

1. How would you describe your mental health overall?

	Gender		AGE			EDUCATION				
	Total	Male	Female	18-34	35-54	55+	<HS	HS	Post Sec	Univ Grad
		A	B	C	D	E	F	G	H	I
Base: All Respondents	2010	937	1073	484	803	723	120	435	825	630
Weighted	2010	975	1035	561	744	706	204	708	788	310
Excellent	703	340	362	166	230	306	51	262	263	127
	35%	35%	35%	30%	31%	43%	25%	37%	33%	41%
						CD		F		FH
Very good	695	339	356	158	271	266	82	229	278	106
	35%	35%	34%	28%	36%	38%	40%	32%	35%	34%
					C	C				
Good	403	204	198	156	138	108	41	137	171	54
	20%	21%	19%	28%	19%	15%	20%	19%	22%	17%
				DE					I	
Fair	149	62	87	54	74	21	19	59	53	18
	7%	6%	8%	10%	10%	3%	9%	8%	7%	6%
				E	E					
Poor	47	21	26	19	26	2	4	19	19	5
	2%	2%	3%	3%	3%	*	2%	3%	2%	2%
				E	E					
Very poor	14	9	5	7	4	2	8	2	4	*
	1%	1%	1%	1%	1%	*	4%	*	*	*
							GHI			
Summary										
Top2Box (Excellent/ Very Good)	1397	679	718	324	501	572	133	491	541	232
	70%	70%	69%	58%	67%	81%	65%	69%	69%	75%
					C	CD				FGH
Low2Box (Poor/ Very Poor)	61	30	32	27	30	4	12	21	23	6
	3%	3%	3%	5%	4%	1%	6%	3%	3%	2%
				E	E		I			

- Column Proportions:
Columns Tested (5%): A/B,C/D/E,F/G/H/I
Minimum Base: 30 (**), Small Base: 100 (*)
- Column Means:
Columns Tested (5%): A/B,C/D/E,F/G/H/I
Minimum Base: 30 (**), Small Base: 100 (*)

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2_1. [Felt stressed to the point where it had an impact on how you live your daily life]

During the past year have you ever...?

		Gender		AGE			EDUCATION			
	Total	Male	Female	18-34	35-54	55+	<HS	HS	Post Sec	Univ Grad
		A	B	C	D	E	F	G	H	I
Base: All Respondents	2010	937	1073	484	803	723	120	435	825	630
Weighted	2010	975	1035	561	744	706	204	708	788	310
Felt stressed to the point where it had an impact on how you live your daily life										
Yes (Net)	1045	474	571	386	417	243	120	347	415	163
	52%	49%	55%	69%	56%	34%	59%	49%	53%	53%
			A	DE	E					
Yes several times	605	248	357	243	231	131	71	202	240	93
	30%	25%	34%	43%	31%	19%	35%	28%	30%	30%
			A	DE	E					
Yes once	440	225	214	142	186	111	50	145	175	70
	22%	23%	21%	25%	25%	16%	24%	21%	22%	23%
				E	E					
No	965	501	464	175	327	463	84	361	373	147
	48%	51%	45%	31%	44%	66%	41%	51%	47%	47%
		B			C	CD				

- Column Proportions:
Columns Tested (5%): A/B,C/D/E,F/G/H/I
Minimum Base: 30 (**), Small Base: 100 (*)
- Column Means:
Columns Tested (5%): A/B,C/D/E,F/G/H/I
Minimum Base: 30 (**), Small Base: 100 (*)

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2_2. [Felt stressed to the point where you felt like you could not cope/deal with things]

During the past year have you ever...?

		Gender		AGE			EDUCATION			
	Total	Male	Female	18-34	35-54	55+	<HS	HS	Post Sec	Univ Grad
		A	B	C	D	E	F	G	H	I
Base: All Respondents	2010	937	1073	484	803	723	120	435	825	630
Weighted	2010	975	1035	561	744	706	204	708	788	310
Felt stressed to the point where you felt like you could not cope/deal with things										
Yes (Net)	739	325	415	329	290	119	98	261	272	109
	37%	33%	40%	59%	39%	17%	48%	37%	34%	35%
			A	DE	E		GHI			
Yes several times	336	127	209	148	145	44	44	97	146	49
	17%	13%	20%	26%	19%	6%	21%	14%	19%	16%
			A	DE	E		G		G	
Yes once	403	197	206	182	146	76	55	163	126	60
	20%	20%	20%	32%	20%	11%	27%	23%	16%	19%
				DE	E		H	H		
No	1271	650	621	231	453	586	106	448	516	201
	63%	67%	60%	41%	61%	83%	52%	63%	66%	65%
		B			C	CD		F	F	F

- Column Proportions:
Columns Tested (5%): A/B,C/D/E,F/G/H/I
Minimum Base: 30 (**), Small Base: 100 (*)
- Column Means:
Columns Tested (5%): A/B,C/D/E,F/G/H/I
Minimum Base: 30 (**), Small Base: 100 (*)

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2_3. [Felt depressed to the point that you felt sad or hopeless almost every day for a couple of weeks or more]

During the past year have you ever...?

		Gender		AGE			EDUCATION			
	Total	Male	Female	18-34	35-54	55+	<HS	HS	Post Sec	Univ Grad
		A	B	C	D	E	F	G	H	I
Base: All Respondents	2010	937	1073	484	803	723	120	435	825	630
Weighted	2010	975	1035	561	744	706	204	708	788	310
Felt depressed to the point that you felt sad or hopeless almost every day for a couple of weeks or more										
Yes (Net)	655	295	359	284	266	105	92	236	246	81
	33%	30%	35%	51%	36%	15%	45%	33%	31%	26%
				DE	E		GHI	I	I	
Yes several times	303	125	178	133	123	47	49	103	115	35
	15%	13%	17%	24%	17%	7%	24%	15%	15%	11%
			A	DE	E		GHI			
Yes once	351	170	181	150	143	58	43	133	131	45
	17%	17%	18%	27%	19%	8%	21%	19%	17%	15%
				DE	E					
No	1355	680	676	277	478	600	112	473	542	229
	67%	70%	65%	49%	64%	85%	55%	67%	69%	74%
					C	CD		F	F	FGH

- Column Proportions:
Columns Tested (5%): A/B,C/D/E,F/G/H/I
Minimum Base: 30 (**), Small Base: 100 (*)
- Column Means:
Columns Tested (5%): A/B,C/D/E,F/G/H/I
Minimum Base: 30 (**), Small Base: 100 (*)

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2. [SUMMARY - YES]

During the past year have you ever...?

		Gender		AGE			EDUCATION			
	Total	Male	Female	18-34	35-54	55+	<HS	HS	Post Sec	Univ Grad
		A	B	C	D	E	F	G	H	I
Base: All Respondents	2010	937	1073	484	803	723	120	435	825	630
Weighted	2010	975	1035	561	744	706	204	708	788	310
Felt stressed to the point where it had an impact on how you live your daily life	1045	474	571	386	417	243	120	347	415	163
	52%	49%	55%	69%	56%	34%	59%	49%	53%	53%
			A	DE	E					
Felt stressed to the point where you felt like you could not cope/deal with things	739	325	415	329	290	119	98	261	272	109
	37%	33%	40%	59%	39%	17%	48%	37%	34%	35%
			A	DE	E		GHI			
Felt depressed to the point that you felt sad or hopeless almost every day for a couple of weeks or more	655	295	359	284	266	105	92	236	246	81
	33%	30%	35%	51%	36%	15%	45%	33%	31%	26%
				DE	E		GHI	I	I	

- Column Proportions:
 - Columns Tested (5%): A/B,C/D/E,F/G/H/I
 - Minimum Base: 30 (**), Small Base: 100 (*)
- Column Means:
 - Columns Tested (5%): A/B,C/D/E,F/G/H/I
 - Minimum Base: 30 (**), Small Base: 100 (*)

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3. Please indicate whether you have done any of the following in the past year?

		Gender		AGE			EDUCATION			
	Total	Male	Female	18-34	35-54	55+	<HS	HS	Post Sec	Univ Grad
		A	B	C	D	E	F	G	H	I
Base: All Respondents	2010	937	1073	484	803	723	120	435	825	630
Weighted	2010	975	1035	561	744	706	204	708	788	310
Talked with friends/family about mental health issues/concerns	475	169	306	200	176	99	50	146	203	75
	24%	17%	30%	36%	24%	14%	25%	21%	26%	24%
			A	DE	E				G	
Taken a medication to help with your mental health, for things like stress, depression	354	144	210	116	146	92	50	103	158	43
	18%	15%	20%	21%	20%	13%	25%	15%	20%	14%
			A	E	E		GI		GI	
Talked with your primary healthcare provider, like a family doctor, about your mental health	317	119	198	130	119	68	45	98	133	42
	16%	12%	19%	23%	16%	10%	22%	14%	17%	13%
			A	DE	E		GI			
Missed any social gathering/family events due to your mental health	233	92	140	111	93	29	31	72	97	34
	12%	9%	14%	20%	12%	4%	15%	10%	12%	11%
			A	DE	E					
Taken time off work/school to deal with a personal mental health issue	227	100	127	122	90	14	26	59	98	44
	11%	10%	12%	22%	12%	2%	13%	8%	12%	14%
				DE	E				G	G
Talked with a counsellor, psychologist, psychiatrist about your mental health	217	86	131	87	91	39	31	55	98	34
	11%	9%	13%	16%	12%	6%	15%	8%	12%	11%
			A	E	E		G		G	
Taken time off work/school to help a family member/close friend with a mental health issue	110	62	48	62	40	8	17	38	33	22
	5%	6%	5%	11%	5%	1%	8%	5%	4%	7%
				DE	E					H
None of the above	1181	607	574	246	418	517	101	443	457	180
	59%	62%	55%	44%	56%	73%	50%	62%	58%	58%
		B			C	CD		F		

- Column Proportions:
Columns Tested (5%): A/B,C/D/E,F/G/H/I
Minimum Base: 30 (**), Small Base: 100 (*)
- Column Means:
Columns Tested (5%): A/B,C/D/E,F/G/H/I
Minimum Base: 30 (**), Small Base: 100 (*)

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4. Mental Health Risk Index (MHR)

		Gender		AGE			EDUCATION			
	Total	Male	Female	18-34	35-54	55+	<HS	HS	Post Sec	Univ Grad
		A	B	C	D	E	F	G	H	I
Base: All Respondents	2010	937	1073	484	803	723	120	435	825	630
Weighted	2010	975	1035	561	744	706	204	708	788	310
Low Risk	840	447	394	126	286	429	67	313	328	132
	42%	46%	38%	22%	38%	61%	33%	44%	42%	43%
		B			C	CD		F		
Moderate Risk	513	233	280	138	195	179	49	163	215	87
	26%	24%	27%	25%	26%	25%	24%	23%	27%	28%
High Risk	657	295	362	297	263	97	88	232	245	91
	33%	30%	35%	53%	35%	14%	43%	33%	31%	29%
			A	DE	E		GHI			

- Column Proportions:
Columns Tested (5%): A/B,C/D/E,F/G/H/I
Minimum Base: 30 (**), Small Base: 100 (*)
- Column Means:
Columns Tested (5%): A/B,C/D/E,F/G/H/I
Minimum Base: 30 (**), Small Base: 100 (*)

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5. Talking Mental Health Index (TMH)

		Gender		AGE			EDUCATION			
	Total	Male	Female	18-34	35-54	55+	<HS	HS	Post Sec	Univ Grad
		A	B	C	D	E	F	G	H	I
Base: All Respondents	2010	937	1073	484	803	723	120	435	825	630
Weighted	2010	975	1035	561	744	706	204	708	788	310
None	1397	730	666	315	507	574	134	519	530	212
	69%	75%	64%	56%	68%	81%	66%	73%	67%	69%
		B			C	CD		H		
Moderate	370	161	209	132	139	100	39	121	148	62
	18%	17%	20%	24%	19%	14%	19%	17%	19%	20%
				E	E					
High	243	83	160	114	98	32	31	68	110	35
	12%	9%	15%	20%	13%	4%	15%	10%	14%	11%
			A	DE	E				G	
Summary										
Discussion (Net)	613	244	369	246	236	132	70	189	258	97
	31%	25%	36%	44%	32%	19%	34%	27%	33%	31%
			A	DE	E				G	

Overlap formula used

- Column Proportions:

Columns Tested (5%): A/B,C/D/E,F/G/H/I,J/K/L/M/N/O

Minimum Base: 30 (**), Small Base: 100 (*)

- Column Means:

Columns Tested (5%): A/B,C/D/E,F/G/H/I,J/K/L/M/N/O

Minimum Base: 30 (**), Small Base: 100 (*)

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