



FOR IMMEDIATE RELEASE

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**-Poll 12 in our Ongoing Series-
The mental health of Canadians has slightly improved, but concern over the
lasting impact of COVID-19 continues**

Toronto, May 17, 2022 — Mental Health Research Canada completed its twelfth poll since the start of the pandemic. Data on mental health indicators of Canadians was collected between April 13 and April 25, 2022. During this period, COVID-19 restrictions in Canada had substantially eased, and some public health measures were removed.

The mental health of Canadians slowly continues to improve. The percentage of Canadians experiencing high levels of self-rated anxiety has dropped from 24% in December 2021 to 21% in April 2022. These are the **lowest levels** seen on the self-rated scale and clinical screeners in depression and anxiety since April 2021. Fewer Canadians are experiencing disruptions caused by mental health challenges. Recovery to mental health levels seen prior to the pandemic remains a distant hope.

“It is great to see continued improvement in mental health indicators. We still have a long way to go to get back to levels seen before the pandemic. The most important thing is that Canadians remain resilient — we will persevere together,” says Akela Peoples, CEO of Mental Health Research Canada.

Concern around the lasting impact of COVID-19 continues and has seen a slight increase in this poll. Fear of a family member catching the virus has also increased. A majority of Canadians also support COVID-19 health measures, particularly those experiencing high levels of self-rated anxiety.

Additional findings included:

- Mental health literacy — measured by how often mental health is thought about, discussed, or read about — in Canadians is low. Canadians over the age of 55 are demonstrating the lowest mental health literacy while students are demonstrating the highest.
- New mothers are experiencing higher than average levels of anxiety. About 31% of mothers with children aged between 0 and 1 have high anxiety, as compared to the 21% of the general population with high anxiety. Optimistically, the findings

show that new mothers are very hopeful, have good relationships with others, and are more likely to talk to a mental health professional.

- About a quarter (27%) of working Canadians are experiencing burnout. This is even higher among those who are currently looking for work (36%) and low among retirees (9%).
- One-fifth of Canadians have accessed mental health support since the start of the pandemic. There was a considerable decline in Canadians' satisfaction with accessing mental health support since December 2021. Now, levels are back to those seen in November 2021 (69% are satisfied).
- Despite the issues they are facing, **most Canadians continue to be hopeful for their future**. They feel their relationships are valued and allow them to get help when they need it.

These and other key findings are featured in both the summary and full report of the survey, "Mental Health in Crisis: How COVID-19 Is Impacting Canadians," released today by Mental Health Research Canada (MHRC) and available at www.mhrc.ca.

MHRC's poll has been designed to capture Canadians' reported perception of their level of anxiety and depression, and to identify and evaluate the factors that influence mental health through the pandemic. This report includes data from the twelfth poll as part of a multi-year effort to track the mental health challenges of COVID-19.

Available for interview is Dr. David Dozois. Dr. Dozois participated in the design of the survey and is a Board Member at Mental Health Research Canada.

For interview requests, please contact Michael Cooper, Vice-President, at 416-894-5553 or mcooper@mhrc.ca.

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ABOUT THE POLL

This study was conducted by Pollara Strategic Insights with an online sample of 3,000 adult Canadians and was conducted between April 13th to 25th, 2022. Results from a probability sample of this size could be considered accurate to within ± 1.8 percentage points, 19 times out of 20. Results have been weighted based on age, gender, and region to be representative of the Canadian population.

ABOUT MENTAL HEALTH RESEARCH CANADA

Mental Health Research Canada (MHRC) is a national, charitable organization dedicated to improving the lives of the **1 in 5 Canadians living with mental illness**, as well as their families, caregivers, and communities. We advance evidence-based mental health knowledge that is problem-solving and applicable in the real world.