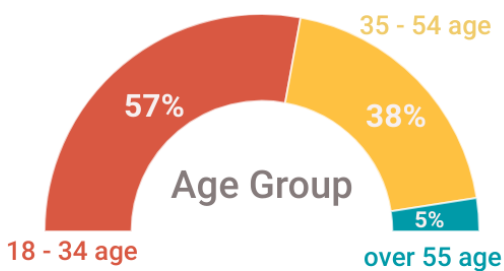


Examining the Mental Health of Newcomers

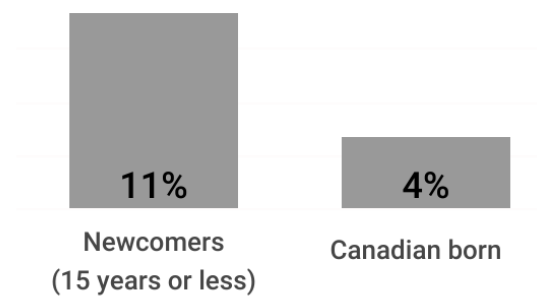
The data included in the report was collected from April 2020 to May 2023, encompassing Polls 1 to 16 of MHRC's Canada Survey, and represents responses from 2,152 foreign-born residents who have been living in the country for less than 15 years

Population Demographics

Newcomer population is younger than Canadian population as a whole.



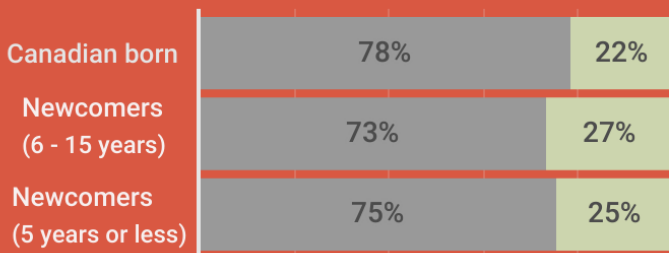
Newcomers more likely to need Mental Health but not accessing it



56% Of newcomers express confidence in their knowledge of how to access mental health support

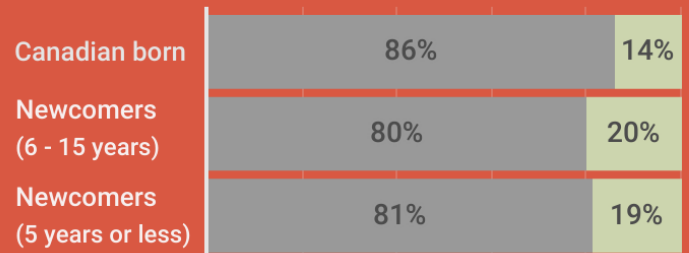
Newcomers to Canada, who arrived 15 years or less, show elevated levels of anxiety and depression.

Self-rated Anxiety



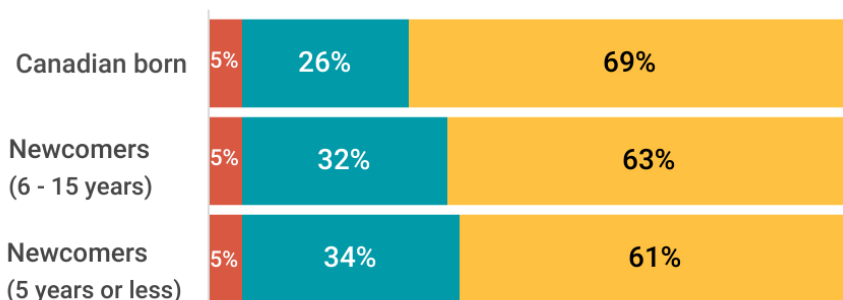
● Score 0 - 7 ● Score 8 - 10

Self-rated Depression



● Score 0 - 7 ● Score 8 - 10

Resilience



● Low (0-3) ● Medium (4-6) ● High (7-10)

Canadians as a whole demonstrate a relatively higher level of resilience, with a majority falling into the high resilience category.

Over time, newcomers tend to develop increased resilience.