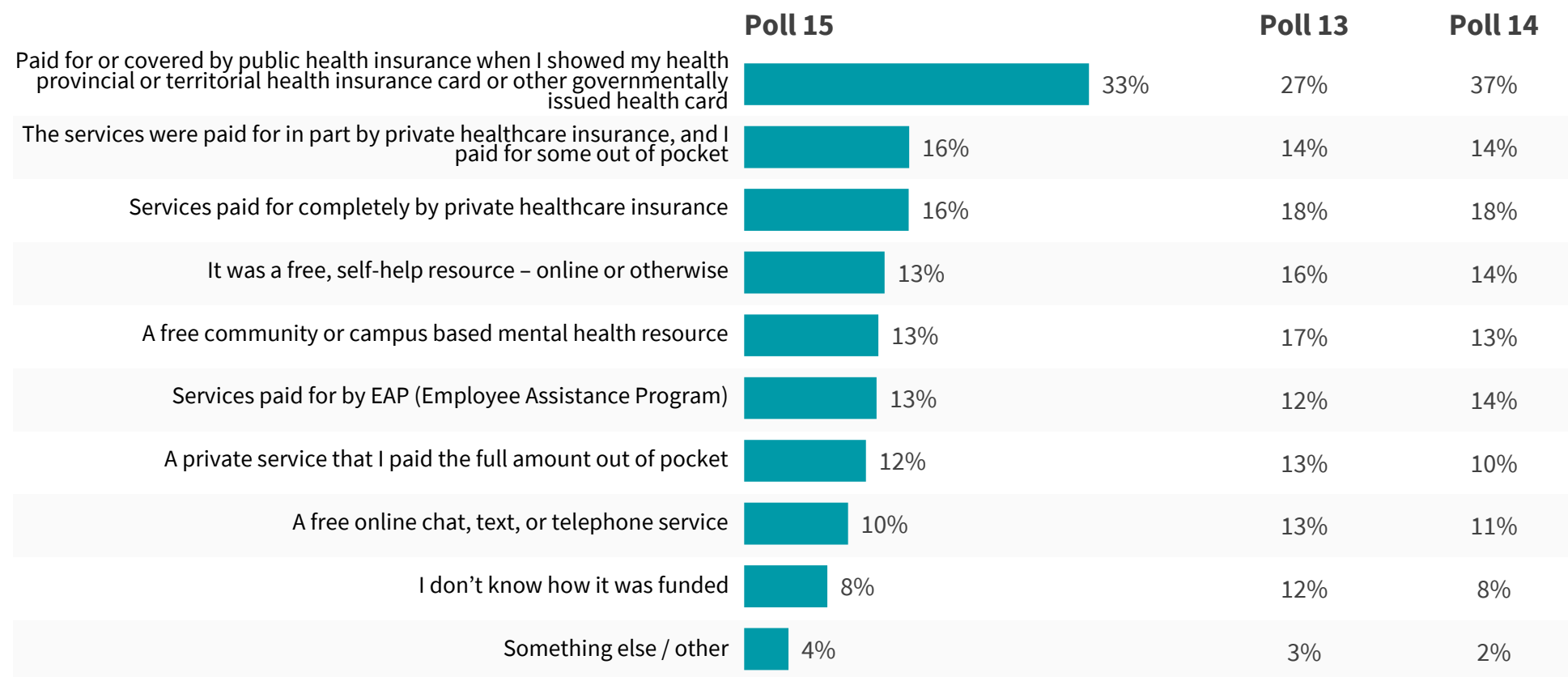
One-in-ten Canadians report accessing mental health support in the last year

- One-in-ten (12%) reported accessing mental health services in the last year while 4% thought to access it but didn't. 12% accessed services more than a year ago, with 3% doing between 1 and 2 years ago and 9% more than 2 years ago. Results are consistent with Poll 13 findings.
- Seven-in-ten (69%) reported they never accessed any mental health services.
- Younger Canadians (18-34: 16% , 35-54: 14% vs. 55+: 8%), Students (15%), those who identify as 2SLGBTQIA+ (27%), those with physical impairments (30%), those with high anxiety (24%) and depression (27%); those with financial troubles (27%); and those who are dependent on Cannabis (25%) or alcohol (22%) are more likely to have accessed the mental health services in the past year.



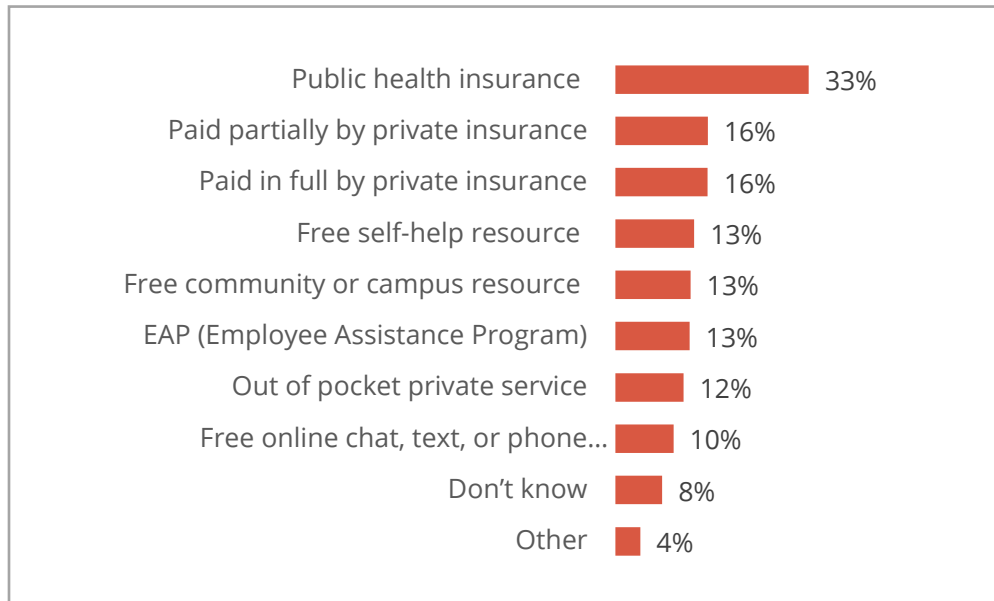
Health supports accessed have remained consistent since Poll 13

- While there was an increase in the use of government funded supports in Poll 14, this has declined slightly this Poll.



B16. How were these services / resources funded? Base: Poll 15: (**Accessed services** n= 627), Poll 14: (**Accessed services** n=368), Poll 13: (**Accessed services** n= 349)

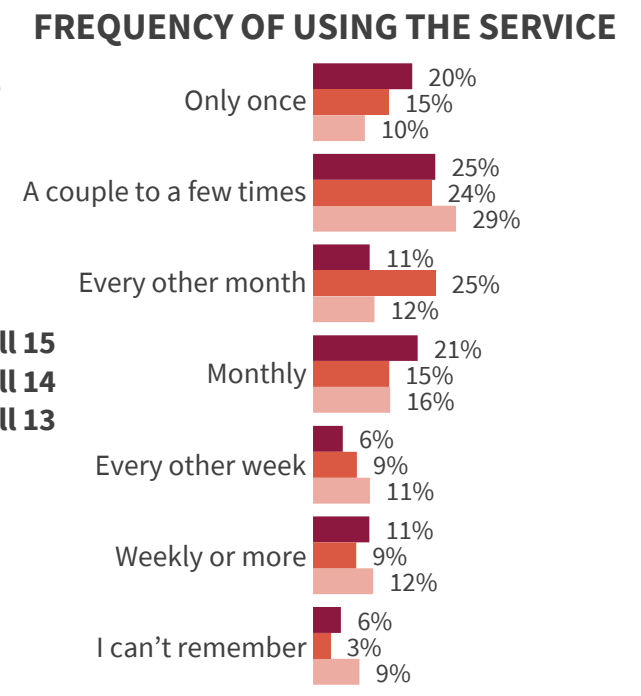
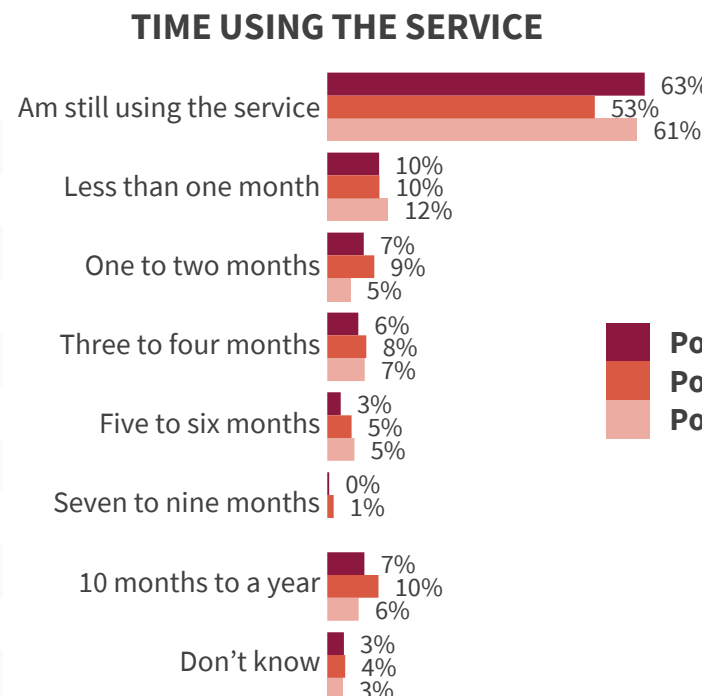
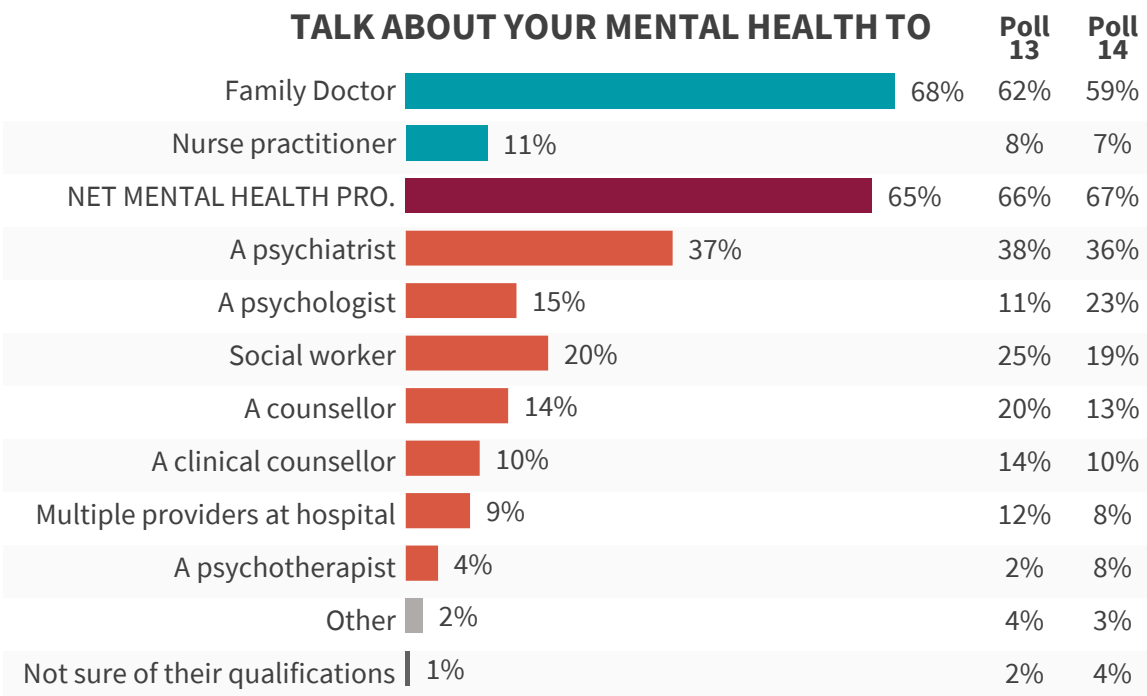
Canadians are most likely to access free mental health supports



- A third of mental health supports that were accessed in the past year were funded by public health insurance. Another third was partially or fully covered by private healthcare insurance and a quarter were freely available community or self-help resources.
- Ontarians are more likely than others to use free online chat, text or phone services.
- Saskatchewanans are least likely to pay out of pocket or use private insurance with full coverage.
- British Columbians are the most likely to use EAP.
- Albertans are more likely than others to rely on partially-covered private health insurance.

Of those who accessed care funded by the public health system, two-thirds talked to a family doctor

- Of those who used the public health system, two-thirds (68%) talked to their doctor, up from 59% in Poll 14, and 65% talked to a mental health professional (similar to Poll 14).
- Two-thirds of those who accessed the support in the past year are still using it, a slight increase from Poll 14. (63% from 53% in poll 14).
- While almost half used the services a limited number of times (once 20%, a few times 25%), 49% used it regularly, with 21% doing so monthly and 17% more frequently.



Base: **Paid by public health** Poll 15: n=210, Poll 14: n= 129, Poll 13: n= 95

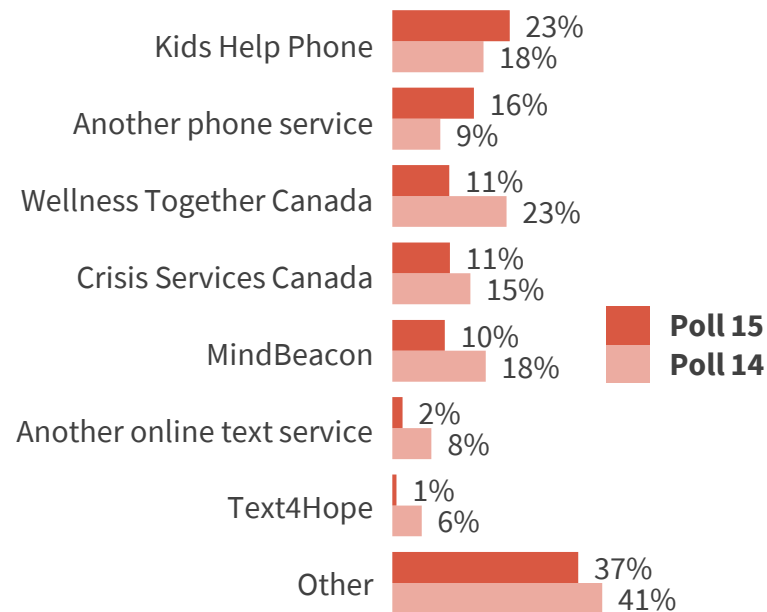
B17A. Which of the following did you talk to specifically about your mental health. **B17B:** Thinking specifically about the past year, how long did you use the service paid for by public health insurance?

B17C: And during the time that you were using service, how often did you meet with a publicly funded mental health professional?

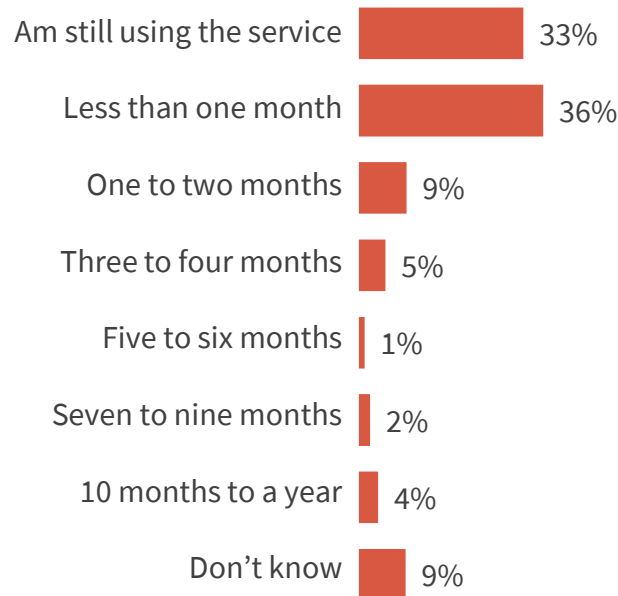
Of the few who accessed a free online chat platform*, Kids Help Phone and Wellness Together Canada were the most commonly used

- A quarter (23%) accessed Kids Help Phone, with another sixth accessing another phone service (16%).
- One-in-ten (11%) accessed Wellness Together Canada, down from 23% in the last poll. While this has seen a decline since Poll 14, the small base size means this change should be interpreted with caution.
- While one-third (33%) are still using this service, a similar proportion used it for just one month. Half used the service a limited number of times (only once 21%, a few times 28%), while one-fifth (18%) have used it at least weekly.

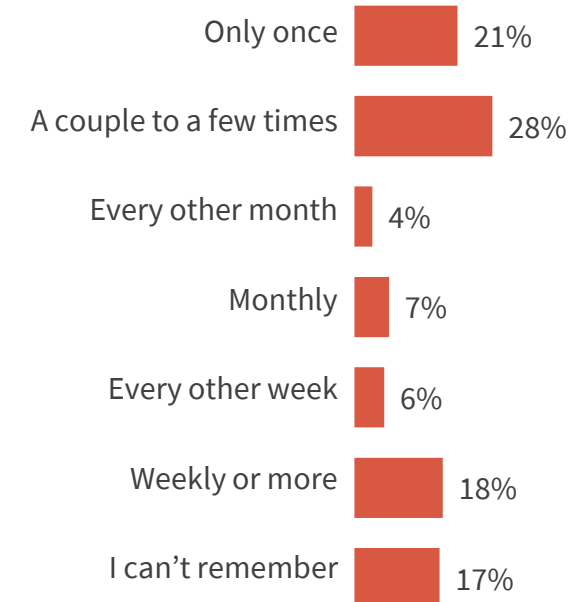
SERVICE ACCESSED



TIME USING THE SERVICE



FREQUENCY OF USING THE SERVICE



Base: (Accessed a free online chat, text or telephone service) Poll 15: n=53, Poll 14: n=37 * Caution Small Base Size

B18: You indicated you accessed a free online chat, text or telephone service. Was it any of the following?

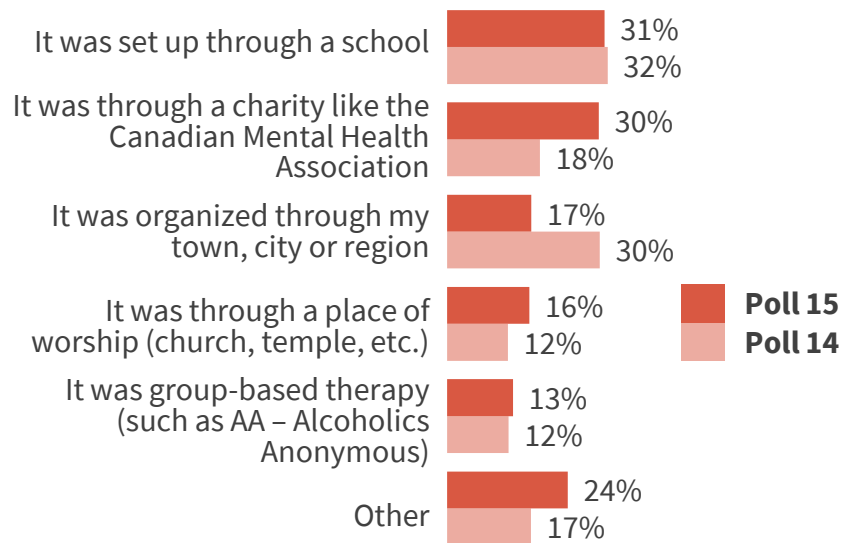
B18B: Thinking specifically about the past year, how long did you use the service?

B18C: And during the time that you were using this service, how often did you access a free online service?

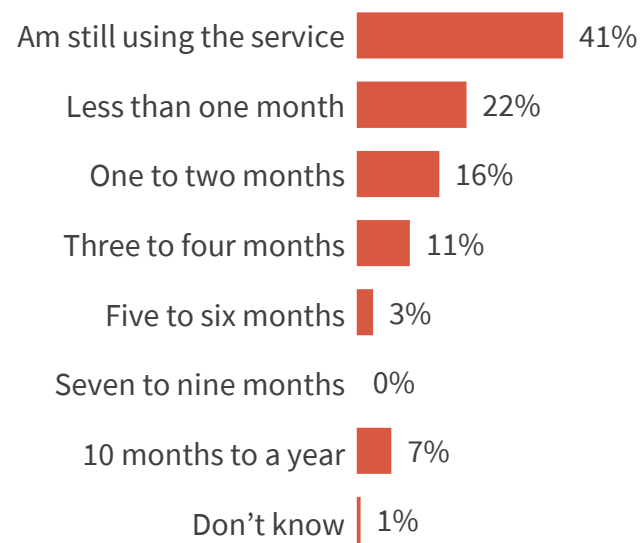
The majority of those who accessed community-based services*, talked to a professional through their school or a charity

- One-in-three accessed a service organized by their school (31% - similar to the last poll) or a charity (30% from 18% in Poll 14), with 17% accessing a service through their region (down from 30%).
- Two-fifths are still using the service (41%), while one-fifth used it for less than a month (22%).
- Almost half accessed the service only a limited number of times (once 22%, a few times (25%), while 42% accessed it monthly or more often.

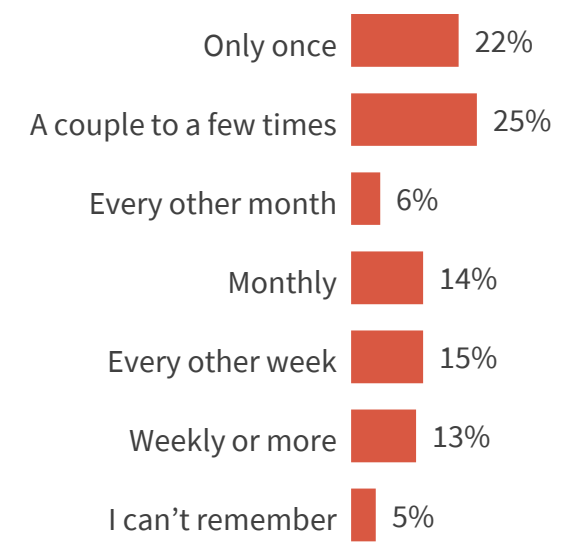
SERVICE ACCESSED



TIME USING THE SERVICE



FREQUENCY OF USING THE SERVICE



Base: (Accessed a community based mental health resource or service Poll 15: n=72 Poll 14: n=44) *Caution small base

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

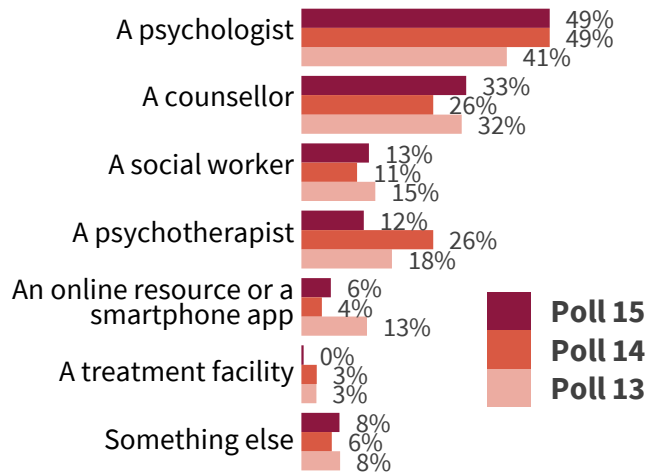
B19B: Thinking specifically about the past year, how long did you use the service?

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

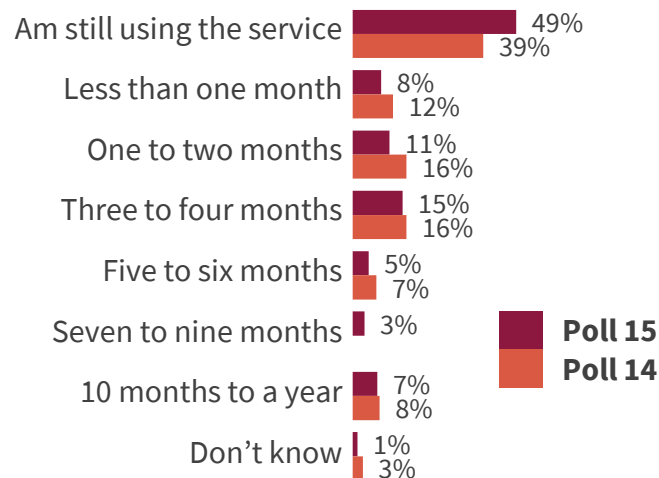
Of those who paid for mental health services out of their pocket, most talked to a psychologist

- Half (49%) talked to a psychologist and one-in-ten talked to a social worker (13%).
- For those paying out of pocket for services, this poll saw a slight increase in Canadians paying for counsellors (33% from 26%) and a considerable decrease in those paying for a psychotherapist (12% from 26%).
- Almost half (49%) are still using the service.
- Only one-fifth (21%) used the service a limited number of times, with very few using it only once (4%). Two-thirds (68%) used the service regularly, with one-third (31%) doing so month and one-quarter (24%) bi-weekly.

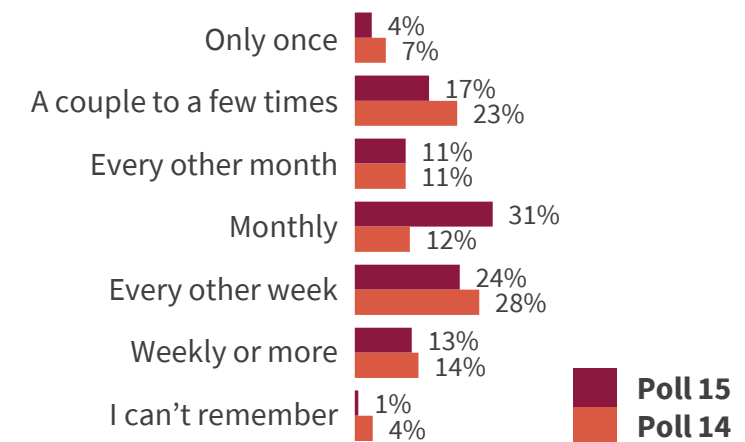
SERVICES PAID FOR



TIME USING THE SERVICE



FREQUENCY OF USING THE SERVICE



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

Poll 15: n=159, Poll 14: n=84, Poll 13: n=80

B20C: Thinking specifically about the past year, how long did you see the psychiatrist, psychologist, social worker or counsellor?

Base: (**Paid for a psychologist**) Poll 15: n=132, Poll 14: n=67

B20D: And during the time that you were using this service, how often did you meet with this mental health professional? Base: (**Paid for a psychologist, social worker, counsellor or psychotherapist**) Poll 15:

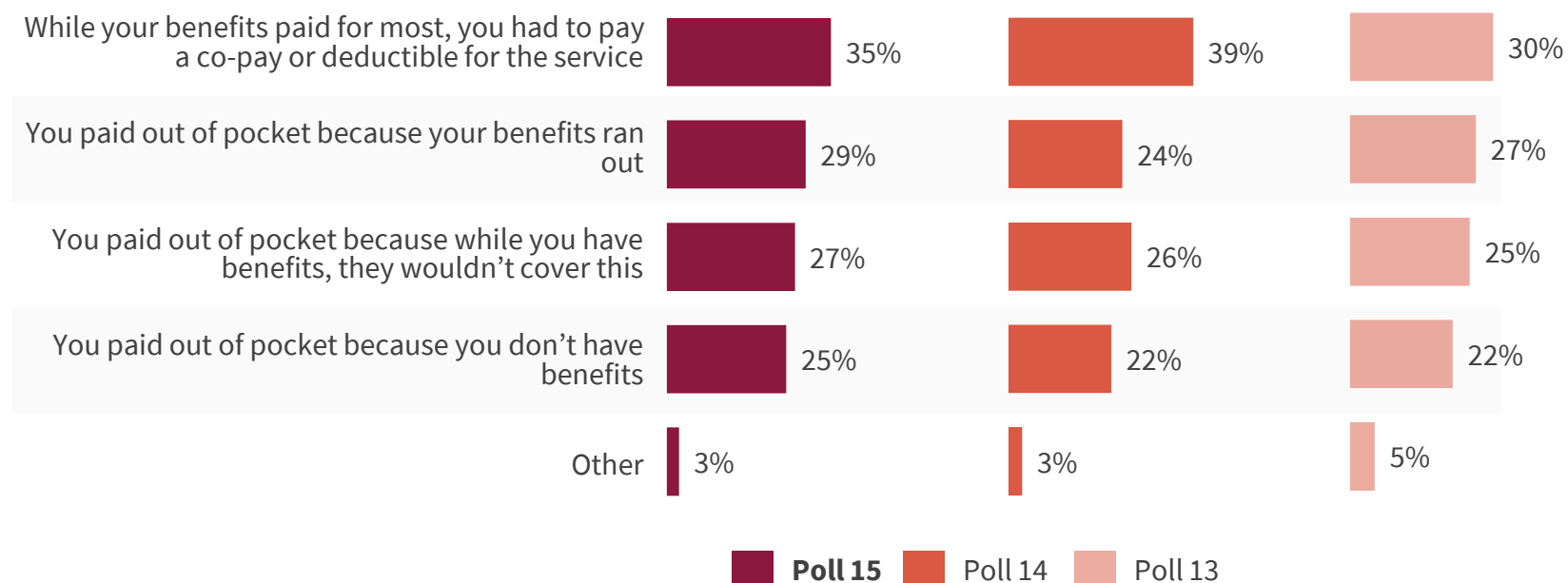
n=145, Poll 14: n=80

B20E: How long did you stay in a treatment facility in total over the last year? Base: (**Paid for treatment facility**) Poll 15: n=1, Poll 14: n=2) (* Very Small Sample Size)

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

- One-third (35%) reported they paid out of their pocket for their mental health supports because they had to pay a deductible.
- However, one-in-three (29%) did not have enough benefits to fully cover the support, they did not have benefits to cover the support at all (27%) and one-quarter did not have benefits (25%).

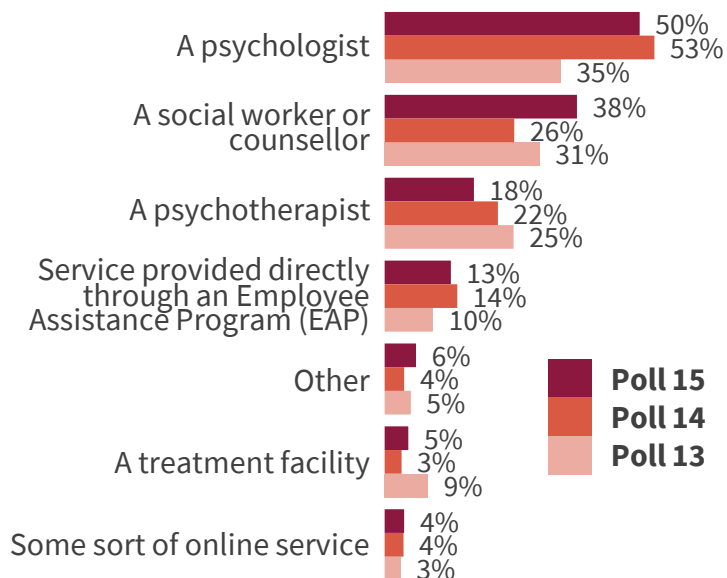
REASONS FOR PAYMENT OUT OF POCKET



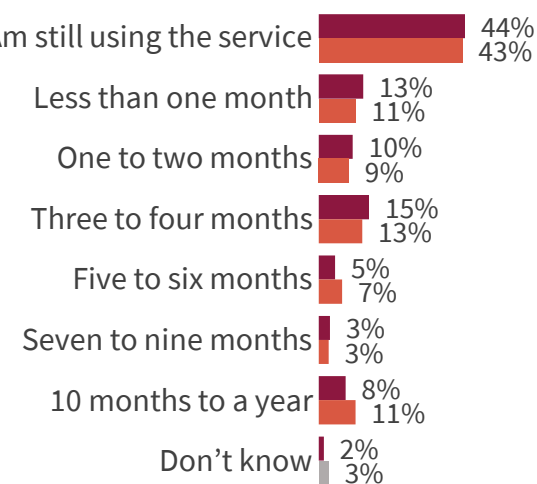
Of Canadians who accessed services through their insurance, most talked to a psychologist or a social worker

- Those covered by private health insurance, half (50%) chose to talk to a psychologist, while two-fifths (38%) got help from a social worker or counsellor, up from 26% in the last poll. A fifth (18%) talked to a psychotherapist, down from 22%.
- Two-fifths (44%) reported that they are still using the services while only 13% accessed the services for 1 to 2 months.
- One-in-three (29%) accessed the services a limited number of times, but only 7% did so once. Most used the services regularly, with 30% doing so monthly and 22% bi-weekly.

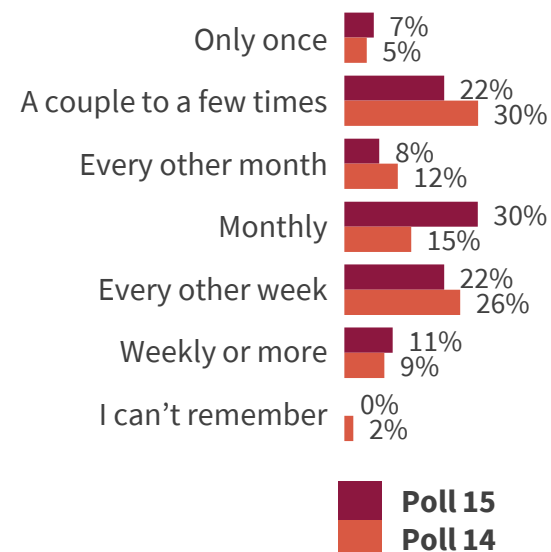
SERVICES PAID FOR



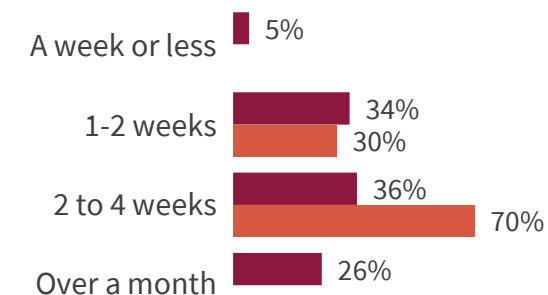
TIME USING THE SERVICE



FREQUENCY OF USING THE SERVICE



TIME IN TREATMENT



B21A: You indicated your private health insurance paid for a mental health service. What did they pay for? Base: (Paid by private healthcare insurance or EAP Poll 15: n=181, Poll 14: n=115, Poll 13: n=101)

B21B: Thinking specifically about the past year, how long did you see the social worker, counsellor or psychologist? Base: (Health Insurance paid social worker or counsellor, a psychologist or psychotherapist Poll 15: n=154, Poll 14: n=102)

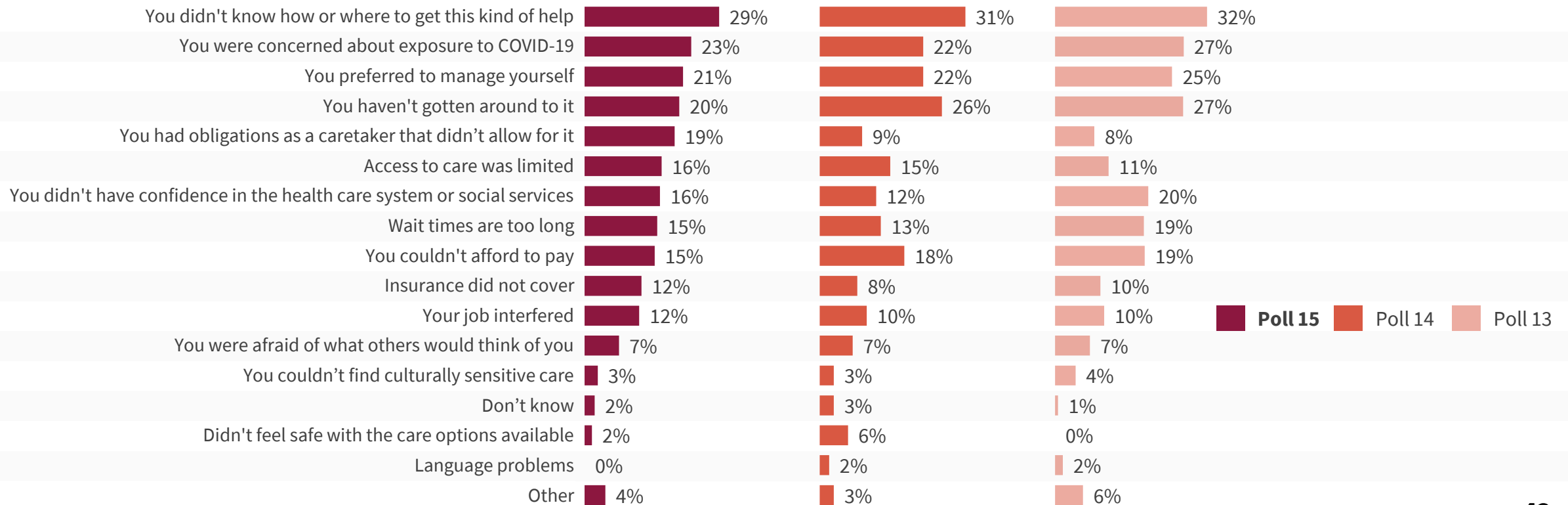
B21C: And during the time that you were using this service, how often did you meet with this mental health professional? Base: (Health Insurance paid social worker or counsellor, a psychologist or psychotherapist Poll 15: n=154, Poll 14: n=102)

B21D: How long did you stay in a treatment facility in total over the last year? Base: (Health insurance paid for treatment facility Poll 15: n=9, Poll 14: n=3) (* Very Small Sample Size)

For those who didn't access mental health supports, many didn't know how to access them

- Of those who didn't access mental health supports, one-in-three (29%) reported they didn't have enough information about how to access the supports with one-fifth saying they prefer to manage it themselves (21%), they haven't gotten around to it (20%) or their obligations as a caretaker makes it impossible (19%).
- A quarter (23%) were concerned about COVID-19 exposure, similar to the last 2 Polls.
- The largest change in this poll was seen from Canadians who didn't access mental health supports because they had obligations as a caretaker that didn't allow for it (19% from 9% in Poll 14 and 8% in Poll 13).

REASONS FOR NOT ACCESSING MENTAL HEALTH

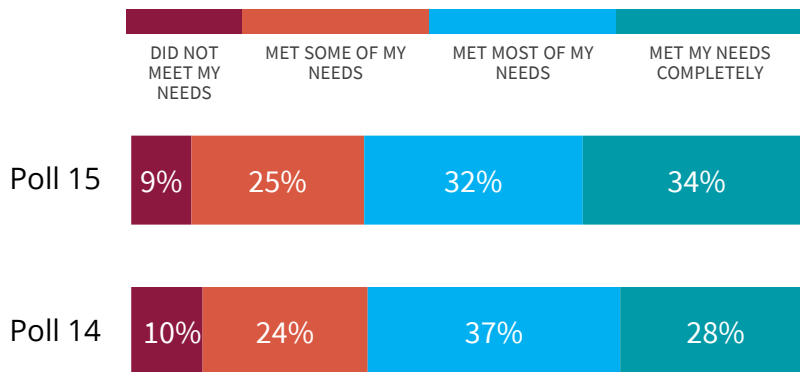


B12B. Why did you choose to not access the support of a mental health professional when you felt you needed it? The skip has changed due to removal of another question. Track to the same spot in merged data. Base: (Has felt the need to access mental health in the past year but have not actually done so Poll 15: n=105, Poll 14: n=167, Poll 13: n= 153)

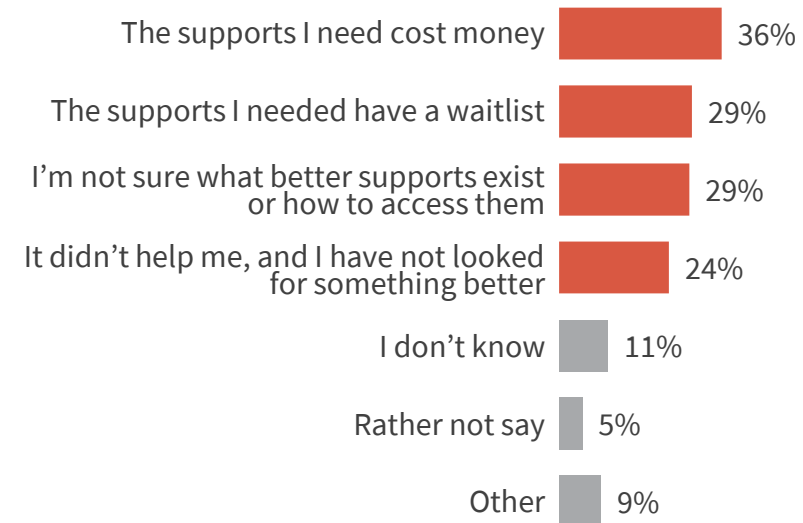
While most are satisfied with the mental health supports accessed, some say it did not meet all their needs

- While the percentage who believe the mental health supports accessed met at least most of their needs is consistent with Poll 14 findings (66% from 67%), Canadians are more likely this Poll to say it met their needs completely (34% from 28%) rather than just most of their needs (32% from 37%).
- While affordability remains the most often cited reason for supports not meeting all of Canadians' needs, this has decreased since Poll 14 (36% down from 46%). Slightly fewer Canadians mentioned waitlists (29%) and lack of awareness of better alternatives (29%).
- Those who accessed a free service (26%) or a self-help service (16%) were less likely to say they met all of their needs compared to those who accessed a government service (40%). One-third say a service they paid for (36%) or was paid for by benefits (35%) met all of their needs.

MENTAL HEALTH SUPPORTS YOU ACCESSED MEET YOUR NEEDS



WHY SUPPORTS YOU ACCESSED DID NOT MEET ALL OF YOUR NEEDS



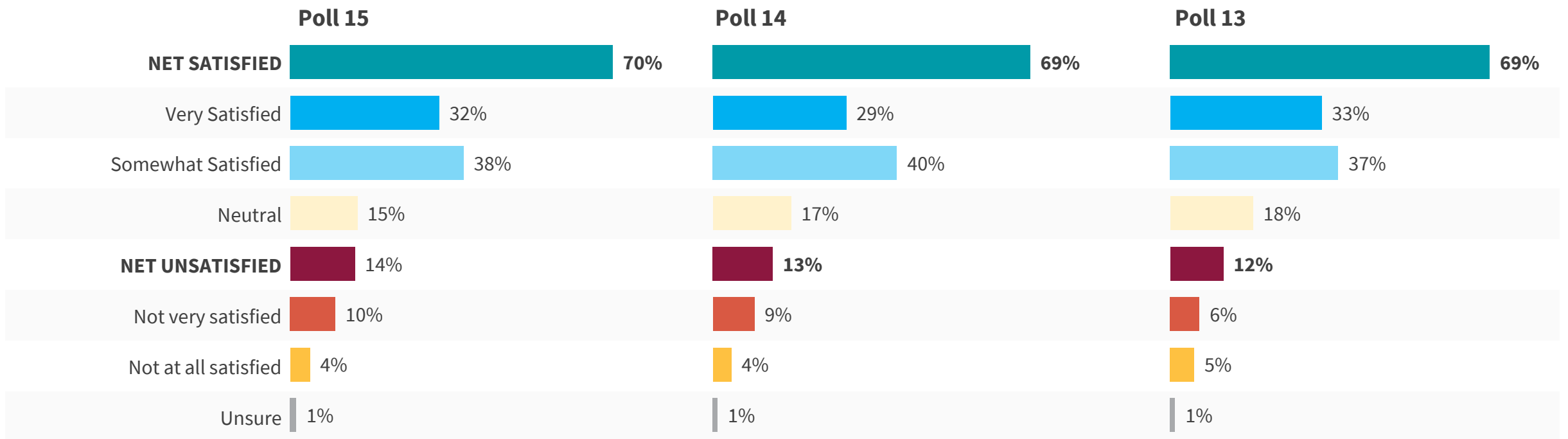
B22: Did the mental health supports you accessed meet your needs? (Base n=627)

B23B: Why didn't the supports you accessed meet all of your needs? (Base n=203)

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

- Seven-in-ten who have received support in the past year are somewhat (38%) to very (32%) satisfied with it. Satisfaction has remained consistent with the last two polls, which measured satisfaction with supports received since COVID-19.
- Satisfaction is highest among those who paid for the services they accessed (81%) followed closely by those who's benefits paid (75%) or who accessed government programs (75%). Satisfaction is lower for free (65%) or self-help programs (60%).

SATISFACTION WITH THE SUPPORT RECEIVED IN PAST YEAR





Lesli Martin, Senior Vice President, Pollara

Michael Cooper, Vice President, MHRC

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