

1. How would you describe your mental health overall?

		Mental Health Risk Index (MHR)		
	Total	Low Risk	Moderate Risk	High Risk
		A	B	C
Base: All Respondents	2010	861	527	622
Weighted	2010	840	513	657
Excellent	703	477	130	96
	35%	57%	25%	15%
		BC	C	
Very good	695	265	254	176
	35%	31%	50%	27%
			AC	
Good	403	89	119	195
	20%	11%	23%	30%
			A	AB
Fair	149	10	10	128
	7%	1%	2%	20%
				AB
Poor	47	-	-	47
	2%	-	-	7%
				AB
Very poor	14	-	-	14
	1%	-	-	2%
				AB
Summary				
Top2Box (Excellent/ Very Good)	1397	742	384	272
	70%	88%	75%	41%
		BC	C	
Low2Box (Poor/ Very Poor)	61	-	-	61
	3%	-	-	9%
				AB

- Column Proportions:

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

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

- Column Means:

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

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

[Table of Contents](#)

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...?

		Mental Health Risk Index (MHR)		
	Total	Low Risk	Moderate Risk	High Risk
		A	B	C
Base: All Respondents	2010	861	527	622
Weighted	2010	840	513	657
Felt stressed to the point where it had an impact on how you live your daily life				
Yes (Net)	1045	-	397	648
	52%	-	77%	99%
			A	AB
Yes several times	605	-	111	494
	30%	-	22%	75%
			A	AB
Yes once	440	-	286	154
	22%	-	56%	23%
			AC	A
No	965	840	116	9
	48%	100%	23%	1%
		BC	C	

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

[Table of Contents](#)

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...?

		Mental Health Risk Index (MHR)		
	Total	Low Risk	Moderate Risk	High Risk
		A	B	C
Base: All Respondents	2010	861	527	622
Weighted	2010	840	513	657
Felt stressed to the point where you felt like you could not cope/deal with things				
Yes (Net)	739	-	123	616
	37%	-	24%	94%
			A	AB
Yes several times	336	-	4	331
	17%	-	1%	50%
			A	AB
Yes once	403	-	119	285
	20%	-	23%	43%
			A	AB
No	1271	840	390	41
	63%	100%	76%	6%
		BC	C	

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

[Table of Contents](#)

2\_3. [Felt depressed to the point that you felt sad or hopeless almost every day for a couple of weeks or  
During the past year have you ever...?

		Mental Health Risk Index (MHR)		
	Total	Low Risk	Moderate Risk	High Risk
		A	B	C
Base: All Respondents	2010	861	527	622
Weighted	2010	840	513	657
Felt depressed to the point that you felt sad or hopeless almost every day for a couple of weeks or more				
Yes (Net)	655	-	102	553
	33%	-	20%	84%
			A	AB
Yes several times	303	-	12	292
	15%	-	2%	44%
			A	AB
Yes once	351	-	90	261
	17%	-	18%	40%
			A	AB
No	1355	840	411	104
	67%	100%	80%	16%
		BC	C	

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

[Table of Contents](#)

2. [SUMMARY - YES]

During the past year have you ever...?

		Mental Health Risk Index (MHR)		
	Total	Low Risk	Moderate Risk	High Risk
		A	B	C
Base: All Respondents	2010	861	527	622
Weighted	2010	840	513	657
Felt stressed to the point where it had an impact on how you live your daily life	1045	-	397	648
	52%	-	77%	99%
			A	AB
Felt stressed to the point where you felt like you could not cope/deal with things	739	-	123	616
	37%	-	24%	94%
			A	AB
Felt depressed to the point that you felt sad or hopeless almost every day for a couple of weeks or more	655	-	102	553
	33%	-	20%	84%
			A	AB

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

[Table of Contents](#)

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

	Total	Mental Health Risk Index (MHR)		
		Low Risk	Moderate Risk	High Risk
		A	B	C
Base: All Respondents	2010	861	527	622
Weighted	2010	840	513	657
Talked with friends/family about mental health issues/concerns	475	31	125	319
	24%	4%	24%	49%
			A	AB
Taken a medication to help with your mental health, for things like stress, depression	354	27	70	257
	18%	3%	14%	39%
			A	AB
Talked with your primary healthcare provider, like a family doctor, about your mental health	317	15	56	246
	16%	2%	11%	37%
			A	AB
Missed any social gathering/family events due to your mental health	233	4	36	193
	12%	1%	7%	29%
			A	AB
Taken time off work/school to deal with a personal mental health issue	227	6	37	184
	11%	1%	7%	28%
			A	AB
Talked with a counsellor, psychologist, psychiatrist about your mental health	217	10	41	166
	11%	1%	8%	25%
			A	AB
Taken time off work/school to help a family member/close friend with a mental health issue	110	11	26	73
	5%	1%	5%	11%
			A	AB
None of the above	1181	761	274	146
	59%	91%	53%	22%
		BC	C	

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

[Table of Contents](#)

4. Mental Health Risk Index (MHR)

		Mental Health Risk Index (MHR)		
	Total	Low Risk	Moderate Risk	High Risk
		A	B	C
Base: All Respondents	2010	861	527	622
Weighted	2010	840	513	657
Low Risk	840	840	-	-
	42%	100%	-	-
		BC		
Moderate Risk	513	-	513	-
	26%	-	100%	-
			AC	
High Risk	657	-	-	657
	33%	-	-	100%
				AB

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

[Table of Contents](#)

5. Talking Mental Health Index (TMH)

		Mental Health Risk Index (MHR)		
	Total	Low Risk	Moderate Risk	High Risk
		A	B	C
Base: All Respondents	2010	861	527	622
Weighted	2010	840	513	657
None	1397	796	345	255
	69%	95%	67%	39%
		BC	C	
Moderate	370	42	135	193
	18%	5%	26%	29%
			A	A
High	243	2	33	209
	12%	*	6%	32%
			A	AB
Summary				
Discussion (Net)	613	44	168	402
	31%	5%	33%	61%
			A	AB

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

[Table of Contents](#)