



FOR IMMEDIATE RELEASE
November 17, 2022

Results from Poll 14 released today: While the mental health impacts of COVID-19 are improving, new challenges present negative mental health factors for Canadians.

TORONTO, ON — Mental Health Research Canada (MHRC) released the data from its fourteenth poll today, and the results are telling. Self-reported symptoms of anxiety and depression have slowly been improving; however new challenges, such as inflation and food insecurity, are negatively impacting the mental health of Canadians. This data was collected from Canadians between October 21 and November 1, 2022.

“Though nothing we’ve yet seen has had as strong of an impact on the mental health of Canadians as COVID-19, the rising costs of living are resulting in growing mental health pressures,” said Akela Peoples, Chief Executive Officer, MHRC. “With the holiday season around the corner, these feelings could intensify, which is concerning and should continue to be monitored closely.”

Additional findings from Poll 14 include:

- A quarter of Canadians remain exhausted and burnt-out (higher among students and working Canadians, lower among retirees), although hopefulness remains high.
- The mental health of Canadians is demonstrating slow, consistent improvement, with self-rated anxiety and depression slowly improving as we emerged from the pandemic.
- Atlantic Canada is, for the first time, reporting the highest levels of anxiety of all the provinces (15%); however, it is noted our poll was taken around the time of the recent hurricane. Quebec continues to report the lowest levels of self-rated anxiety (7%) and depression (4%).
- Of the just over 15% of Canadians who have needed mental health support in the last year (whether they accessed supports or not), over half indicated that those needs were not or only marginally met. Primarily, cost and wait times are cited as barriers to adequate support.

These and other key findings are featured in both the summary and full report of the survey, “Understanding the Mental Health of Canadians through COVID-19 and Beyond: Poll 14” available at www.mhrc.ca.

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ABOUT THE POLL

MHRC’s national polling is part of a multi-year effort to track the mental health challenges of COVID-19 and beyond. The goal of MHRC’s polls one through twelve was 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. As we move into the pandemic’s recovery period, MHRC has begun shifting its focus from mental health as it relates to COVID-19, to a more current and broader approach.

This study was conducted by Pollara Strategic Insights with an online sample of 3,500 adult Canadians and was conducted between October 21 to November 1, 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 is a national charitable organization dedicated to improving the lives of the **1 in 4 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. We are committed to doing research differently; emphasizing collaboration between academia and community, and ensuring those with lived experience are engaged throughout the research process.

Media Inquiries, including interview requests for Dr. David Dozois, Professor of Psychology and Psychiatry and Director, Clinical Psychology Graduate Program Western University, MHRC Board member and spokesperson, can be made to:

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