

1. How would you describe your mental health overall?

		REGION						HOUSEHOLD INCOME				HOUSEHOLD	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<40k	40k - <60K	60k - <100k	100k+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K	L
Base: All Respondents	2010	246	191	160	745	481	187	550	363	520	363	483	1527
Weighted	2010	270	213	131	771	483	143	664	357	480	296	470	1540
Excellent	703	102	62	37	269	204	29	198	127	183	122	135	568
	35%	38%	29%	28%	35%	42%	20%	30%	36%	38%	41%	29%	37%
		F			F	BCDF				G	G		K
Very good	695	93	73	51	266	158	54	208	124	173	120	173	522
	35%	35%	34%	39%	35%	33%	38%	31%	35%	36%	40%	37%	34%
											G		
Good	403	49	50	27	150	88	39	152	75	97	36	112	291
	20%	18%	24%	21%	20%	18%	28%	23%	21%	20%	12%	24%	19%
							ADE	J	J	J		L	
Fair	149	17	20	14	62	23	13	84	19	19	14	36	113
	7%	6%	9%	10%	8%	5%	9%	13%	5%	4%	5%	8%	7%
			E	E	E		E	HIJ					
Poor	47	4	9	1	16	10	7	19	9	6	4	10	37
	2%	2%	4%	1%	2%	2%	5%	3%	3%	1%	1%	2%	2%
Very poor	14	4	-	2	6	1	1	5	2	1	*	4	10
	1%	2%	-	1%	1%	*	*	1%	*	*	*	1%	1%
Summary													
Top2Box (Excellent/ Very Good)	1397	195	134	87	535	362	83	405	252	356	241	308	1090
	70%	72%	63%	67%	69%	75%	58%	61%	71%	74%	82%	65%	71%
		F			F	BF			G	G	GHI		K
Low2Box (Poor/ Very Poor)	61	9	9	3	23	11	7	23	11	7	4	15	46
	3%	3%	4%	2%	3%	2%	5%	3%	3%	1%	1%	3%	3%

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

- Column Means:
Columns Tested (5%): A/B/C/D/E/F,G/H/I/J,K/L
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...?

		REGION						HOUSEHOLD INCOME				HOUSEHOLD	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<40k	40k - <60K	60k - <100k	100k+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K	L
Base: All Respondents	2010	246	191	160	745	481	187	550	363	520	363	483	1527
Weighted	2010	270	213	131	771	483	143	664	357	480	296	470	1540
Felt stressed to the point where it had an impact on how you live your daily life													
Yes (Net)	1045	135	127	71	403	223	86	390	177	231	154	284	761
	52%	50%	59%	54%	52%	46%	60%	59%	49%	48%	52%	60%	49%
			E				E	HI				L	
Yes several times	605	80	75	41	230	129	50	245	95	130	82	161	445
	30%	29%	35%	32%	30%	27%	35%	37%	27%	27%	28%	34%	29%
			E				E	HIJ				L	
Yes once	440	55	51	30	173	94	36	144	81	101	72	123	316
	22%	20%	24%	23%	22%	20%	25%	22%	23%	21%	24%	26%	21%
												L	
No	965	135	87	60	367	260	57	274	180	249	143	186	779
	48%	50%	41%	46%	48%	54%	40%	41%	51%	52%	48%	40%	51%
						BF			G	G			K

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

- Column Means:
Columns Tested (5%): A/B/C/D/E/F,G/H/I/J,K/L
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...?

		REGION						HOUSEHOLD INCOME				HOUSEHOLD	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<40k	40k - <60K	60k - <100k	100k+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K	L
Base: All Respondents	2010	246	191	160	745	481	187	550	363	520	363	483	1527
Weighted	2010	270	213	131	771	483	143	664	357	480	296	470	1540
Felt stressed to the point where you felt like you could not cope/deal with things													
Yes (Net)	739	79	79	49	301	162	69	323	117	153	78	220	519
	37%	29%	37%	38%	39%	34%	48%	49%	33%	32%	26%	47%	34%
					A		ABDE	HIJ				L	
Yes several times	336	33	40	22	140	62	40	142	55	68	35	96	239
	17%	12%	19%	17%	18%	13%	28%	21%	15%	14%	12%	21%	16%
					E		ABCDE	HIJ				L	
Yes once	403	46	40	27	161	100	29	180	62	85	43	123	280
	20%	17%	19%	21%	21%	21%	20%	27%	17%	18%	15%	26%	18%
								HIJ				L	
No	1271	191	134	81	470	321	74	341	240	326	218	250	1021
	63%	71%	63%	62%	61%	66%	52%	51%	67%	68%	74%	53%	66%
		DF	F		F	F			G	G	G		K

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

- Column Means:
Columns Tested (5%): A/B/C/D/E/F,G/H/I/J,K/L
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...?

		REGION						HOUSEHOLD INCOME				HOUSEHOLD	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<40k	40k - <60K	60k - <100k	100k+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K	L
Base: All Respondents	2010	246	191	160	745	481	187	550	363	520	363	483	1527
Weighted	2010	270	213	131	771	483	143	664	357	480	296	470	1540
Felt depressed to the point that you felt sad or hopeless almost every day for a couple of weeks or more													
Yes (Net)	655	71	66	51	247	158	62	273	106	151	66	195	460
	33%	26%	31%	39%	32%	33%	43%	41%	30%	31%	22%	41%	30%
				A			ABDE	HIJ	J	J		L	
Yes several times	303	38	34	23	113	58	38	141	45	61	26	81	223
	15%	14%	16%	17%	15%	12%	26%	21%	13%	13%	9%	17%	14%
							ABDE	HIJ					
Yes once	351	32	33	28	135	100	24	132	61	90	40	114	237
	17%	12%	15%	21%	17%	21%	17%	20%	17%	19%	14%	24%	15%
				A		A		J				L	
No	1355	199	147	80	524	324	81	390	251	329	230	275	1080
	67%	74%	69%	61%	68%	67%	57%	59%	70%	69%	78%	59%	70%
		CF	F		F	F			G	G	GHI		K

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

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

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2. [SUMMARY - YES]

During the past year have you ever...?

		REGION						HOUSEHOLD INCOME				HOUSEHOLD	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<40k	40k - <60K	60k - <100k	100k+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K	L
Base: All Respondents	2010	246	191	160	745	481	187	550	363	520	363	483	1527
Weighted	2010	270	213	131	771	483	143	664	357	480	296	470	1540
Felt stressed to the point where it had an impact on how you live your daily life	1045	135	127	71	403	223	86	390	177	231	154	284	761
	52%	50%	59%	54%	52%	46%	60%	59%	49%	48%	52%	60%	49%
			E				E	HI				L	
Felt stressed to the point where you felt like you could not cope/deal with things	739	79	79	49	301	162	69	323	117	153	78	220	519
	37%	29%	37%	38%	39%	34%	48%	49%	33%	32%	26%	47%	34%
					A		ABDE	HIJ				L	
Felt depressed to the point that you felt sad or hopeless almost every day for a couple of weeks or more	655	71	66	51	247	158	62	273	106	151	66	195	460
	33%	26%	31%	39%	32%	33%	43%	41%	30%	31%	22%	41%	30%
				A			ABDE	HIJ	J	J		L	

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

- Column Means:
Columns Tested (5%): A/B/C/D/E/F,G/H/I/J,K/L
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?

		REGION						HOUSEHOLD INCOME				HOUSEHOLD	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<40k	40k - <60k	60k - <100k	100k+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K	L
Base: All Respondents	2010	246	191	160	745	481	187	550	363	520	363	483	1527
Weighted	2010	270	213	131	771	483	143	664	357	480	296	470	1540
Talked with friends/family about mental health issues/concerns	475	59	61	26	207	83	39	181	89	91	73	142	333
	24%	22%	29%	20%	27%	17%	27%	27%	25%	19%	25%	30%	22%
			E		E		E	I				L	
Taken a medication to help with your mental health, for things like stress, depression	354	42	41	31	135	66	38	148	57	64	46	93	260
	18%	16%	19%	24%	18%	14%	27%	22%	16%	13%	15%	20%	17%
				E			ADE	HIJ					
Talked with your primary healthcare provider, like a family doctor, about your mental health	317	33	37	22	139	55	32	136	47	58	42	106	212
	16%	12%	17%	17%	18%	11%	22%	21%	13%	12%	14%	22%	14%
					E		AE	HIJ				L	
Missed any social gathering/family events due to your mental health	233	37	27	18	103	25	24	87	43	49	29	65	168
	12%	14%	12%	14%	13%	5%	17%	13%	12%	10%	10%	14%	11%
		E	E	E	E		E						
Taken time off work/school to deal with a personal mental health issue	227	30	23	14	101	34	24	77	45	42	34	76	151
	11%	11%	11%	11%	13%	7%	17%	12%	13%	9%	11%	16%	10%
					E		E					L	
Talked with a counsellor, psychologist, psychiatrist about your mental health	217	36	24	15	87	39	16	95	36	35	24	68	149
	11%	13%	11%	11%	11%	8%	11%	14%	10%	7%	8%	14%	10%
								IJ				L	
Taken time off work/school to help a family member/close friend with a mental health issue	110	13	16	7	46	17	11	37	15	29	20	49	61
	5%	5%	8%	6%	6%	4%	8%	6%	4%	6%	7%	10%	4%
			E				E					L	
None of the above	1181	163	109	78	448	314	71	342	209	311	182	237	943
	59%	60%	51%	59%	58%	65%	49%	51%	59%	65%	61%	51%	61%
		F				BDF				G	G		K

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

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

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4. Mental Health Risk Index (MHR)

		REGION						HOUSEHOLD INCOME				HOUSEHOLD	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<40k	40k - <60K	60k - <100k	100k+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K	L
Base: All Respondents	2010	246	191	160	745	481	187	550	363	520	363	483	1527
Weighted	2010	270	213	131	771	483	143	664	357	480	296	470	1540
Low Risk	840	118	76	50	317	229	51	223	159	221	131	148	692
	42%	44%	36%	38%	41%	47%	36%	34%	44%	46%	44%	32%	45%
						BDF			G	G	G		K
Moderate Risk	513	81	67	33	204	98	30	147	99	116	98	126	387
	26%	30%	31%	26%	26%	20%	21%	22%	28%	24%	33%	27%	25%
		EF	EF		E						GI		
High Risk	657	71	70	48	250	156	62	294	99	143	67	195	461
	33%	26%	33%	36%	32%	32%	44%	44%	28%	30%	23%	42%	30%
				A			ADE	HIJ		J		L	

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

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5. Talking Mental Health Index (TMH)

		REGION						HOUSEHOLD INCOME				HOUSEHOLD	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<40k	40k - <60K	60k - <100k	100k+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K	L
Base: All Respondents	2010	246	191	160	745	481	187	550	363	520	363	483	1527
Weighted	2010	270	213	131	771	483	143	664	357	480	296	470	1540
None	1397	184	135	90	518	373	96	423	243	363	209	297	1099
	69%	68%	63%	69%	67%	77%	67%	64%	68%	76%	71%	63%	71%
						ABDF				GH			K
Moderate	370	53	51	25	136	80	26	148	72	69	57	93	277
	18%	20%	24%	19%	18%	17%	18%	22%	20%	14%	19%	20%	18%
			E					I	I				
High	243	32	27	16	117	29	22	93	42	48	30	80	164
	12%	12%	13%	12%	15%	6%	15%	14%	12%	10%	10%	17%	11%
		E	E	E	E		E					L	
Summary													
Discussion (Net)	613	85	79	41	252	109	47	241	114	116	87	172	441
	31%	32%	37%	31%	33%	23%	33%	36%	32%	24%	29%	37%	29%
		E	E		E		E	I	I			L	

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

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

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