



FACTUM

Pandemic Within A Pandemic: Most (69%) Believe There is a Mental Health Pandemic in Canada.

Nearly Three in Ten (28%) Admit Their Mental Health Has Deteriorated, Over the Course of the Pandemic.

Toronto, Ontario, October 4, 2021 — As the COVID-19 pandemic continues to wreak havoc across Canada, the results of a new Ipsos poll conducted on behalf of Ontario Shores Centre for Mental Health Services suggests that we may be dealing with another pandemic, within the coronavirus pandemic. The poll reveals that most (69%) Canadians believe there is a mental health pandemic in their country. Millennials and Gen Xers are among the most likely to believe that Canada is facing a mental health pandemic (75% vs. 61% of Gen Zers & Boomers).

The COVID-19 pandemic has been a transformative event, as four in five (81%) Canadians think it has changed life forever, with Boomers (56+) among the most likely to feel this way (88% vs. 78% of all other Canadians aged 55 or younger). In fact, it has been so significant that half (50%) admit they are now anxious about going back to “normal” life in a post-pandemic world. Just one-third (34%) of Quebecers report feeling anxious about going back to “normal” life in a post-pandemic world, compared to well over half (55%) of all other Canadians.

After months of lockdowns and restrictions, job loss, anxiety, and isolation from family and friends, it is perhaps not surprising that many Canadians are now experiencing mental health issues. Nearly three in ten (28%) admit that their mental health has deteriorated, over the course of the pandemic.

To end Canada’s mental health pandemic, it is important to have sufficient mental health services and supports available in communities across the country. Unfortunately, the results of this poll suggest that many communities are underserved in this area, as two-thirds (66%) of Canadians feel as though there are not enough mental health services and supports available in their local community. The youngest generation, Gen Z (aged 18-23) are less likely to feel as though there are not enough mental health services and supports available in their local community (45% vs. 69% aged 24+).

About the Study

These are some of the findings of an Ipsos poll conducted between September 14th and 16th, 2021 on behalf of the Ontario Shores Centre for Mental Health Services. For this survey, a sample of 1,001 Canadians aged 18+ were interviewed. Weighting was then employed to balance demographics to ensure that the sample’s composition reflects that of the adult population according to Census data and to provide results intended to approximate the sample universe. The precision of Ipsos online polls is measured using a credibility interval. In this case, the poll is accurate to within ± 3.5 percentage points, 19 times out of 20, had all Canadians aged 18+ been polled. The credibility interval will be wider among subsets of the population. All sample surveys and polls may be subject to other sources of error, including, but not limited to coverage error, and measurement error.



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