

Are you currently experiencing any mental health issues?

		Gender		AGE			EDUCATION				AGE GROUP			
	Total	Male	Female	18-34	35-54	55+	<HS	HS	Post Sec	Univ Grad	Gen Z (18-23)	Millennial (24-39)	Gen X (40-55)	Boomer (56+)
		A	B	C	D	E	F	G	H	I	J	K	L	M
Base: All Respondents (unwtd)	1000	470	530	280	371	349	49	176	425	350	99	292	281	328
Base: All Respondents (wtd)	1000	489	511	281	346	373	146	276	335	243	131	255	262	353
Anxiety	397	163	234	140	161	96	60	113	139	84	61	127	119	90
	40%	33%	46%	50%	47%	26%	41%	41%	42%	35%	46%	50%	45%	26%
Stress			A	E	E		*				M*	M	M	
	392	177	216	147	164	82	64	108	134	86	62	142	109	79
Depression	39%	36%	42%	52%	47%	22%	44%	39%	40%	36%	48%	56%	41%	22%
				E	E		*				M*	LM	M	
Addiction	288	129	159	113	105	69	50	87	100	51	49	101	72	65
	29%	26%	31%	40%	30%	19%	34%	32%	30%	21%	38%	40%	28%	18%
				DE	E		I*	I	I		M*	LM	M	
	71	38	33	32	33	6	20	23	18	10	21	31	13	6
	7%	8%	6%	11%	10%	2%	14%	8%	5%	4%	16%	12%	5%	2%
				E	E		HI*				LM*	LM	M	
No, I am not currently experiencing any mental health issues	405	213	192	74	107	224	48	117	133	106	33	66	94	212
	40%	44%	38%	26%	31%	60%	33%	42%	40%	44%	26%	26%	36%	60%
						CD	*				*		K	JKL
	13	7	7	8	3	3	3	3	4	3	4	4	3	3
Other	1%	1%	1%	3%	1%	1%	2%	1%	1%	1%	3%	2%	1%	1%
							*				*			
Don't know	3	-	3	-	3	-	3	-	-	-	-	-	3	-
	*	-	1%	-	1%	-	2%	-	-	-	-	-	1%	-
Sigma							*				*			
	1570	726	844	514	577	480	249	450	529	342	231	472	413	454
	157%	149%	165%	183%	167%	129%	171%	163%	158%	141%	177%	185%	158%	129%

Have you sought medical support for your mental health issues? This could include counselling, psychological support, psychiatric support, medication, etc.

[illegible]

What barriers are stopping you from receiving medical care for your mental health issue(s) at this time?

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		A	B	C	D	E	F	G	H	I	J	K	L	M
Base: All Answering (unwtd)	313	141	172	99	130	84	16	66	124	107	35	104	97	77
Base: All Answering (wtd)	321	156	166	99	132	91	46	103	97	75	46	96	94	86
No access (i.e. services are closed or suspended, long wait list)	34	17	17	2	21	12	5	10	9	10	-	2	21	12
	11%	11%	11%	2%	16%	13%	12%	10%	10%	13%	-	2%	22%	14%
I am currently unemployed/laid off and no longer have group benefits coverage				*	C*	C*	**	*			**	*	K*	K*
	40	24	16	14	14	12	7	12	10	11	7	13	8	12
I am concerned about negative stigma in my workplace	12%	15%	9%	14%	10%	13%	16%	12%	10%	14%	15%	14%	9%	14%
	21	13	9	11	7	4	5	3	7	6	2	11	4	4
I can't afford it	7%	8%	5%	11%	5%	4%	11%	3%	7%	8%	5%	11%	4%	5%
	82	44	37	29	29	24	11	32	27	12	9	31	18	24
I am embarrassed to ask for help	25%	29%	23%	30%	22%	26%	24%	31%	28%	16%	21%	32%	19%	28%
	74	38	36	32	29	14	11	30	21	13	18	26	20	11
I don't know where to go or who to ask for help	23%	25%	22%	33%	22%	15%	23%	29%	21%	17%	39%	27%	21%	13%
	57	26	31	23	24	11	-	25	18	15	12	21	14	10
I'm too busy	18%	17%	19%	23%	18%	12%	-	24%	18%	19%	26%	22%	15%	12%
	60	22	37	29	26	5	8	16	14	22	17	22	17	4
Lack of privacy in my home to access support	19%	14%	22%	29%	20%	5%	16%	15%	15%	30%	36%	23%	18%	5%
	48	21	27	15	22	11	8	15	12	13	13	12	14	9
Other	15%	13%	16%	16%	17%	12%	18%	14%	13%	17%	27%	13%	15%	10%
	13	5	8	2	6	5	-	5	5	2	1	2	7	3
I don't need medical care	4%	3%	5%	2%	4%	6%	-	5%	6%	3%	2%	2%	7%	4%
	101	51	49	21	40	39	16	31	36	18	10	23	28	39
Don't know	31%	33%	30%	22%	30%	43%	34%	30%	37%	24%	22%	24%	30%	46%
	3	-	3	-	3	-	3	-	-	-	-	-	3	-
Sigma	1%	-	2%	-	3%	-	7%	-	-	-	-	-	4%	-
	533	262	272	177	219	137	75	177	159	122	89	162	154	129
	166%	168%	164%	180%	166%	150%	161%	172%	164%	162%	194%	169%	163%	150%