

To what extent do you agree or disagree with the following statements? - I feel responsible for keeping track of most family-related tasks

		Generation		
	Total	Gen Z	Millennial	Gen X
Base: All Respondents (unwtd)	1001	61	571	369
Base: All Respondents (wtd)	1001	197	439	365
Top 2 Box (Net)	919	156	425	339
	92%	79%	97%	93%
Strongly agree	530	55	260	216
	53%	28%	59%	59%
Somewhat agree	389	101	165	123
	39%	51%	38%	34%
Bottom 2 Box (Net)	82	41	14	26
	8%	21%	3%	7%
Somewhat disagree	69	41	12	16
	7%	21%	3%	4%
Strongly disagree	12	-	2	10
	1%	-	*	3%
Sigma	1001	197	439	365
	100%	100%	100%	100%

Compared to other times of the year, how does your mental load change during the back-to-school period?

		Generation		
	Total	Gen Z	Millennial	Gen X
Base: All Respondents (unwtd)	1001	61	571	369
Base: All Respondents (wtd)	1001	197	439	365
Top 2 Box (Net)	682	144	301	237
	68%	73%	68%	65%
Much higher	241	55	107	79
	24%	28%	24%	22%
Somewhat higher	441	89	194	158
	44%	45%	44%	43%
About the same	283	40	122	120
	28%	21%	28%	33%
Bottom 2 Box (Net)	36	12	16	8
	4%	6%	4%	2%
Somewhat lower	25	7	14	4
	3%	4%	3%	1%
Much lower	11	5	2	4
	1%	3%		1%
Sigma	1001	197	439	365
	100%	100%	100%	100%

To what extent do you agree or disagree with the following statements? - I feel like I am "always on" when it comes to family responsibilities

		Generation		
	Total	Gen Z	Millennial	Gen X
Base: All Respondents (unwtd)	1001	61	571	369
Base: All Respondents (wtd)	1001	197	439	365
Top 2 Box (Net)	862	149	395	318
	86%	76%	90%	87%
Strongly agree	490	72	234	185
	49%	36%	53%	51%
Somewhat agree	372	78	161	133
	37%	39%	37%	36%
Bottom 2 Box (Net)	139	48	44	48
	14%	24%	10%	13%
Somewhat disagree	122	37	43	43
	12%	19%	10%	12%
Strongly disagree	17	11	1	5
	2%	5%		1%
Sigma	1001	197	439	365
	100%	100%	100%	100%

Who is primarily responsible for the following in your household? -
Scheduling and planning

	Total
Base: All Respondents (unwtd)	1001
Base: All Respondents (wtd)	1001
Myself	755
	75%
Shared equally	233
	23%
Someone else	13
	1%
Sigma	1001
	100%

Who is primarily responsible for the following in your household? -
Remembering important dates or tasks

	Total
Base: All Respondents (unwtd)	1001
Base: All Respondents (wtd)	1001
Myself	742
	74%
Shared equally	243
	24%
Someone else	16
	2%
Sigma	1001
	100%

Who is primarily responsible for the following in your household? -
Coordinating school-related activities

	Total
Base: All Respondents (unwtd)	1001
Base: All Respondents (wtd)	1001
Myself	714
	71%
Shared equally	263
	26%
Someone else	24
	2%
Sigma	1001
	100%

Who is primarily responsible for the following in your household? -
Emotional support of children

	Total
Base: All Respondents (unwtd)	1001
Base: All Respondents (wtd)	1001
Myself	545
	54%
Shared equally	433
	43%
Someone else	24
	2%
Sigma	1001
	100%

In a typical week, approximately how many hours do you spend on each of the following? - Thinking or worrying about family needs

	Total
Base: All Respondents (unwtd)	1001
Base: All Respondents (wtd)	1001
None	42
	4%
1 or 2 hours	228
	23%
3 to 5 hours	263
	26%
6 to 10 hours	228
	23%
11 to 20 hours	115
	11%
More than 20 hours	126
	13%
Sigma	1001
	100%

In a typical week, approximately how many hours do you spend on each of the following? - Worrying about your children's mental well-being

	Total
Base: All Respondents (unwtd)	1001
Base: All Respondents (wtd)	1001
None	126
	13%
1 or 2 hours	310
	31%
3 to 5 hours	240
	24%
6 to 10 hours	149
	15%
11 to 20 hours	68
	7%
More than 20 hours	108
	11%
Sigma	1001
	100%

In a typical week, approximately how many hours do you spend on each of the following? - Time focused on your own mental health or self-care

	Total
Base: All Respondents (unwtd)	1001
Base: All Respondents (wtd)	1001
None	166
	17%
1 or 2 hours	470
	47%
3 to 5 hours	239
	24%
6 to 10 hours	71
	7%
11 to 20 hours	32
	3%
More than 20 hours	23
	2%
Sigma	1001
	100%

To what extent do you agree or disagree with the following statements? - I spend a lot of time worrying about my child(ren)'s mental health

	Total
Base: All Respondents (unwtd)	1001
Base: All Respondents (wtd)	1001
Top 2 Box (Net)	736
	74%
Strongly agree	274
	27%
Somewhat agree	463
	46%
Bottom 2 Box (Net)	265
	26%
Somewhat disagree	190
	19%
Strongly disagree	74
	7%
Sigma	1001
	100%

How concerned are you about the following: - The impact of online content (e.g., social media, harmful or unsafe content) on your child(ren)'s mental health during the school year

	Total
Base: All Respondents (unwtd)	1001
Base: All Respondents (wtd)	1001
Top 2 Box (Net)	859
	86%
Very concerned	387
	39%
Somewhat concerned	472
	47%
Bottom 2 Box (Net)	142
	14%
Not very concerned	119
	12%
Not at all concerned	23
	2%
Sigma	1001
	100%

How often do you experience the following as a result of the mental load you carry as a mother? - Feeling overwhelmed

	Total
Base: All Respondents (unwtd)	1001
Base: All Respondents (wtd)	1001
Very often	280
	28%
Often	371
	37%
Sometimes	273
	27%
Rarely	67
	7%
Never	11
	1%
Sigma	1001
	100%

How often do you experience the following as a result of the mental load you carry as a mother? - Burnout

		Generation		
	Total	Gen Z	Millennial	Gen X
Base: All Respondents (unwtd)	1001	61	571	369
Base: All Respondents (wtd)	1001	197	439	365
Very often	239	59	127	53
	24%	30%	29%	15%
Often	315	88	120	107
	31%	44%	27%	29%
Sometimes	312	41	138	133
	31%	21%	32%	36%
Rarely	108	8	44	56
	11%	4%	10%	15%
Never	26	1	9	16
	3%	1%	2%	4%
Sigma	1001	197	439	365
	100%	100%	100%	100%

How often do you experience the following as a result of the mental load you carry as a mother? - Anxiety

		Generation		
	Total	Gen Z	Millennial	Gen X
Base: All Respondents (unwtd)	1001	61	571	369
Base: All Respondents (wtd)	1001	197	439	365
Very often	234	58	114	62
	23%	29%	26%	17%
Often	289	62	129	97
	29%	32%	29%	27%
Sometimes	335	64	130	140
	33%	33%	30%	38%
Rarely	119	12	54	53
	12%	6%	12%	15%
Never	24	-	12	13
	2%	-	3%	3%
Sigma	1001	197	439	365
	100%	100%	100%	100%

Have you ever delayed or avoided getting mental health support for any of the following?

	LGBTQ2S+		
	Total	Yes	No
Base: All Respondents (unwtd)	1001	62	939
Base: All Respondents (wtd)	1001	86	915
Cost	431	47	384
	43%	55%	42%
Time	437	40	397
	44%	47%	43%
Caregiving responsibilities	213	27	186
	21%	31%	20%
Not knowing where to go	197	26	171
	20%	30%	19%
Services are difficult to access	171	25	146
	17%	29%	16%
Not having access to support that reflects my identify, lived experiences or needs	118	27	91
	12%	32%	10%
Other	27	4	23
	3%	4%	3%
I don't know / prefer not to say	58	2	57
	6%	2%	6%
Nothing has prevented me	234	10	224
	23%	12%	24%
Sigma	1886	208	1678
	188%	242%	183%

How would you describe your overall mental load related to managing your household and family?

		Generation		
	Total	Gen Z	Millennial	Gen X
Base: All Respondents (unwtd)	1001	61	571	369
Base: All Respondents (wtd)	1001	197	439	365
Top 2 Box (Net)	626	96	307	222
	63%	49%	70%	61%
Very high	253	33	134	86
	25%	17%	31%	24%
Somewhat high	373	64	173	136
	37%	32%	39%	37%
Moderate	326	88	117	121
	33%	45%	27%	33%
Bottom 2 Box (Net)	49	12	15	22
	5%	6%	3%	6%
Somewhat low	35	7	11	17
	3%	4%	3%	5%
Very low	14	5	4	5
	1%	3%	1%	1%
Sigma	1001	197	439	365
	100%	100%	100%	100%

To what extent do you agree or disagree with the following? - Managing children's needs has become more complex in recent years

		Generation		
	Total	Gen Z	Millennial	Gen X
Base: All Respondents (unwtd)	1001	61	571	369
Base: All Respondents (wtd)	1001	197	439	365
Top 2 Box (Net)	915	170	406	338
	91%	87%	93%	93%
Strongly agree	448	56	201	190
	45%	28%	46%	52%
Somewhat agree	467	115	205	148
	47%	58%	47%	41%
Bottom 2 Box (Net)	86	26	33	27
	9%	13%	7%	7%
Somewhat disagree	71	16	31	24
	7%	8%	7%	7%
Strongly disagree	15	10	2	3
	2%	5%	*	1%
Sigma	1001	197	439	365
	100%	100%	100%	100%

To what extent do you agree or disagree with the following? - It is difficult for mothers to prioritize their own mental health

		Generation		
	Total	Gen Z	Millennial	Gen X
Base: All Respondents (unwtd)	1001	61	571	369
Base: All Respondents (wtd)	1001	197	439	365
Top 2 Box (Net)	900	179	404	317
	90%	91%	92%	87%
Strongly agree	451	104	195	153
	45%	53%	44%	42%
Somewhat agree	449	75	209	165
	45%	38%	48%	45%
Bottom 2 Box (Net)	101	18	35	48
	10%	9%	8%	13%
Somewhat disagree	90	18	31	41
	9%	9%	7%	11%
Strongly disagree	11	-	4	6
	1%	-	1%	2%
Sigma	1001	197	439	365
	100%	100%	100%	100%

To what extent do you agree or disagree with the following? - Society does not fully recognize the invisible work mothers do

		Generation		
	Total	Gen Z	Millennial	Gen X
Base: All Respondents (unwtd)	1001	61	571	369
Base: All Respondents (wtd)	1001	197	439	365
Top 2 Box (Net)	930	183	411	336
	93%	93%	94%	92%
Strongly agree	615	145	253	217
	61%	74%	58%	60%
Somewhat agree	315	38	159	119
	31%	19%	36%	33%
Bottom 2 Box (Net)	71	14	28	29
	7%	7%	6%	8%
Somewhat disagree	55	9	23	23
	5%	5%	5%	6%
Strongly disagree	16	5	5	6
	2%	3%	1%	2%
Sigma	1001	197	439	365
	100%	100%	100%	100%

To what extent do you agree or disagree with the following? - Mothers today face more pressure than previous generations

		Generation		
	Total	Gen Z	Millennial	Gen X
Base: All Respondents (unwtd)	1001	61	571	369
Base: All Respondents (wtd)	1001	197	439	365
Top 2 Box (Net)	861	154	396	311
	86%	78%	90%	85%
Strongly agree	444	59	222	163
	44%	30%	50%	45%
Somewhat agree	417	94	175	148
	42%	48%	40%	41%
Bottom 2 Box (Net)	140	43	43	54
	14%	22%	10%	15%
Somewhat disagree	117	43	40	34
	12%	22%	9%	9%
Strongly disagree	23	-	3	20
	2%	-	1%	5%
Sigma	1001	197	439	365
	100%	100%	100%	100%

During the back-to-school period, how often do you sacrifice the following aspects of your wellbeing in order to prioritize your

	Total
Base: All Respondents (unwtd)	1001
Base: All Respondents (wtd)	1001
Very often	296
	30%
Often	268
	27%
Sometimes	299
	30%
Rarely	110
	11%
Never	28
	3%
Sigma	1001
	100%

During the back-to-school period, how often do you sacrifice the following aspects of your wellbeing in order to prioritize your family's needs? - Sleep

	Total
Base: All Respondents (unwtd)	1001
Base: All Respondents (wtd)	1001
Very often	213
	21%
Often	294
	29%
Sometimes	334
	33%
Rarely	137
	14%
Never	23
	2%
Sigma	1001
	100%

During the back-to-school period, how often do you sacrifice the following aspects of your wellbeing in order to prioritize your

	Total
Base: All Respondents (unwtd)	1001
Base: All Respondents (wtd)	1001
Very often	249
	25%
Often	293
	29%
Sometimes	285
	28%
Rarely	129
	13%
Never	45
	4%
Sigma	1001
	100%

During the back-to-school period, how often do you sacrifice the following aspects of your wellbeing in order to prioritize your

	Total
Base: All Respondents (unwtd)	1001
Base: All Respondents (wtd)	1001
Very often	217
	22%
Often	332
	33%
Sometimes	293
	29%
Rarely	126
	13%
Never	33
	3%
Sigma	1001
	100%

During the back-to-school period, how often do you sacrifice the following aspects of your wellbeing in order to prioritize your

	Total
Base: All Respondents (unwtd)	1001
Base: All Respondents (wtd)	1001
Very often	221
	22%
Often	324
	32%
Sometimes	334
	33%
Rarely	93
	9%
Never	30
	3%
Sigma	1001
	100%

During the back-to-school period, how often do you sacrifice the following aspects of your wellbeing in order to prioritize your family's needs?

	Total
Base: All Respondents (unwtd)	1001
Base: All Respondents (wtd)	1001
Very often	139
	14%
Often	237
	24%
Sometimes	305
	30%
Rarely	191
	19%
Never	129
	13%
Sigma	1001
	100%

To what extent do you agree or disagree with the following? -
 Mothers put their family's needs ahead of their own mental health

	Total
Base: All Respondents (unwtd)	1001
Base: All Respondents (wtd)	1001
Top 2 Box (Net)	971
	97%
Strongly agree	656
	66%
Somewhat agree	315
	31%
Bottom 2 Box (Net)	30
	3%
Somewhat disagree	26
	3%
Strongly disagree	4
	*
Sigma	1001
	100%

How important would each of the following be to removing the barrier to seeking mental health support? - Flexible options that fit mv schedule

	Total
Base: All Respondents (unwtd)	1001
Base: All Respondents (wtd)	1001
Top 2 Box (Net)	921
	92%
Very important	497
	50%
Somewhat important	424
	42%
Bottom 2 Box (Net)	80
	8%
Not very important	59
	6%
Not at all important	21
	2%
Sigma	1001
	100%

How important would each of the following be to removing the barrier to seeking mental health support? - Access to more affordable mental-health supports and services

	Total
Base: All Respondents (unwtd)	1001
Base: All Respondents (wtd)	1001
Top 2 Box (Net)	895
	89%
Very important	540
	54%
Somewhat important	355
	35%
Bottom 2 Box (Net)	106
	11%
Not very important	77
	8%
Not at all important	29
	3%
Sigma	1001
	100%

How important would each of the following be to removing the barrier to seeking mental health support? - Easy and timely access to services (e.g., short wait times, simple booking)

	Total
Base: All Respondents (unwtd)	1001
Base: All Respondents (wtd)	1001
Top 2 Box (Net)	895
	89%
Very important	491
	49%
Somewhat important	404
	40%
Bottom 2 Box (Net)	106
	11%
Not very important	88
	9%
Not at all important	18
	2%
Sigma	1001
	100%

How important would each of the following be to removing the barrier to seeking mental health support? - Clear information on where and how to access support

	Total
Base: All Respondents (unwtd)	1001
Base: All Respondents (wtd)	1001
Top 2 Box (Net)	886
	88%
Very important	445
	44%
Somewhat important	441
	44%
Bottom 2 Box (Net)	115
	12%
Not very important	98
	10%
Not at all important	17
	2%
Sigma	1001
	100%

How important would each of the following be to removing the barrier to seeking mental health support? - Support that accommodates my caregiving responsibilities (e.g., childcare,

	Total
Base: All Respondents (unwtd)	1001
Base: All Respondents (wtd)	1001
Top 2 Box (Net)	838
	84%
Very important	394
	39%
Somewhat important	444
	44%
Bottom 2 Box (Net)	163
	16%
Not very important	125
	12%
Not at all important	38
	4%
Sigma	1001
	100%

How important would each of the following be to removing the barrier to seeking mental health support? - A therapist who reflects my identity, experiences, and specific needs

	Total
Base: All Respondents (unwtd)	1001
Base: All Respondents (wtd)	1001
Top 2 Box (Net)	832
	83%
Very important	427
	43%
Somewhat important	405
	40%
Bottom 2 Box (Net)	169
	17%
Not very important	135
	13%
Not at all important	34
	3%
Sigma	1001
	100%