

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	Quebec	Gen Z	Millennial	Gen X
		E			
Base: All Respondents (unwtd)	1001	238	61	571	369
Base: All Respondents (wtd)	1001	221	197	439	365
Top 2 Box (Net)	919	199	156	425	339
	92%	90%	79%	97%	93%
Strongly agree	530	99	55	260	216
	53%	45%	28%	59%	59%
Somewhat agree	389	99	101	165	123
	39%	45%	51%	38%	34%
Bottom 2 Box (Net)	82	22	41	14	26
	8%	10%	21%	3%	7%
Somewhat disagree	69	20	41	12	16
	7%	9%	21%	3%	4%
Strongly disagree	12	2	-	2	10
	1%	1%	-	*	3%
Sigma	1001	221	197	439	365
	100%	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	Quebec	Gen Z	Millennial	Gen X
Base: All Respondents (unwtd)	1001	238	61	571	369
Base: All Respondents (wtd)	1001	221	197	439	365
Top 2 Box (Net)	682	161	144	301	237
	68%	73%	73%	68%	65%
Much higher	241	78	55	107	79
	24%	35%	28%	24%	22%
Somewhat higher	441	83	89	194	158
	44%	37%	45%	44%	43%
About the same	283	54	40	122	120
	28%	24%	21%	28%	33%
Bottom 2 Box (Net)	36	6	12	16	8
	4%	3%	6%	4%	2%
Somewhat lower	25	1	7	14	4
	3%	*	4%	3%	1%
Much lower	11	6	5	2	4
	1%	3%	3%		1%
Sigma	1001	221	197	439	365
	100%	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	Quebec	Gen Z	Millennial	Gen X
Base: All Respondents (unwtd)	1001	238	61	571	369
Base: All Respondents (wtd)	1001	221	197	439	365
Top 2 Box (Net)	862	163	149	395	318
	86%	74%	76%	90%	87%
Strongly agree	490	86	72	234	185
	49%	39%	36%	53%	51%
Somewhat agree	372	77	78	161	133
	37%	35%	39%	37%	36%
Bottom 2 Box (Net)	139	58	48	44	48
	14%	26%	24%	10%	13%
Somewhat disagree	122	47	37	43	43
	12%	21%	19%	10%	12%
Strongly disagree	17	10	11	1	5
	2%	5%	5%		1%
Sigma	1001	221	197	439	365
	100%	100%	100%	100%	100%

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

	Total	Quebec
Base: All Respondents (unwtd)	1001	238
Base: All Respondents (wtd)	1001	221
Myself	755	174
	75%	79%
Shared equally	233	45
	23%	21%
Someone else	13	1
	1%	*
Sigma	1001	221
	100%	100%

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

	Total	Quebec
Base: All Respondents (unwtd)	1001	238
Base: All Respondents (wtd)	1001	221
Myself	742	167
	74%	76%
Shared equally	243	48
	24%	22%
Someone else	16	5
	2%	2%
Sigma	1001	221
	100%	100%

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

	Total	Quebec
Base: All Respondents (unwtd)	1001	238
Base: All Respondents (wtd)	1001	221
Myself	714	153
	71%	69%
Shared equally	263	61
	26%	28%
Someone else	24	7
	2%	3%
Sigma	1001	221
	100%	100%

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

	Total	Quebec
Base: All Respondents (unwtd)	1001	238
Base: All Respondents (wtd)	1001	221
Myself	545	129
	54%	59%
Shared equally	433	91
	43%	41%
Someone else	24	1
	2%	*
Sigma	1001	221
	100%	100%

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

	Total	Quebec
Base: All Respondents (unwtd)	1001	238
Base: All Respondents (wtd)	1001	221
None	42	8
	4%	3%
1 or 2 hours	228	48
	23%	22%
3 to 5 hours	263	74
	26%	34%
6 to 10 hours	228	52
	23%	23%
11 to 20 hours	115	16
	11%	7%
More than 20 hours	126	24
	13%	11%
Sigma	1001	221
	100%	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	Quebec
Base: All Respondents (unwtd)	1001	238
Base: All Respondents (wtd)	1001	221
None	126	15
	13%	7%
1 or 2 hours	310	73
	31%	33%
3 to 5 hours	240	63
	24%	29%
6 to 10 hours	149	36
	15%	16%
11 to 20 hours	68	11
	7%	5%
More than 20 hours	108	22
	11%	10%
Sigma	1001	221
	100%	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	Quebec
Base: All Respondents (unwtd)	1001	238
Base: All Respondents (wtd)	1001	221
None	166	50
	17%	23%
1 or 2 hours	470	93
	47%	42%
3 to 5 hours	239	51
	24%	23%
6 to 10 hours	71	19
	7%	9%
11 to 20 hours	32	1
	3%	*
More than 20 hours	23	7
	2%	3%
Sigma	1001	221
	100%	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	Quebec
Base: All Respondents (unwtd)	1001	238
Base: All Respondents (wtd)	1001	221
Top 2 Box (Net)	736	148
	74%	67%
Strongly agree	274	38
	27%	17%
Somewhat agree	463	110
	46%	50%
Bottom 2 Box (Net)	265	73
	26%	33%
Somewhat disagree	190	48
	19%	22%
Strongly disagree	74	25
	7%	11%
Sigma	1001	221
	100%	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	Quebec
Base: All Respondents (unwtd)	1001	238
Base: All Respondents (wtd)	1001	221
Top 2 Box (Net)	859	172
	86%	78%
Very concerned	387	69
	39%	31%
Somewhat concerned	472	103
	47%	47%
Bottom 2 Box (Net)	142	49
	14%	22%
Not very concerned	119	38
	12%	17%
Not at all concerned	23	11
	2%	5%
Sigma	1001	221
	100%	100%

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

	Total	Quebec
Base: All Respondents (unwtd)	1001	238
Base: All Respondents (wtd)	1001	221
Very often	280	49
	28%	22%
Often	371	82
	37%	37%
Sometimes	273	59
	27%	27%
Rarely	67	26
	7%	12%
Never	11	4
	1%	2%
Sigma	1001	221
	100%	100%

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

			Generation		
	Total	Quebec	Gen Z	Millennial	Gen X
Base: All Respondents (unwtd)	1001	238	61	571	369
Base: All Respondents (wtd)	1001	221	197	439	365
Very often	239	51	59	127	53
	24%	23%	30%	29%	15%
Often	315	61	88	120	107
	31%	27%	44%	27%	29%
Sometimes	312	72	41	138	133
	31%	32%	21%	32%	36%
Rarely	108	29	8	44	56
	11%	13%	4%	10%	15%
Never	26	9	1	9	16
	3%	4%	1%	2%	4%
Sigma	1001	221	197	439	365
	100%	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	Quebec	Gen Z	Millennial	Gen X
Base: All Respondents (unwtd)	1001	238	61	571	369
Base: All Respondents (wtd)	1001	221	197	439	365
Very often	234	47	58	114	62
	23%	21%	29%	26%	17%
Often	289	58	62	129	97
	29%	26%	32%	29%	27%
Sometimes	335	73	64	130	140
	33%	33%	33%	30%	38%
Rarely	119	35	12	54	53
	12%	16%	6%	12%	15%
Never	24	8	-	12	13
	2%	4%	-	3%	3%
Sigma	1001	221	197	439	365
	100%	100%	100%	100%	100%

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

			LGBTQ2S+	
	Total	Quebec	Yes	No
Base: All Respondents (unwtd)	1001	238	62	939
Base: All Respondents (wtd)	1001	221	86	915
Cost	431	91	47	384
	43%	41%	55%	42%
Time	437	74	40	397
	44%	34%	47%	43%
Caregiving responsibilities	213	49	27	186
	21%	22%	31%	20%
Not knowing where to go	197	33	26	171
	20%	15%	30%	19%
Services are difficult to access	171	37	25	146
	17%	17%	29%	16%
Not having access to support that reflects my identify, lived experiences or needs	118	21	27	91
	12%	10%	32%	10%
Other	27	8	4	23
	3%	4%	4%	3%
I don't know / prefer not to say	58	10	2	57
	6%	4%	2%	6%
Nothing has prevented me	234	65	10	224
	23%	29%	12%	24%
Sigma	1886	389	208	1678
	188%	176%	242%	183%

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

			Generation		
	Total	Quebec	Gen Z	Millennial	Gen X
Base: All Respondents (unwtd)	1001	238	61	571	369
Base: All Respondents (wtd)	1001	221	197	439	365
Top 2 Box (Net)	626	137	96	307	222
	63%	62%	49%	70%	61%
Very high	253	58	33	134	86
	25%	26%	17%	31%	24%
Somewhat high	373	79	64	173	136
	37%	36%	32%	39%	37%
Moderate	326	72	88	117	121
	33%	33%	45%	27%	33%
Bottom 2 Box (Net)	49	11	12	15	22
	5%	5%	6%	3%	6%
Somewhat low	35	6	7	11	17
	3%	3%	4%	3%	5%
Very low	14	6	5	4	5
	1%	3%	3%	1%	1%
Sigma	1001	221	197	439	365
	100%	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	Quebec	Gen Z	Millennial	Gen X
Base: All Respondents (unwtd)	1001	238	61	571	369
Base: All Respondents (wtd)	1001	221	197	439	365
Top 2 Box (Net)	915	183	170	406	338
	91%	83%	87%	93%	93%
Strongly agree	448	75	56	201	190
	45%	34%	28%	46%	52%
Somewhat agree	467	108	115	205	148
	47%	49%	58%	47%	41%
Bottom 2 Box (Net)	86	38	26	33	27
	9%	17%	13%	7%	7%
Somewhat disagree	71	31	16	31	24
	7%	14%	8%	7%	7%
Strongly disagree	15	7	10	2	3
	2%	3%	5%	*	1%
Sigma	1001	221	197	439	365
	100%	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	Quebec	Gen Z	Millennial	Gen X
Base: All Respondents (unwtd)	1001	238	61	571	369
Base: All Respondents (wtd)	1001	221	197	439	365
Top 2 Box (Net)	900	195	179	404	317
	90%	88%	91%	92%	87%
Strongly agree	451	85	104	195	153
	45%	39%	53%	44%	42%
Somewhat agree	449	109	75	209	165
	45%	49%	38%	48%	45%
Bottom 2 Box (Net)	101	26	18	35	48
	10%	12%	9%	8%	13%
Somewhat disagree	90	20	18	31	41
	9%	9%	9%	7%	11%
Strongly disagree	11	6	-	4	6
	1%	3%	-	1%	2%
Sigma	1001	221	197	439	365
	100%	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	Quebec	Gen Z	Millennial	Gen X
Base: All Respondents (unwtd)	1001	238	61	571	369
Base: All Respondents (wtd)	1001	221	197	439	365
Top 2 Box (Net)	930	199	183	411	336
	93%	90%	93%	94%	92%
Strongly agree	615	137	145	253	217
	61%	62%	74%	58%	60%
Somewhat agree	315	62	38	159	119
	31%	28%	19%	36%	33%
Bottom 2 Box (Net)	71	22	14	28	29
	7%	10%	7%	6%	8%
Somewhat disagree	55	15	9	23	23
	5%	7%	5%	5%	6%
Strongly disagree	16	7	5	5	6
	2%	3%	3%	1%	2%
Sigma	1001	221	197	439	365
	100%	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	Quebec	Gen Z	Millennial	Gen X
Base: All Respondents (unwtd)	1001	238	61	571	369
Base: All Respondents (wtd)	1001	221	197	439	365
Top 2 Box (Net)	861	180	154	396	311
	86%	81%	78%	90%	85%
Strongly agree	444	88	59	222	163
	44%	40%	30%	50%	45%
Somewhat agree	417	91	94	175	148
	42%	41%	48%	40%	41%
Bottom 2 Box (Net)	140	41	43	43	54
	14%	19%	22%	10%	15%
Somewhat disagree	117	27	43	40	34
	12%	12%	22%	9%	9%
Strongly disagree	23	14	-	3	20
	2%	6%	-	1%	5%
Sigma	1001	221	197	439	365
	100%	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 family's needs? - Time for

	Total	Quebec
Base: All Respondents (unwtd)	1001	238
Base: All Respondents (wtd)	1001	221
Very often	296	56
	30%	25%
Often	268	43
	27%	20%
Sometimes	299	67
	30%	30%
Rarely	110	45
	11%	21%
Never	28	10
	3%	4%
Sigma	1001	221
	100%	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	Quebec
Base: All Respondents (unwtd)	1001	238
Base: All Respondents (wtd)	1001	221
Very often	213	40
	21%	18%
Often	294	57
	29%	26%
Sometimes	334	73
	33%	33%
Rarely	137	44
	14%	20%
Never	23	7
	2%	3%
Sigma	1001	221
	100%	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? - Social life

	Total	Quebec
Base: All Respondents (unwtd)	1001	238
Base: All Respondents (wtd)	1001	221
Very often	249	46
	25%	21%
Often	293	61
	29%	28%
Sometimes	285	57
	28%	26%
Rarely	129	34
	13%	15%
Never	45	23
	4%	10%
Sigma	1001	221
	100%	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? - Mental

	Total	Quebec
Base: All Respondents (unwtd)	1001	238
Base: All Respondents (wtd)	1001	221
Very often	217	35
	22%	16%
Often	332	62
	33%	28%
Sometimes	293	78
	29%	35%
Rarely	126	34
	13%	15%
Never	33	13
	3%	6%
Sigma	1001	221
	100%	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? - Physical

	Total	Quebec
Base: All Respondents (unwtd)	1001	238
Base: All Respondents (wtd)	1001	221
Very often	221	46
	22%	21%
Often	324	68
	32%	31%
Sometimes	334	63
	33%	29%
Rarely	93	32
	9%	14%
Never	30	12
	3%	6%
Sigma	1001	221
	100%	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? - Career

	Total	Quebec
Base: All Respondents (unwtd)	1001	238
Base: All Respondents (wtd)	1001	221
Very often	139	25
	14%	11%
Often	237	57
	24%	26%
Sometimes	305	60
	30%	27%
Rarely	191	42
	19%	19%
Never	129	38
	13%	17%
Sigma	1001	221
	100%	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	Quebec
Base: All Respondents (unwtd)	1001	238
Base: All Respondents (wtd)	1001	221
Top 2 Box (Net)	971	213
	97%	96%
Strongly agree	656	142
	66%	64%
Somewhat agree	315	71
	31%	32%
Bottom 2 Box (Net)	30	8
	3%	4%
Somewhat disagree	26	8
	3%	4%
Strongly disagree	4	-
	*	-
Sigma	1001	221
	100%	100%

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

	Total	Quebec
Base: All Respondents (unwtd)	1001	238
Base: All Respondents (wtd)	1001	221
Top 2 Box (Net)	921	200
	92%	91%
Very important	497	97
	50%	44%
Somewhat important	424	103
	42%	46%
Bottom 2 Box (Net)	80	21
	8%	9%
Not very important	59	18
	6%	8%
Not at all important	21	3
	2%	1%
Sigma	1001	221
	100%	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	Quebec
Base: All Respondents (unwtd)	1001	238
Base: All Respondents (wtd)	1001	221
Top 2 Box (Net)	895	198
	89%	90%
Very important	540	114
	54%	52%
Somewhat important	355	84
	35%	38%
Bottom 2 Box (Net)	106	23
	11%	10%
Not very important	77	17
	8%	7%
Not at all important	29	6
	3%	3%
Sigma	1001	221
	100%	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	Quebec
Base: All Respondents (unwtd)	1001	238
Base: All Respondents (wtd)	1001	221
Top 2 Box (Net)	895	204
	89%	93%
Very important	491	101
	49%	46%
Somewhat important	404	103
	40%	47%
Bottom 2 Box (Net)	106	16
	11%	7%
Not very important	88	13
	9%	6%
Not at all important	18	3
	2%	1%
Sigma	1001	221
	100%	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	Quebec
Base: All Respondents (unwtd)	1001	238
Base: All Respondents (wtd)	1001	221
Top 2 Box (Net)	886	191
	88%	87%
Very important	445	86
	44%	39%
Somewhat important	441	105
	44%	47%
Bottom 2 Box (Net)	115	30
	12%	13%
Not very important	98	24
	10%	11%
Not at all important	17	6
	2%	3%
Sigma	1001	221
	100%	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, dependent care)

	Total	Quebec
Base: All Respondents (unwtd)	1001	238
Base: All Respondents (wtd)	1001	221
Top 2 Box (Net)	838	194
	84%	88%
Very important	394	82
	39%	37%
Somewhat important	444	112
	44%	51%
Bottom 2 Box (Net)	163	26
	16%	12%
Not very important	125	22
	12%	10%
Not at all important	38	5
	4%	2%
Sigma	1001	221
	100%	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	Quebec
Base: All Respondents (unwtd)	1001	238
Base: All Respondents (wtd)	1001	221
Top 2 Box (Net)	832	173
	83%	78%
Very important	427	90
	43%	41%
Somewhat important	405	83
	40%	37%
Bottom 2 Box (Net)	169	48
	17%	22%
Not very important	135	35
	13%	16%
Not at all important	34	13
	3%	6%
Sigma	1001	221
	100%	100%