

Q1. How would you rate your knowledge about mental illness on a scale of 1 to 5, where 1 means you are not knowledgeable at all and 5 means you are very knowledgeable?

	Total
Base: All Respondents	(n=400)
5 - Very knowledgeable	6%
4	26%
3	32%
2	27%
1 - Not knowledgeable at all	9%
Summary	
Top2Box (4-5)	32%
Low2Box (1-2)	36%
Mean	2.9

Q2. Did you know that anyone is at risk of experiencing a mental illness, even you?

Total	
Base: All Respondents	(n=400)
Yes	75%
No	25%

Q3. How many people would you say will experience a mental illness during their lifetime?

Total	
Base: All Respondents	(n=400)
1 in 5	44%
1 in 10	33%
1 in 20	11%
Don't know	11%

Q4. How familiar are you with the signs that would indicate that someone you know may be experiencing a mental illness, with 1 being not familiar at all and 5 being very familiar?

	Total
Base: All Respondents	(n=400)
5 - Very familiar	7%
4	21%
3	32%
2	28%
1 - Not familiar at all	12%
Summary	
Top2Box (4-5)	28%
Low2Box (1-2)	40%
Mean	2.8

Q5_1. [I would feel comfortable talking about it if I had a mental health concern] Please indicate your agreement or disagreement with each of the following statements about mental health using a scale of 1 to 10 where 1 means you disagree completely and 10 means you agree completely.

	Total
Base: All Respondents	(n=400)
I would feel comfortable talking about it if I had a mental health concern	
10 - Agree completely	11%
9	8%
8	13%
7	12%
6	10%
5	23%
4	11%
3	8%
2	4%
1 - Disagree completely	1%
Mean	6.1
Summary	

Q5_2. [I feel apprehensive around people with a mental illness]
Please indicate your agreement or disagreement with each of the following statements about mental health using a scale of 1 to 10 where 1 means you disagree completely and 10 means you agree completely.

	Total
Base: All Respondents	(n=400)
I feel apprehensive around people with a mental illness	
10 - Agree completely	2%
9	1%
8	7%
7	11%
6	13%
5	24%
4	12%
3	15%
2	10%
1 - Disagree completely	6%
Mean	4.8
Summary	

Q5_3. [If I had a mental illness I would seek help] Please indicate your agreement or disagreement with each of the following statements about mental health using a scale of 1 to 10 where 1 means you disagree completely and 10 means you agree completely.

	Total
Base: All Respondents	(n=400)
If I had a mental illness I would seek help	
10 - Agree completely	25%
9	13%
8	17%
7	14%
6	9%
5	12%
4	3%
3	3%
2	2%
1 - Disagree completely	1%
Mean	7.5
Summary	

Q5_4. [If I had a mental health concern, I would know where to find help] Please indicate your agreement or disagreement with each of the following statements about mental health using a scale of 1 to 10 where 1 means you disagree completely and 10 means you agree completely.

Total	
Base: All Respondents (n=400)	
If I had a mental health concern, I would know where to find help	
10 - Agree completely	14%
9	11%
8	14%
7	14%
6	10%
5	15%
4	8%
3	7%
2	5%
1 - Disagree completely	2%
Mean	6.4
Summary	

Q5_5. [There is still a lot of stigma attached to mental illness] Please indicate your agreement or disagreement with each of the following statements about mental health using a scale of 1 to 10 where 1 means you disagree completely and 10 means you agree completely.

	Total
Base: All Respondents	(n=400)
There is still a lot of stigma attached to mental illness	
10 - Agree completely	31%
9	13%
8	22%
7	11%
6	6%
5	12%
4	2%
3	2%
2	1%
Mean	8

Q9. As you may know, mental health refers to a state of psychological and emotional well-being. In general, would you say your mental health is excellent, very good, good, fair or poor?

Total	
Base: All Respondents	(n=400)
Excellent	17%
Very good	40%
Good	28%
Fair	13%
Poor	2%
Prefer not to answer	1%
Summary	
Top2Box (Excellent/Very Good)	56%
Low2Box (Fair/Poor)	15%

Q10. In the last 12 months, have you taken any deliberate steps to improve your mental health?

Total	
Base: All Respondents	(n=400)
Yes	37%
No	59%
Prefer not to answer	3%

Q12. Why haven't you taken any steps to improve your mental health in the last 12 months?

	Total
Base: Not Taken Steps To Improve Mental Health and Rated Mental Health Good, Fair or Poor	(n=85)
Not enough time	40%
No need/ do not have mental health issues	20%
Don't know where to get help	16%
Too expensive	15%
Feel I'll be judged by others	14%
No resources	13%
Embarrassed/ashamed	12%
Lack of family support	11%
Other barriers	6%
Other mentions	2%
Nothing	1%
(DK/NS)	2%