Canadians report an increase in feeling stressed regularly or all the time now compared to one month before COVID-19

MHCC | Summary | Report

Mental Health
Commission
of Canada

NANOS

SUMMARY

Canadians report an increase in feeling stressed regularly or all the time now compared to one month before COVID-19

Canadians report an increase in their level of stress from the month before COVID-19 to now, and most often cite concerns about contracting or a family member contracting COVID-19 as the driver behind that stress. Canadians are more likely to report their mental health is worse or somewhat worse than before COVID-19 rather than better or somewhat better citing increased stress and uncertainty. The main concern of Canadians related to the impact of COVID-19 is personal financial hardship and economic impact and job loss, and Canadians most often rank keeping the economy healthy so people have jobs and income as the most important priority for the mental health of Canadians now and one year from now.

- **Canadians most often say they are most concerned about the impact of COVID-19 on the personal financial wellbeing and debt of Canadians** – Asked what are the two things that concern them most, if anything, about the personal impact the current Covid-19 outbreak will have on people in Canada, Canadians most often mention personal financial hardship/debt (39%), followed by economic impact/loss of jobs (30%), spreading the virus/health (23%), and mental health (22%). Eighteen per cent mention changing social interactions/lasting fear/ misinformation, while nine per cent each mention conditions in long-term care/capacity in health system and loss of life.

- **More than eight in ten Canadians say mental and physical health care are equally important** – A majority of Canadians (83%) say that mental and physical health care are equally important, while 11 per cent say mental health care is more important and six per cent say mental health care is less important. One per cent are unsure.

- **Canadians most often report they occasionally felt stress the month before the COVID-19 outbreak** – One in two Canadians say thinking of the month before COVID-19 they felt stress occasionally (50%), while three in ten report they felt stress never (six per cent) or almost never (24%). Two in ten Canadians report they felt stress regularly (17%) or all the time (four per cent). Canadians 18 to 34 are more likely to report they felt stress regularly (26%) or all the time (seven per cent) than Canadians 55 plus (eight per cent regularly; one per cent all the time).

SUMMARY

Canadians are more likely to report their mental health is worse or somewhat worse than before COVID-19 rather than better or somewhat better

- **Canadians most often report they have felt stress regularly or all the time in the last month because of the COVID-19 outbreak** – More than four in ten Canadians report they have felt stress regularly (33%) or all the time (13%) in the last month because of the COVID-19 outbreak, while 38 per cent report they have felt stress occasionally. Just under two in ten Canadians report they felt stress almost never (12%) or never (four per cent) in the last month. Canadians 18 to 34 are more likely to report they have felt stress regularly (36%) or all the time (18%) than Canadians 55 plus (29% regularly; seven per cent all the time). Canadians who report having three or more people in their household are more likely to report feeling stressed regularly (39%) or all the time (14%) than Canadians with two people in their household (30% regularly; 10% all the time) and Canadians with one person in their household (27% regularly; 15% all the time).

- **Canadians who have felt stress all the time most often say the primary driver of stress in the last month is concerns related to contracting or family members contracting the virus** – Asked what the primary reason is for feeling stressed in the last month, Canadians who report they have felt stress all the time most often mention contracting or family members contracting the virus (28%), followed by financial stress/job security (24%), and uncertainty/fear of the unknown (13%). Canadians who report they have almost never felt stress in the last month most often mention finances/job security (20%), followed by contracting or family members contracting the virus (14%), and feeling trapped/ loss of freedom (10%).

- **Canadians are four times more likely to report their mental health is worse or somewhat worse than before COVID-19 rather than better or somewhat better** – Just over one in two Canadians (51%) report their mental health today is about the same as before the COVID-19 pandemic, while nearly four in ten report their mental health is somewhat worse (28%) or worse (10%). One in ten report their mental health is better (three per cent) or somewhat better (seven per cent), and one per cent are unsure. Canadians 55 years of age and older are more likely to report their mental health is worse (63%) than Canadians 35 to 54 (49%) and those 18 to 34 (36%). Canadians who report having three or more people in their household are more likely to report their mental health is worse (13%) or somewhat worse (33%) than before COVID-19 than Canadians with two people in their household (eight per cent worse; 27% somewhat worse) and Canadians with one person in their household (10% worse; 23% somewhat worse).

SUMMARY

> More than three in four Canadians report they have never or almost never gone online to find information on mental health in the last month

- **Canadians who report their mental health is worse most often cite increased stress, uncertainty and sleep problems** – Asked why they have that opinion, Canadians who report their mental health is worse than before COVID-19 most often mention increased stress/uncertainty/sleep problems (27%) and not being able to do regular activities/socialize/feeling isolated (21%). Canadians report their mental health is better most often cite less stress from work/less to worry about (27%), and I have started new hobbies/take care of myself (22%).

- **More than three in four Canadians report they have never or almost never gone online to find information on mental health in the last month** – A majority of Canadians report they have never (63%) or almost never (14%) gone online in the last month to find information on mental health for themselves or their family, while 17 per cent report they have done this occasionally. Fewer than one in ten Canadians report they have done this regularly (four per cent) of all the time (one per cent).

- **Canadians most often rank news/media websites as the most important source they use to get information on mental health** – Asked to rank the importance of sources they use to get information on mental health, Canadians most often rank news/media websites first (28%), followed by Government of Canada COVID-19 website (23%), provincial COVID-19 website (19%), social media (such as Twitter and Facebook)(14%), and mental health professionals/therapists/doctors (four per cent).

- **Canadians say they found tips for health, wellness and handling social isolation to be the most helpful information –** Asked what type of information they found the most helpful, Canadians most often mention tips for health/wellness/handling self-isolation (21%), followed by statistics and updates (cases, trends, deaths)(17%), updates/information from the government (10%), and information from scientists/health care professionals (symptoms/prevention)(nine per cent).

> Canadians most often rank keeping the economy healthy, so people have jobs and income and as the top priority for the mental health of Canadians a year from now

- **Canadians most often rank keeping the economy healthy so people have jobs and income and the mental health of essential frontline service providers as top priorities for the mental health of Canadians today** – Asked to rank the top priorities when thinking of the mental health of people in Canada today, Canadians most often ranked keeping the economy healthy, so people have jobs and enough income to provide for the basics of life (28%) and the mental health of essential frontline service providers (27%) as the most important priority. Twenty per cent rank supporting organizations who help prevent mental health problems (such as with family violence, isolation and loneliness) first, followed by good services for people living with mental illnesses, substance use problems, or are homeless (13%), having access to tools and resources to help keep myself and my family mentally and emotionally well, such as online resources and access to counselling (11%), and services for Indigenous communities (two per cent).

- **Canadians most often rank keeping the economy healthy so people have jobs and income and as the top priority for the mental health of Canadians a year from now** – Asked to rank the top priorities when thinking of the mental health of people in Canada a year from now, Canadians most often ranked keeping the economy healthy, so people have jobs and enough income to provide for the basics of life (40%) first, followed by supporting organizations who help prevent mental health problems (such as with family violence, isolation and loneliness)(21%), the mental health of essential frontline service providers (13%), good services for people living with mental illnesses, substance use problems, or are homeless (12%), having access to tools and resources to help keep myself and my family mentally and emotionally well, such as online resources and access to counselling (11%), and services for Indigenous communities (four per cent).

Nanos conducted an RDD dual frame (land- and cell-lines) hybrid telephone and online random survey of 1,049 Canadians, 18 years of age or older, between April 25th to 27th, 2020 as part of an omnibus survey. Participants were randomly recruited by telephone using live agents and administered a survey online. The margin of error for this survey is ±3.1 percentage points, 19 times out of 20.

The research was commissioned by the Mental Health Commission of Canada and was conducted by Nanos Research.

5

Concerns about the personal impact Covid-19 will have on Canadians

Top Mentions	Frequency (n=1013)*
Personal financial hardship/debt	38.9%
Economic impact/loss of jobs	29.9%
Spreading the virus/health	22.6%
Mental health	21.7%
Changing social interactions/lasting fear/misinformation	18.1%
Conditions in long-term care/capacity in health system	8.7%
Loss of life	8.6%

QUESTION – What are the two things that concern you most, if anything, about the personal impact the current Covid-19 outbreak will have personally on people in Canada? [OPEN]

*Includes first and second mentions

Importance of mental health care compared to physical health care

Net score

2020 — 11% (green) · 6% (red) · 83% (yellow) — **+4.9**

2019 — 10% (green) · 4% (red) · 85% (yellow) — **+5.8**

0%   20%   40%   60%   80%   100%

■ Mental health care is more important
■ Mental health care is less important
■ Mental and physical health care are equally important
■ Unsure

*Charts may not add up to 100 due to rounding

QUESTION – Is mental health care more important, less important or just as important as physical health care?

© NANOS RESEARCH

Importance of mental health care compared to physical health care

NANOS

Net score

+4.9

1% 11%

6%

83%

- ■ Mental health care is more important
- ■ Mental health care is less important
- ■ Mental and physical health care are equally important
- ■ Unsure

	Equally important
Atlantic (n=105)	85.7%
Quebec (n=240)	86.0%
Ontario (n=336)	80.5%
Prairies (n=207)	83.2%
British Columbia (n=161)	82.0%
Male (n=531)	80.0%
Female (n=518)	85.6%
18 to 34 (n=292)	81.6%
35 to 54 (n=416)	81.3%
55 plus (n=341)	85.1%
Single person household (n=331)	84.4%
Two-person household (n=306)	84.5%
Three or more-person household (n=381)	81.7%

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – Is mental health care more important, less important or just as important as physical health care?

© NANOS RESEARCH

Feelings of stress

Net score

Thinking of the month before the Covid-19 outbreak, did you feel stress never, almost never, occasionally, regularly or all the time?

| 6% | 24% | 50% | 17% | 4% |

+9.5

In the last month because of the Covid-19 outbreak have you felt stress never, almost never, occasionally, regularly or all the time?

| 4% | 12% | 38% | 33% | 13% |

-29.8

*Charts may not add up to 100 due to rounding

0%   20%   40%   60%   80%   100%

■ Never ■ Almost never ■ Occasionally ■ Regularly ■ All the time ■ Refuse

Feelings of stress before Covid-19

Mental Health Commission of Canada

NANOS

Net score +9.5

Legend: ■ Never ■ Almost never ■ Occasionally ■ Regularly ■ All the time ■ Refuse

Chart segments: 6%, 24%, 50%, 17%, 4%

	Never/ Almost never	Occasionally	Regularly/ All the time
Atlantic (n=105)	33.0%	50.3%	15.2%
Quebec (n=240)	34.4%	48.6%	17.1%
Ontario (n=336)	25.2%	50.8%	23.9%
Prairies (n=207)	30.5%	50.7%	18.7%
British Columbia (n=161)	30.3%	50.2%	18.8%
Male (n=531)	36.8%	45.9%	16.9%
Female (n=518)	22.6%	54.2%	23.2%
18 to 34 (n=292)	16.6%	50.4%	32.3%
35 to 54 (n=416)	20.7%	55.8%	23.4%
55 plus (n=341)	46.5%	45.0%	8.6%
Single person household (n=331)	32.2%	49.7%	17.5%
Two-person household (n=306)	35.2%	44.6%	20.2%
Three or more-person household (n=381)	21.3%	56.1%	22.6%

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – Thinking of the month before the Covid-19 outbreak, did you feel stress never, almost never, occasionally, regularly or all the time?

© NANOS RESEARCH

10

Feelings of stress over the last month

Net score
+9.5

- ■ Never ■ Almost never ■ Occasionally ■ Regularly ■ All the time ■ Refuse

	Never/ Almost never	Occasionally	Regularly/ All the time
Atlantic (n=105)	23.4%	32.4%	42.7%
Quebec (n=240)	22.1%	38.5%	39.3%
Ontario (n=336)	9.8%	39.0%	51.2%
Prairies (n=207)	18.4%	34.3%	47.3%
British Columbia (n=161)	16.1%	42.7%	40.4%
Male (n=531)	20.0%	39.8%	39.8%
Female (n=518)	12.2%	36.4%	51.5%
18 to 34 (n=292)	13.2%	32.1%	53.9%
35 to 54 (n=416)	12.3%	36.7%	50.9%
55 plus (n=341)	21.2%	43.5%	35.4%
Single person household (n=331)	17.0%	40.6%	41.8%
Two-person household (n=306)	20.0%	40.1%	39.9%
Three or more-person household (n=381)	12.0%	34.8%	53.3%

*Weighted to the true population proportion.
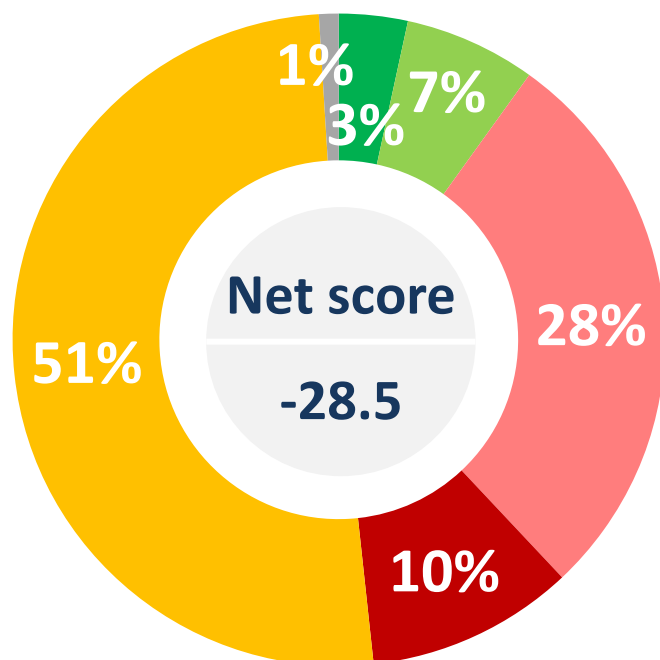***Charts may not add up to 100 due to rounding.**

QUESTION – In the last month because of the Covid-19 outbreak have you felt stress never, almost never, occasionally, regularly or all the time?

Primary reasons for feeling stressed

Top Mentions	All (n=982)	Almost never felt stressed in the last month (n=123)	Occasionally felt stressed in the last month (n=386)	Regularly felt stressed in the last month (n=340)	All the time felt stressed in the last month (n=133)
Contracting or family members contracting the virus	25.9%	14.0%	26.2%	29.0%	28.2%
Finances/job security	18.7%	20.2%	17.4%	17.6%	23.7%
Uncertainty/fear of the unknown	8.7%	3.4%	8.4%	9.5%	12.5%
Feeling trapped/loss of freedom	8.2%	10.4%	9.3%	7.3%	5.0%
Work-related stress	8.1%	4.2%	9.1%	8.3%	8.2%
Stress of following guidelines/others not following guidelines	5.7%	7.4%	6.2%	5.7%	2.7%
Lonely	3.9%	5.3%	4.5%	3.5%	2.0%

QUESTION – What has been the primary reason for feeling stressed in the last month? [OPEN]

Mental health condition

Net score **-28.5**

- 1%
- 3%
- 7%
- 28%
- 51%
- 10%

Legend:
- ■ Better
- ■ Somewhat better
- ■ Somewhat worse
- ■ Worse
- ■ About the same
- ■ Not sure

	About the same
Atlantic (n=105)	53.9%
Quebec (n=240)	62.8%
Ontario (n=336)	41.9%
Prairies (n=207)	50.0%
British Columbia (n=161)	54.5%
Male (n=531)	56.7%
Female (n=518)	45.0%
18 to 34 (n=292)	36.2%
35 to 54 (n=416)	48.8%
55 plus (n=341)	62.7%
Single person household (n=331)	57.3%
Two-person household (n=306)	53.6%
Three or more-person household (n=381)	42.4%

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – Is your mental health today better, somewhat better, somewhat worse, worse or about the same as before the COVID-19 pandemic?

© NANOS RESEARCH

13

Reasons for mental health condition

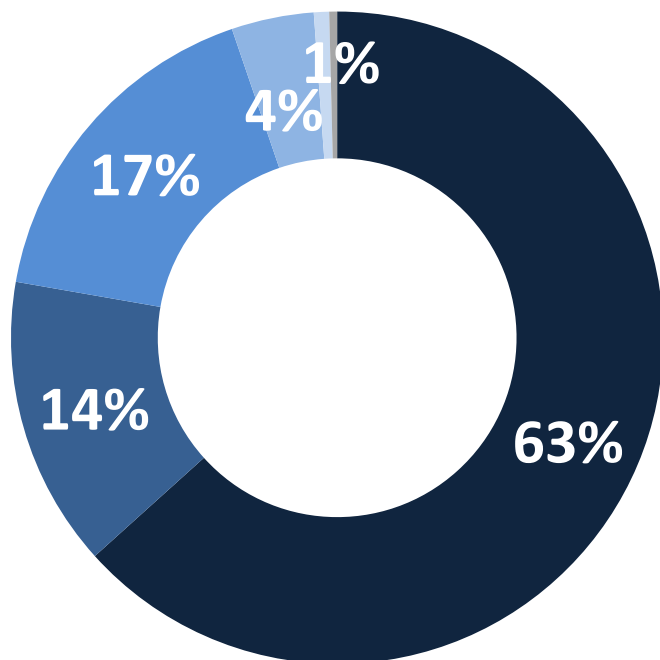| Top Mentions	All (n=955)	Better (n=36)	Somewhat better (n=71)	Somewhat worse (n=271)	Worse (n=105)	About the same (n=464)
I don't usually have problems with mental health/good at dealing with problems/have faith	14.8%	-	11.0%	2.2%	-	27.3%
Increased stress/uncertainty/sleep problems	12.3%	-	-	27.7%	25.6%	3.0%
No significant change in my life/I can continue usual activities or work	12.1%	-	4.0%	-	-	23.8%
Not able to do regular activities or socialize/I feel isolated	8.7%	-	-	22.1%	18.3%	0.6%
I already have mental health problems, or anxiety/this makes it worse	7.2%	-	-	11.2%	17.0%	4.0%
Worried about myself/family getting sick	6.4%	-	-	13.7%	11.0%	2.4%
I have started new hobbies/I take care of myself	5.7%	11.0%	27.6%	-	0.9%	6.5%

QUESTION – Why do you say that? [OPEN]

Reasons for mental health condition - Grouped

Top Mentions	All (n=955)	Better/ somewhat better (n=107)	Worse/ Somewhat worse (n=377)	About thee same (n=464)
I don't usually have problems with mental health/good at dealing with problems/have faith	14.8%	7.3%	1.6%	27.3%
Increased stress/uncertainty/sleep problems	12.3%	-	27.1%	3.0%
No significant change in my life/I can continue usual activities or work	12.1%	3.8%	-	23.8%
Not able to do regular activities or socialize/I feel isolated	8.7%	-	21.0%	0.6%
I already have mental health problems, or anxiety/this makes it worse	7.2%	-	12.8%	4.0%
Worried about myself/family getting sick	6.4%	-	13.0%	2.4%
I have started new hobbies/I take care of myself	5.7%	22.0%	0.2%	6.5%

QUESTION – Why do you say that? [OPEN]

© NANOS RESEARCH

Frequency of going online to find information on mental health

NANOS

Legend: ■ Never ■ Almost never ■ Occasionally ■ Regularly ■ All the time ■ Refuse

Donut chart values: 63%, 14%, 17%, 4%, 1%

	Never/ Almost never
Atlantic (n=105)	82.5%
Quebec (n=240)	78.2%
Ontario (n=336)	76.6%
Prairies (n=207)	74.7%
British Columbia (n=161)	82.0%
Male (n=531)	80.0%
Female (n=518)	75.6%
18 to 34 (n=292)	69.5%
35 to 54 (n=416)	75.6%
55 plus (n=341)	85.5%
Single person household (n=331)	79.9%
Two-person household (n=306)	77.4%
Three or more-person household (n=381)	75.6%

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – In the last month have you gone online to find information on mental health for you or your family never, almost never, occasionally, regularly or all the time?

© NANOS RESEARCH

Importance of sources to retrieve mental health information

Top Mentions	Rank 1 (n=387)	Rank 2 (n=348)	Rank 3 (n=288)
News/media website	27.9%	22.3%	33.0%
Government of Canada COVID-19 website	23.2%	29.3%	19.9%
Provincial COVID-19 website	18.9%	31.9%	21.1%
Social Media (such as Twitter and Facebook)	13.8%	11.0%	17.8%
Mental health professionals/therapists/doctors	4.0%	0.3%	1.0%
Medical websites	3.0%	1.3%	1.7%
Books/Scientific journals/blogs/research	2.3%	0.6%	1.0%

QUESTION – [ONLY THOSE WHO HAVE SOUGHT MENTAL HEALTH INFORMATION ONLINE] For the COVID-19 outbreak, please rank the importance of the following sources you use to get information on mental health for you or your family where 1 is the most important, 2 the second most important and 3 the third most important [RANDOMIZE]

Importance of sources to retrieve mental health information – First Ranked

	Atlantic Canada (n=35)	Quebec (n=83)	Ontario (n=140)	Prairies (n=78)	British Columbia (n=51)	Male (n=187)	Female (n=200)
News/media website	32.8%	29.9%	28.5%	28.4%	18.9%	31.9%	24.3%
Government of Canada COVID-19 website	26.4%	17.5%	26.6%	22.9%	20.5%	26.3%	20.5%
Provincial COVID-19 website	18.5%	29.1%	10.9%	19.5%	28.3%	16.7%	20.9%
Social Media (such as Twitter and Facebook)	9.1%	8.4%	16.6%	18.0%	9.0%	9.4%	17.8%
Mental health professionals/therapists/doctors	3.6%	1.2%	6.5%	2.8%	2.3%	3.3%	4.6%
Medical websites	-	3.7%	2.4%	2.9%	5.6%	2.4%	3.6%
Books/Scientific journals/blogs/research	-	3.2%	3.3%	-	1.7%	3.2%	1.4%

QUESTION – [ONLY THOSE WHO HAVE SOUGHT MENTAL HEALTH INFORMATION ONLINE] For the COVID-19 outbreak, please rank the importance of the following sources you use to get information on mental health for you or your family where 1 is the most important, 2 the second most important and 3 the third most important [RANDOMIZE]

Importance of sources to retrieve mental health information – First Ranked

	18 to 34 (n=138)	35 to 54 (n=166)	55 plus (n=83)	Single person household (n=112)	Two-person household (n=106)	Three or more-person household (n=162)
News/media website	22.4%	30.5%	31.6%	31.3%	32.0%	22.6%
Government of Canada COVID-19 website	29.6%	19.1%	20.6%	20.7%	28.7%	20.7%
Provincial COVID-19 website	15.7%	20.8%	20.4%	17.9%	17.0%	21.9%
Social Media (such as Twitter and Facebook)	17.5%	13.1%	9.9%	13.4%	8.1%	17.6%
Mental health professionals/therapists/doctors	4.8%	2.2%	5.7%	2.6%	5.8%	3.9%
Medical websites	1.9%	4.8%	1.9%	2.1%	2.3%	4.4%
Books/Scientific journals/blogs/research	3.1%	1.9%	1.7%	3.2%	3.1%	1.2%

QUESTION – [ONLY THOSE WHO HAVE SOUGHT MENTAL HEALTH INFORMATION ONLINE] For the COVID-19 outbreak, please rank the importance of the following sources you use to get information on mental health for you or your family where 1 is the most important, 2 the second most important and 3 the third most important [RANDOMIZE]

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, April 25th to 27th, 2020, n=387 Canadians who have sought mental health information online, accurate 5.0 percentage points plus or minus, 19 times out of 20.

19

© NANOS RESEARCH

Types of helpful information

Top Mentions	Frequency (n=338)
Tips for health/wellness/handling self isolation	21.0%
Statistics updates (cases, trends, deaths)	17.0%
Updates/information from the government	9.9%
Information from scientists/health care professionals (symptoms, prevention)	9.0%
Tele/virtual medicine/therapy	5.6%
Information from provinces/provincial doctors	5.1%

QUESTION – What type of information that you found did you find the most helpful? [OPEN]

Top priorities of the mental health of people in Canada today

NANOS

Top Mentions	Rank 1 (n=1049)	Rank 2 (n=1023)	Rank 3 (n=971)
Keeping the economy healthy, so people have jobs and enough income to provide for the basics of life	27.8%	19.3%	20.3%
The mental health of essential frontline service providers	27.1%	23.8%	17.4%
Supporting organizations who help prevent mental health problems (such as with family violence, isolation and loneliness of older adults and disabled people, caregivers, people who lost their jobs, support for people on low incomes)	19.5%	25.2%	25.0%
Good services for people living with mental illnesses, substance use problems, or are homeless	12.5%	16.4%	17.4%
Having access to tools and resources to help keep myself and my family mentally and emotionally well, such as online resources and access to counselling	10.7%	11.0%	14.6%
Services for indigenous communities	2.3%	4.2%	5.4%

QUESTION – Thinking of the mental health of people in Canada TODAY, please rank the top three priorities where 1 is the most important priority TODAY, 2 the second most important priority and 3 the third most important priority. [RANDOMIZE]

© NANOS RESEARCH

Top priorities of the mental health of people in Canada – First Ranked

	Atlantic Canada (n=105)	Quebec (n=240)	Ontario (n=336)	Prairies (n=207)	British Columbia (n=161)	Male (n=531)	Female (n=518)	18 to 34 (n=292)	35 to 54 (n=416)	55 plus (n=341)	Single person household (n=331)	Two-person household (n=306)	Three or more-person household (n=381)
Keeping the economy healthy, so people have jobs and enough income to provide for the basics of life	24.1%	28.5%	26.5%	30.8%	28.3%	31.0%	24.9%	25.7%	28.1%	29.2%	28.5%	26.5%	28.1%
The mental health of essential frontline service providers	23.7%	23.0%	29.9%	26.5%	28.9%	26.4%	27.8%	26.5%	26.4%	28.1%	26.7%	29.1%	26.3%
Supporting organizations who help prevent mental health problems (such as with family violence, isolation and loneliness of older adults and disabled people, caregivers, people who lost their jobs, support for people on low incomes)	24.2%	23.3%	19.0%	16.5%	16.2%	17.4%	21.5%	15.4%	18.5%	23.3%	20.4%	19.4%	18.7%

QUESTION – Thinking of the mental health of people in Canada TODAY, please rank the top three priorities where 1 is the most important priority TODAY, 2 the second most important priority and 3 the third most important priority. [RANDOMIZE]

© NANOS RESEARCH

Top priorities of the mental health of people in Canada – First Ranked

	Atlantic Canada (n=105)	Quebec (n=240)	Ontario (n=336)	Prairies (n=207)	British Columbia (n=161)	Male (n=531)	Female (n=518)	18 to 34 (n=292)	35 to 54 (n=416)	55 plus (n=341)	Single person household (n=331)	Two-person household (n=306)	Three or more-person household (n=381)
Good services for people living with mental illnesses, substance use problems, or are homeless	15.1%	12.8%	11.6%	9.8%	17.0%	13.0%	12.1%	16.9%	10.3%	11.4%	13.9%	12.1%	11.8%
Having access to tools and resources to help keep myself and my family mentally and emotionally well, such as online resources and access to counselling	12.3%	10.0%	10.8%	13.4%	7.1%	10.2%	11.2%	13.5%	13.6%	6.1%	8.6%	11.1%	12.4%
Services for indigenous communities	0.6%	2.4%	2.2%	2.9%	2.4%	2.1%	2.6%	1.9%	3.1%	1.9%	1.8%	1.8%	2.7%

QUESTION – Thinking of the mental health of people in Canada TODAY, please rank the top three priorities where 1 is the most important priority TODAY, 2 the second most important priority and 3 the third most important priority. [RANDOMIZE]

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, April 25th to 27th, 2020, n=1049, accurate 3.1 percentage points plus or minus, 19 times out of 20.

23

Top priorities of the mental health of people in Canada a year from now

Top Mentions	Rank 1 (n=1049)	Rank 2 (n=1007)	Rank 3 (n=906)
Keeping the economy healthy, so people have jobs and enough income to provide for the basics of life	39.5%	16.4%	21.8%
Supporting organizations who help prevent mental health problems (such as with family violence, isolation and loneliness of older adults and disabled people, caregivers, people who lost their jobs, support for people on low incomes)	20.9%	29.4%	22.2%
The mental health of essential frontline service providers	13.1%	16.9%	12.1%
Good services for people living with mental illnesses, substance use problems, or are homeless	11.8%	17.6%	21.3%
Having access to tools and resources to help keep myself and my family mentally and emotionally well, such as online resources and access to counselling	11.1%	14.6%	15.0%
Services for indigenous communities	3.7%	5.1%	7.6%

QUESTION – Thinking of the mental health of people in Canada A YEAR FROM NOW, please rank the top three priorities where 1 is the most important priority A YEAR FROM NOW, 2 the second most important priority and 3 the third most important priority [RANDOMIZE]

© NANOS RESEARCH

Top priorities of the mental health of people in Canada a year from now – First Ranked

	Atlantic Canada (n=105)	Quebec (n=240)	Ontario (n=336)	Prairies (n=207)	British Columbia (n=161)	Male (n=531)	Female (n=518)	18 to 34 (n=292)	35 to 54 (n=416)	55 plus (n=341)	Single person household (n=331)	Two-person household (n=306)	Three or more-person household (n=381)
Keeping the economy healthy, so people have jobs and enough income to provide for the basics of life	36.8%	34.0%	39.6%	43.6%	44.3%	41.7%	37.4%	35.4%	36.0%	45.5%	41.0%	38.4%	39.6%
Supporting organizations who help prevent mental health problems (such as with family violence, isolation and loneliness of older adults and disabled people, caregivers, people who lost their jobs, support for people on low incomes)	21.3%	22.6%	20.0%	19.5%	22.1%	18.0%	23.6%	19.8%	22.2%	20.4%	21.8%	21.3%	19.3%
The mental health of essential frontline service providers	12.8%	14.0%	12.2%	14.7%	12.3%	14.1%	12.2%	11.6%	15.2%	12.5%	10.8%	16.2%	12.6%

QUESTION – Thinking of the mental health of people in Canada A YEAR FROM NOW, please rank the top three priorities where 1 is the most important priority A YEAR FROM NOW, 2 the second most important priority and 3 the third most important priority [RANDOMIZE]

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, April 25th to 27th, 2020, n=1049, accurate 3.1 percentage points plus or minus, 19 times out of 20.

25

© NANOS RESEARCH

Top priorities of the mental health of people in Canada a year from now – First Ranked

	Atlantic Canada (n=105)	Quebec (n=240)	Ontario (n=336)	Prairies (n=207)	British Columbia (n=161)	Male (n=531)	Female (n=518)	18 to 34 (n=292)	35 to 54 (n=416)	55 plus (n=341)	Single person household (n=331)	Two-person household (n=306)	Three or more-person household (n=381)
Good services for people living with mental illnesses, substance use problems, or are homeless	12.0%	13.2%	12.7%	9.1%	9.9%	13.1%	10.5%	13.4%	12.4%	10.0%	10.6%	10.3%	14.2%
Having access to tools and resources to help keep myself and my family mentally and emotionally well, such as online resources and access to counselling	14.5%	13.4%	11.3%	9.9%	6.1%	11.2%	11.0%	16.2%	10.7%	7.8%	11.7%	10.5%	11.2%
Services for indigenous communities	2.5%	2.8%	4.1%	3.2%	5.3%	2.0%	5.3%	3.6%	3.5%	3.8%	4.0%	3.3%	3.1%

QUESTION – Thinking of the mental health of people in Canada A YEAR FROM NOW, please rank the top three priorities where 1 is the most important priority A YEAR FROM NOW, 2 the second most important priority and 3 the third most important priority [RANDOMIZE]

© NANOS RESEARCH

METHODOLOGY

Nanos conducted an RDD dual frame (land- and cell-lines) hybrid telephone and online random survey of 1,049 Canadians, 18 years of age or older, between April 25th and 27th, 2020 as part of an omnibus survey. Participants were randomly recruited by telephone using live agents and administered a survey online. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada.

Individuals were randomly called using random digit dialling with a maximum of five call backs.

The margin of error for this survey is ±3.1 percentage points, 19 times out of 20.

The research was commissioned by the Mental Health Commission of Canada and was conducted by Nanos Research.

Note: Charts may not add up to 100 due to rounding.

Previous wave methodology: Nanos conducted an online survey of 1,004 Canadians, 18 years of age and older, between September 15th and 17th, 2019. Participants were administered a survey online. The results were statistically checked and weighted by age using the latest Census information and the sample is geographically stratified to be representative of Canada.

TECHNICAL NOTE

Element	Description
Research sponsor	Mental Health Commission of Canada
Population and Final Sample Size	1049 Randomly selected individuals.
Source of Sample	Nanos Hybrid Probability Panel
Type of Sample	Probability
Margin of Error	±3.1 percentage points, 19 times out of 20.
Mode of Survey	RDD dual frame (land- and cell-lines) hybrid telephone and online omnibus survey
Sampling Method Base	The sample included both land- and cell-lines RDD (Random Digit Dialed) across Canada.
Demographics (Captured)	Atlantic Canada, Quebec, Ontario, Prairies, British Columbia; Men and Women; 18 years and older. Six digit postal code was used to validate geography.
Fieldwork/Validation	Individuals were recruited using live interviews with live supervision to validate work, the research questions were administered online
Number of Calls	Maximum of five call backs to those recruited.
Time of Calls	Individuals recruited were called between 12-5:30 pm and 6:30-9:30pm local time for the respondent.
Field Dates	April 25th to 27th, 2020.
Language of Survey	The survey was conducted in both English and French.
Standards	Nanos Research is a member of the Canadian Research Insights Council (CRIC) and confirms that this research fully complies with all CRIC Standards including the CRIC Public Opinion Research Standards and Disclosure Requirements. https://canadianresearchinsightscouncil.ca/standards/

Element	Description
Weighting of Data	The results were weighted by age and gender using the latest Census information (2016) and the sample is geographically stratified to ensure a distribution across all regions of Canada. See tables for full weighting disclosure
Screening	Screening ensured potential respondents did not work in the market research industry, in the advertising industry, in the media or a political party prior to administering the survey to ensure the integrity of the data.
Excluded Demographics	Individuals younger than 18 years old; individuals without land or cell lines, and individuals without internet access could not participate.
Stratification	By age and gender using the latest Census information (2016) and the sample is geographically stratified to be representative of Canada. Smaller areas such as Atlantic Canada were marginally oversampled to allow for a minimum regional sample.
Estimated Response Rate	13 percent, consistent with industry norms.
Question Order	Question order in the preceding report reflects the order in which they appeared in the original questionnaire.
Question Content	This was topic four of an omnibus survey. Previous content included questions on the Corona virus and spending habits.
Question Wording	The questions in the preceding report are written exactly as they were asked to individuals.
Research/Data Collection Supplier	Nanos Research
Contact	Contact Nanos Research for more information or with any concerns or questions. http://www.nanos.co Telephone:(613) 234-4666 ext. 237 Email: info@nanosresearch.com.

ABOUT NANOS

As one of North America's premier market and public opinion research firms, we put strategic intelligence into the hands of decision makers. The majority of our work is for private sector and public facing organizations and ranges from market studies, managing reputation through to leveraging data intelligence. Nanos Research offers a vertically integrated full service quantitative and qualitative research practice to attain the highest standards and the greatest control over the research process. www.nanos.co

This international joint venture between dimap and Nanos brings together top research and data experts from North American and Europe to deliver exceptional data intelligence to clients. The team offers data intelligence services ranging from demographic and sentiment microtargeting; consumer sentiment identification and decision conversion; and, data analytics and profiling for consumer persuasion. www.nanosdimap.com

NRM is an affiliate of Nanos Research and Rutherford McKay Associates. Our service offerings are based on decades of professional experience and extensive research and include public acceptance and engagement, communications audits, and narrative development. www.nrmpublicaffairs.com

2020-1636 – MHCC – Mental Health COVID-19 Survey – STAT SHEET

Our next few questions have to do with the Covid-19 outbreak. What are the two things that concern you most, if anything, about the personal impact the current Covid-19 outbreak will have personally on people in Canada? [OPEN]

					Region				Gender		Age		
			Canada 2020-04	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question – Mention 1	Total	Unwgt N	1013	102	232	326	199	154	507	506	280	400	333
		Wgt N	967	65	225	373	176	127	467	500	262	327	378
	Mental health	%	21.7	24.7	18.1	23.9	21.1	21.2	16.4	26.7	30.2	23.5	14.3
	Spreading the virus/health	%	22.6	13.7	27.8	26.9	14.8	16.5	24.0	21.4	23.1	22.0	22.8
	Isolation	%	2.9	4.9	4.0	1.7	1.0	6.1	2.9	2.9	2.8	3.2	2.7
	Government debt/increased taxation	%	7.9	4.3	5.5	7.0	13.2	9.6	11.0	5.1	8.8	9.2	6.2
	Economic impact/loss of jobs	%	29.9	31.4	32.1	25.0	35.6	32.0	32.4	27.6	31.8	29.8	28.8
	Loss of life	%	8.6	12.3	5.7	10.1	7.2	9.6	8.6	8.7	7.2	10.0	8.5
	Conditions in long-term care/capacity in health system	%	8.7	12.5	9.4	9.3	7.1	5.7	7.6	9.7	6.7	6.9	11.6
	Personal financial hardship/debt	%	38.9	37.5	31.9	40.0	39.9	47.2	34.8	42.8	42.5	38.8	36.6
	Restrictions on activities/travel/freedom	%	5.7	8.3	5.4	5.4	4.4	7.6	6.2	5.2	4.5	6.5	5.8
	Changing social interactions/lasting fear/misinformation	%	18.1	19.2	20.2	18.4	16.4	15.3	19.9	16.4	14.3	14.1	24.2
	Second wave of pandemic	%	7.0	5.4	11.5	5.1	8.9	2.7	5.7	8.2	2.1	7.8	9.7
	Access to education	%	3.7	0.6	3.9	4.4	3.8	2.9	2.3	5.1	6.3	4.1	1.6
	Supply chains/lack of access to basic needs	%	1.5	1.6	1.3	2.3	0.9	0.6	1.5	1.5	2.0	1.3	1.4
	Other	%	8.7	10.1	7.3	7.9	10.3	10.6	10.9	6.5	7.5	8.0	10.0
	Unsure	%	0.6	0.0	0.6	0.3	0.7	1.8	0.4	0.8	0.3	0.7	0.8

What are the two things that concern you most, if anything, about the personal impact the current Covid-19 outbreak will have personally on people in Canada? [OPEN]

			Canada 2020-04	Region					Gender		Age		
				Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question – Mention 2	Total	Unwgt N	1886	189	429	611	366	291	934	952	530	741	615
		Wgt N	1805	122	416	700	326	241	862	943	498	608	699
	Mental health	%	11.6	13.3	9.8	12.7	11.4	11.2	8.9	14.2	15.9	12.6	7.7
	Spreading the virus/health	%	12.1	7.3	15.0	14.3	8.0	8.7	13.0	11.3	12.2	11.8	12.3
	Isolation	%	1.5	2.6	2.2	0.9	0.5	3.2	1.6	1.5	1.4	1.7	1.5
	Government debt/increased taxation	%	4.3	2.3	3.0	3.7	7.1	5.1	5.9	2.7	4.6	5.0	3.4
	Economic impact/loss of jobs	%	16.0	16.8	17.4	13.3	19.2	16.9	17.6	14.6	16.7	16.0	15.6
	Loss of life	%	4.6	6.6	3.1	5.4	3.9	5.1	4.6	4.6	3.8	5.4	4.6
	Conditions in long-term care/capacity in health system	%	4.6	6.7	5.1	4.9	3.9	3.0	4.1	5.1	3.5	3.7	6.2
	Personal financial hardship/debt	%	20.8	20.1	17.3	21.3	21.5	24.9	18.8	22.7	22.3	20.9	19.7
	Restrictions on activities/travel/freedom	%	3.0	4.5	2.9	2.9	2.4	4.0	3.4	2.7	2.4	3.5	3.1
	Changing social interactions/lasting fear/misinformation	%	9.7	10.3	10.9	9.8	8.9	8.1	10.8	8.7	7.5	7.6	13.1
	Second wave of pandemic	%	3.7	2.9	6.2	2.7	4.8	1.4	3.1	4.4	1.1	4.2	5.2
	Access to education	%	2.0	0.3	2.1	2.3	2.1	1.5	1.3	2.7	3.3	2.2	0.9
	Supply chains/lack of access to basic needs	%	0.8	0.9	0.7	1.2	0.5	0.3	0.8	0.8	1.1	0.7	0.8
	Other	%	4.6	5.4	3.9	4.2	5.5	5.6	5.9	3.5	4.0	4.3	5.4
	Unsure	%	0.3	0.0	0.3	0.2	0.4	0.9	0.2	0.4	0.1	0.4	0.4

2020-1636 – MHCC – Mental Health COVID-19 Survey – STAT SHEET

			Canada 2020-04	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
					Region					**Gender**			**Age**
Question - Is mental health care more important, less important or just as important as physical health care?	Total	Unwgt N	1049	105	240	336	207	161	531	518	292	416	341
		Wgt N	1000	67	233	384	183	133	490	510	273	341	386
	Mental health care is more important	%	10.6	8.4	8.7	11.4	11.8	10.7	11.2	9.9	9.7	12.0	9.9
	Mental health care is less important	%	5.7	4.4	4.5	6.9	4.5	6.7	7.8	3.8	7.1	5.9	4.5
	Mental and physical health care are equally important	%	82.8	85.7	86.0	80.5	83.2	82.0	80.0	85.6	81.6	81.3	85.1
	Unsure	%	0.9	1.5	0.7	1.1	0.5	0.6	1.0	0.7	1.5	0.7	0.5

			Canada 2020-04	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
					Region					**Gender**			**Age**
Question - Thinking of the month before the Covid-19 outbreak, did you feel stress never, almost never, occasionally, regularly or all the time?	Total	Unwgt N	1049	105	240	336	207	161	531	518	292	416	341
		Wgt N	1000	67	233	384	183	133	490	510	273	341	386
	Never	%	6.0	10.1	8.7	5.0	5.0	3.2	7.1	4.9	3.6	4.8	8.7
	Almost never	%	23.6	22.9	25.7	20.2	25.5	27.1	29.7	17.7	13.0	15.9	37.8
	Occasionally	%	50.1	50.3	48.6	50.8	50.7	50.2	45.9	54.2	50.4	55.8	45.0
	Regularly	%	16.6	12.0	12.8	20.0	15.7	17.1	14.9	18.3	25.6	19.5	7.7
	All the time	%	3.5	3.2	4.3	3.9	3.0	1.7	2.0	4.9	6.7	3.9	0.9
	Refuse	%	0.2	1.5	0.0	0.0	0.0	0.8	0.4	0.0	0.7	0.0	0.0

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,049 Canadians, 18 years of age or older, between April 25th and 27th, 2020. The margin of error this survey is ±3.1 percentage points, 19 times out of 20.

www.nanos.co
Page 3

				Region					Gender		Age		
			Canada 2020-04	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - In the last month because of the Covid-19 outbreak have you felt stress never, almost never, occasionally, regularly or all the time?	Total	Unwgt N	1049	105	240	336	207	161	531	518	292	416	341
		Wgt N	1000	67	233	384	183	133	490	510	273	341	386
	Never	%	3.6	3.8	8.8	1.4	2.0	3.3	4.4	2.9	3.6	3.3	3.9
	Almost never	%	12.4	19.6	13.3	8.4	16.4	12.8	15.6	9.3	9.6	9.0	17.3
	Occasionally	%	38.1	32.4	38.5	39.0	34.3	42.7	39.8	36.4	32.1	36.7	43.5
	Regularly	%	32.9	25.5	31.4	35.6	34.0	29.5	30.3	35.3	35.7	35.3	28.7
	All the time	%	12.9	17.2	7.9	15.6	13.3	10.9	9.5	16.2	18.2	15.6	6.7
	Refuse	%	0.2	1.5	0.0	0.0	0.0	0.8	0.4	0.0	0.7	0.0	0.0

					Region				Gender		Age		
			Canada 2020-04	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - What has been the primary reason for feeling stressed in the last month? [OPEN]	Total	Unwgt N	982	99	215	325	196	147	488	494	271	391	320
		Wgt N	938	63	209	372	171	122	451	487	252	321	365
	Worry about at-risk population	%	1.2	0.0	0.3	2.2	0.5	1.3	1.4	1.1	0.0	0.8	2.4
	Contracting or family members contracting the virus	%	25.9	17.4	37.1	25.8	16.1	25.1	22.3	29.2	15.6	23.1	35.5
	Finances/job security	%	18.7	14.5	12.9	18.5	27.5	18.6	20.5	17.0	24.4	21.8	11.9
	Feeling trapped/loss of freedom	%	8.2	10.4	7.8	7.5	12.0	4.2	10.3	6.2	6.5	6.3	10.9
	Lonely	%	3.9	6.9	5.8	2.8	4.0	2.1	4.0	3.8	2.8	2.3	6.1
	Work-related stress	%	8.1	8.9	6.4	7.3	7.4	13.9	8.4	7.8	11.7	10.4	3.5
	Uncertainty/fear of the unknown	%	8.7	12.7	4.4	8.9	9.7	12.1	7.9	9.5	12.5	8.3	6.5
	Childcare	%	3.3	4.2	2.5	3.8	2.6	4.0	2.9	3.7	5.2	5.6	0.0
	Media's constant coverage of the virus	%	2.7	1.3	2.2	3.9	2.0	1.4	2.9	2.5	1.9	2.5	3.3
	Stress of following guidelines/others not following guidelines	%	5.7	8.3	7.3	4.7	5.6	4.7	5.5	5.8	4.7	7.7	4.5
	Nothing/less stressed	%	2.1	1.2	1.6	2.7	2.0	1.8	2.5	1.7	0.9	1.1	3.8
	Lack of trust in government	%	1.4	0.6	1.1	0.3	2.6	3.6	2.3	0.6	0.5	1.3	2.0
	School related stress	%	1.1	1.6	1.6	0.9	0.7	0.8	0.7	1.4	3.2	0.2	0.3
	Other	%	9.2	11.9	9.0	10.5	7.5	6.4	8.4	9.9	10.1	8.5	9.2

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,049 Canadians, 18 years of age or older, between April 25th and 27th, 2020. The margin of error this survey is ±3.1 percentage points, 19 times out of 20.
www.nanos.co
Page 5

				Region					Gender		Age		
			Canada 2020-04	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - Is your mental health today better, somewhat better, somewhat worse, worse or about the same as before the COVID-19 pandemic?	Total	Unwgt N	1049	105	240	336	207	161	531	518	292	416	341
		Wgt N	1000	67	233	384	183	133	490	510	273	341	386
	Better	%	3.4	3.2	4.3	3.1	3.0	3.5	2.5	4.3	6.5	3.3	1.3
	Somewhat better	%	6.5	9.8	6.7	6.9	4.3	6.6	5.8	7.2	9.6	5.3	5.4
	Somewhat worse	%	28.1	21.7	17.4	33.5	32.9	27.5	25.9	30.1	32.5	28.3	24.7
	Worse	%	10.3	10.7	7.6	13.7	9.2	6.6	8.4	12.1	13.8	13.6	4.9
	About the same	%	50.7	53.9	62.8	41.9	50.0	54.5	56.7	45.0	36.2	48.8	62.7
	Not sure	%	1.0	0.6	1.3	0.9	0.6	1.4	0.6	1.3	1.4	0.7	0.9

© NANOS RESEARCH

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,049 Canadians, 18 years of age or older, between April 25th and 27th, 2020. The margin of error this survey is ±3.1 percentage points, 19 times out of 20.

www.nanos.co

Page 6

2020-1636 – MHCC – Mental Health COVID-19 Survey – STAT SHEET

			Is your mental health today better, somewhat better, somewhat worse, worse or about the same as before the COVID-19 pandemic?			
			Canada 2020-04	Better	Worse	About the same	Unsure
Question - Why do you say that? [OPEN]	Total	Unwgt N	955	107	377	464	7
		Wgt N	918	97	368	446	8
	I don't usually have problems with mental health/good at dealing with problems/have faith	%	14.8	7.3	1.6	27.3	
	Worried about myself/family getting sick	%	6.4	0.0	13.0	2.4	
	Not able to do regular activities or socialize/I feel isolated	%	8.7	0.0	21.0	0.6	
	I already have mental health problems or anxiety/this makes it worse	%	7.2	0.0	12.8	4.0	
	Increased stress/uncertainty/sleep problems	%	12.3	0.0	27.1	3.0	
	Introvert/enjoy staying at home	%	3.7	11.0	0.3	5.0	
	I am following guidelines/trust government	%	3.5	6.5	0.0	5.8	
	I'm healthy and/or have no money problems	%	4.1	5.7	0.0	7.3	
	I have started new hobbies/I take care of myself	%	5.7	22.0	0.2	6.5	
	No significant change in my life/I can continue usual activities or work	%	12.1	3.8	0.0	23.8	
	A lot of people staying in my house/taking care of children all day	%	2.1	0.0	4.7	0.5	
	Less stress from work/less to worry about	%	3.5	27.0	0.0	1.4	
	Traded one stress for another	%	0.9	0.0	0.0	1.8	
	Financial problems/loss of job	%	4.0	0.0	8.5	1.2	
	I have support from others (family, friends)	%	1.5	2.6	0.0	2.6	
	My opinion/how I feel	%	1.7	0.9	0.2	2.8	
	Other	%	7.7	13.2	10.3	4.0	
	Unsure	%	0.1	0.0	0.3	0.0	

*Shaded due to small sample size.

				Region					Gender		Age		
			Canada 2020-04	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - In the last month have you gone online to find information on mental health for you or your family never, almost never, occasionally, regularly or all the time?	Total	Unwgt N	1049	105	240	336	207	161	531	518	292	416	341
		Wgt N	1000	67	233	384	183	133	490	510	273	341	386
	Never	%	63.3	67.4	66.4	59.5	62.6	67.8	64.2	62.5	51.9	59.4	74.9
	Almost never	%	14.4	15.1	11.8	17.1	12.1	14.2	15.8	13.1	17.6	16.2	10.6
	Occasionally	%	17.0	14.2	16.3	18.8	18.9	12.0	14.8	19.2	21.9	19.4	11.4
	Regularly	%	4.1	0.6	4.2	4.0	5.4	4.2	4.0	4.2	6.7	4.2	2.1
	All the time	%	0.8	0.6	1.2	0.3	0.7	1.3	0.6	0.9	1.1	0.5	0.8
	Refuse	%	0.4	2.1	0.0	0.3	0.3	0.6	0.6	0.2	0.7	0.2	0.3

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,049 Canadians, 18 years of age or older, between April 25th and 27th, 2020. The margin of error this survey is ±3.1 percentage points, 19 times out of 20.

www.nanos.co
Page 8

NANOS

2020-1636 – MHCC – Mental Health COVID-19 Survey – STAT SHEET

For the COVID-19 outbreak, please rank the importance of the following sources you use to get information on mental health for you or your family where 1 is the most important, 2 the second most important and 3 the third most important [RANDOMIZE] [ONLY THOSE WHO HAVE GONE ONLINE TO FIND INFORMATION ON MENTAL HEALTH]

					Region				Gender		Age		
			Canada 2020-04	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question – Rank 1	Total	Unwgt N	387	35	83	140	78	51	187	200	138	166	83
		Wgt N	363	20	78	154	68	42	172	190	129	138	96
	Social Media (such as Twitter and Facebook)	%	13.8	9.1	8.4	16.6	18.0	9.0	9.4	17.8	17.5	13.1	9.9
	Provincial COVID-19 website	%	18.9	18.5	29.1	10.9	19.5	28.3	16.7	20.9	15.7	20.8	20.4
	Government of Canada COVID-19 website	%	23.2	26.4	17.5	26.6	22.9	20.5	26.3	20.5	29.6	19.1	20.6
	News/media website	%	27.9	32.8	29.9	28.5	28.4	18.9	31.9	24.3	22.4	30.5	31.6
	Google Search	%	0.8	0.0	1.2	0.7	0.0	2.0	0.5	1.0	1.5	0.6	0.0
	Medical websites	%	3.0	0.0	3.7	2.4	2.9	5.6	2.4	3.6	1.9	4.8	1.9
	Family/Friends	%	1.2	2.0	0.0	1.2	3.1	0.0	1.5	1.0	0.7	1.1	1.9
	Apps	%	0.5	0.0	0.0	0.6	0.0	2.3	0.5	0.5	0.0	0.6	1.0
	Mental health professionals/therapists/doctors	%	4.0	3.6	1.2	6.5	2.8	2.3	3.3	4.6	4.8	2.2	5.7
	Books/Scientific journals/blogs/research	%	2.3	0.0	3.2	3.3	0.0	1.7	3.2	1.4	3.1	1.9	1.7
	Employer Support/Benefits	%	2.2	4.0	0.0	2.7	2.3	3.7	1.0	3.3	1.3	4.7	0.0
	Other	%	1.9	0.0	5.8	0.0	0.0	5.7	2.8	1.1	1.5	0.6	4.4
	Unsure	%	0.2	3.6	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.8

© NANOS RESEARCH

2020-1636 – MHCC – Mental Health COVID-19 Survey – STAT SHEET

For the COVID-19 outbreak, please rank the importance of the following sources you use to get information on mental health for you or your family where 1 is the most important, 2 the second most important and 3 the third most important [RANDOMIZE] [ONLY THOSE WHO HAVE GONE ONLINE TO FIND INFORMATION ON MENTAL HEALTH]

					Region				Gender		Age		
			Canada 2020-04	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question – Rank 2	Total	Unwgt N	348	34	73	126	69	46	168	180	122	153	73
		Wgt N	323	20	70	136	60	38	155	168	114	127	83
	Social Media (such as Twitter and Facebook)	%	11.0	8.5	10.2	14.2	10.0	4.0	9.8	12.1	9.3	13.1	10.1
	Provincial COVID-19 website	%	31.9	32.9	29.0	31.5	35.5	32.2	35.8	28.3	31.4	27.9	38.6
	Government of Canada COVID-19 website	%	29.3	23.7	29.7	24.4	41.5	29.5	29.4	29.1	31.9	27.4	28.4
	News/media website	%	22.3	26.1	25.9	25.7	9.8	21.4	21.7	22.8	24.1	24.0	17.1
	Google Search	%	0.5	0.0	0.0	0.0	1.4	2.1	1.1	0.0	0.0	0.6	1.0
	Medical websites	%	1.3	0.0	2.3	0.8	0.0	4.0	0.0	2.5	1.4	2.0	0.0
	Family/Friends	%	0.4	2.1	0.0	0.0	0.0	2.6	0.3	0.6	0.0	0.3	1.2
	Mental health professionals/therapists/doctors	%	0.3	0.0	0.0	0.0	0.0	2.2	0.0	0.5	0.0	0.7	0.0
	Books/Scientific journals/blogs/research	%	0.6	0.0	0.0	1.4	0.0	0.0	0.0	1.1	0.0	0.0	2.2
	Employer Support/Benefits	%	1.4	6.7	1.2	0.7	0.7	2.1	1.3	1.4	0.9	2.7	0.0
	Other	%	1.1	0.0	1.7	1.4	1.0	0.0	0.6	1.7	0.9	1.2	1.4

2020-1636 – MHCC – Mental Health COVID-19 Survey – STAT SHEET

For the COVID-19 outbreak, please rank the importance of the following sources you use to get information on mental health for you or your family where 1 is the most important, 2 the second most important and 3 the third most important [RANDOMIZE] [ONLY THOSE WHO HAVE GONE ONLINE TO FIND INFORMATION ON MENTAL HEALTH]

				Region					Gender		Age		
			Canada 2020-04	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - Rank 3	Total	Unwgt N	288	27	60	102	58	41	137	151	100	129	59
		Wgt N	266	16	56	110	50	34	127	140	94	108	65
	Social Media (such as Twitter and Facebook)	%	17.8		19.0	16.0	16.2	17.9	19.6	16.1	29.1	13.4	8.7
	Provincial COVID-19 website	%	21.1		15.3	21.9	27.9	18.4	19.4	22.6	17.1	25.7	19.1
	Government of Canada COVID-19 website	%	19.9		17.1	22.4	15.1	26.6	19.7	20.0	13.9	21.7	25.4
	News/media website	%	33.0		42.9	29.7	35.3	24.3	32.6	33.3	35.3	29.5	35.5
	Google Search	%	0.8		0.0	1.6	0.9	0.0	1.7	0.0	0.0	2.1	0.0
	Medical websites	%	1.7		2.5	0.9	2.1	3.0	1.1	2.2	2.8	1.7	0.0
	Family/Friends	%	1.4		1.2	1.9	1.7	0.0	1.5	1.2	0.0	1.6	3.0
	Mental health professionals/therapists/doctors	%	1.0		0.0	1.8	0.0	2.1	1.6	0.5	0.8	0.8	1.7
	Books/Scientific journals/blogs/research	%	1.0		0.0	1.0	0.0	2.4	0.9	1.1	0.0	1.4	1.7
	Employer Support/Benefits	%	0.9		0.0	0.9	0.9	2.9	0.3	1.4	0.0	1.4	1.5
	Other	%	1.5		2.0	1.9	0.0	2.4	1.5	1.5	1.1	0.8	3.4

*Shaded due to small sample size.

2020-1636 – MHCC – Mental Health COVID-19 Survey – STAT SHEET

				Region					Gender		Age		
			Canada 2020-04	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - What type of information that you found did you find the most helpful? [OPEN]	Total	Unwgt N	338	29	74	125	67	43	163	175	113	148	77
		Wgt N	319	17	70	138	58	35	150	169	108	122	89
	Information from provinces/provincial doctors	%	5.1		7.5	1.4	4.9	12.7	4.8	5.4	1.3	4.1	11.2
	Tips for health/wellness/handling self isolation	%	21.0		15.9	22.6	24.1	27.5	22.1	19.9	26.9	18.6	16.9
	Hygiene/handwashing tips	%	3.4		5.5	3.1	3.1	2.8	4.3	2.6	2.1	5.6	2.0
	Statistics updates (cases, trends, deaths)	%	17.0		13.2	15.9	22.8	11.0	20.3	14.2	14.3	20.3	15.9
	Information from scientists/health care professionals (symptoms, prevention)	%	9.0		18.8	7.7	1.2	6.6	11.0	7.2	6.9	8.6	12.0
	Positive news/optimism	%	1.3		0.0	2.1	0.0	2.0	0.5	2.1	0.0	1.4	2.9
	Stories from other people/knowing we're all going through it	%	3.3		1.3	4.5	3.5	2.3	2.3	4.3	4.5	3.8	1.2
	Updates/information from the government	%	9.9		8.5	12.2	9.3	5.6	9.2	10.5	8.3	7.6	15.0
	Tele/virtual medicine/therapy	%	5.6		3.5	7.5	6.0	2.0	2.9	7.9	11.1	3.2	2.1
	Hotlines/information phone lines	%	4.1		1.6	5.3	6.9	2.0	1.7	6.3	4.0	5.7	2.3
	None/have not looked	%	4.5		2.6	4.2	3.4	7.9	6.1	3.1	3.0	6.1	4.1
	Other	%	13.5		16.7	11.9	14.7	13.5	12.6	14.4	15.3	13.3	11.7
	Unsure	%	2.1		4.8	1.5	0.0	4.0	2.1	2.2	2.4	1.5	2.7

*Shaded due to small sample size.

© NANOS RESEARCH

2020-1636 – MHCC – Mental Health COVID-19 Survey – STAT SHEET

Thinking of the mental health of people in Canada TODAY, please rank the top three priorities where 1 is the most important priority TODAY, 2 the second most important priority and 3 the third most important priority. [RANDOMIZE]

					Region				Gender		Age		
			Canada 2020-04	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question – Rank 1	Total	Unwgt N	1049	105	240	336	207	161	531	518	292	416	341
		Wgt N	1000	67	233	384	183	133	490	510	273	341	386
	Keeping the economy healthy, so people have jobs and enough income to provide for the basics of life	%	27.8	24.1	28.5	26.5	30.8	28.3	31.0	24.9	25.7	28.1	29.2
	Having access to tools and resources to help keep myself and my family mentally and emotionally well, such as online resources and access to counselling	%	10.7	12.3	10.0	10.8	13.4	7.1	10.2	11.2	13.5	13.6	6.1
	The mental health of essential frontline service providers	%	27.1	23.7	23.0	29.9	26.5	28.9	26.4	27.8	26.5	26.4	28.1
	Good services for people living with mental illnesses, substance use problems, or are homeless	%	12.5	15.1	12.8	11.6	9.8	17.0	13.0	12.1	16.9	10.3	11.4
	Supporting organizations who help prevent mental health problems (such as with family violence, isolation and loneliness of older adults and disabled people, caregivers, people who lost their jobs, support for people on low incomes)	%	19.5	24.2	23.3	19.0	16.5	16.2	17.4	21.5	15.4	18.5	23.3
	Services for indigenous communities	%	2.3	0.6	2.4	2.2	2.9	2.4	2.1	2.6	1.9	3.1	1.9

2020-1636 – MHCC – Mental Health COVID-19 Survey – STAT SHEET

Thinking of the mental health of people in Canada TODAY, please rank the top three priorities where 1 is the most important priority TODAY, 2 the second most important priority and 3 the third most important priority. [RANDOMIZE]

					Region				Gender		Age		
			Canada 2020-04	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question – Rank 2	Total	Unwgt N	1023	104	235	329	198	157	510	513	283	404	336
		Wgt N	977	66	229	376	176	130	472	505	264	332	381
	Keeping the economy healthy, so people have jobs and enough income to provide for the basics of life	%	19.3	23.4	19.4	17.1	23.7	17.5	21.1	17.7	16.5	19.5	21.1
	Having access to tools and resources to help keep myself and my family mentally and emotionally well, such as online resources and access to counselling	%	11.0	14.4	12.7	8.5	13.1	10.9	10.8	11.2	9.4	12.2	11.1
	The mental health of essential frontline service providers	%	23.8	28.3	22.0	25.1	21.8	23.7	24.7	23.0	24.6	25.6	21.7
	Good services for people living with mental illnesses, substance use problems, or are homeless	%	16.4	15.5	18.9	17.4	11.8	16.4	13.9	18.8	14.3	13.2	20.8
	Supporting organizations who help prevent mental health problems (such as with family violence, isolation and loneliness of older adults and disabled people, caregivers, people who lost their jobs, support for people on low incomes)	%	25.2	15.2	25.5	25.7	28.3	24.1	26.2	24.3	30.5	26.1	20.8
	Services for indigenous communities	%	4.2	3.3	1.5	6.1	1.4	7.5	3.2	5.1	4.7	3.4	4.6

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,049 Canadians, 18 years of age or older, between April 25th and 27th, 2020. The margin of error this survey is ±3.1 percentage points, 19 times out of 20.

www.nanos.co

Page 14

2020-1636 – MHCC – Mental Health COVID-19 Survey – STAT SHEET

Thinking of the mental health of people in Canada TODAY, please rank the top three priorities where 1 is the most important priority TODAY, 2 the second most important priority and 3 the third most important priority. [RANDOMIZE]

				Region					Gender		Age		
			Canada 2020-04	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question – Rank 3	Total	Unwgt N	971	98	224	314	185	150	481	490	267	383	321
		Wgt N	929	63	218	359	165	124	445	484	250	314	364
	Keeping the economy healthy, so people have jobs and enough income to provide for the basics of life	%	20.3	15.7	18.5	22.5	19.2	20.6	19.0	21.4	21.3	19.4	20.3
	Having access to tools and resources to help keep myself and my family mentally and emotionally well, such as online resources and access to counselling	%	14.6	11.7	17.5	13.5	13.3	16.0	17.0	12.4	20.2	17.9	7.9
	The mental health of essential frontline service providers	%	17.4	18.2	19.6	16.6	16.7	16.3	16.1	18.6	17.4	15.2	19.3
	Good services for people living with mental illnesses, substance use problems, or are homeless	%	17.4	22.1	20.4	15.6	17.8	14.2	18.7	16.2	13.2	19.5	18.3
	Supporting organizations who help prevent mental health problems (such as with family violence, isolation and loneliness of older adults and disabled people, caregivers, people who lost their jobs, support for people on low incomes)	%	25.0	28.9	20.1	26.3	26.4	26.1	24.6	25.4	21.0	25.2	27.6
	Services for indigenous communities	%	5.4	3.4	3.9	5.5	6.6	6.8	4.7	6.0	6.9	2.8	6.6

2020-1636 – MHCC – Mental Health COVID-19 Survey – STAT SHEET

Thinking of the mental health of people in Canada A YEAR FROM NOW, please rank the top three priorities where 1 is the most important priority A YEAR FROM NOW, 2 the second most important priority and 3 the third most important priority [RANDOMIZE]

					Region					Gender		Age		
			Canada 2020-04	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question – Rank 1	Total	Unwgt N	1049	105	240	336	207	161	531	518	292	416	341
		Wgt N	1000	67	233	384	183	133	490	510	273	341	386
	Keeping the economy healthy, so people have jobs and enough income to provide for the basics of life	%	39.5	36.8	34.0	39.6	43.6	44.3	41.7	37.4	35.4	36.0	45.5
	Having access to tools and resources to help keep myself and my family mentally and emotionally well, such as online resources and access to counselling	%	11.1	14.5	13.4	11.3	9.9	6.1	11.2	11.0	16.2	10.7	7.8
	The mental health of essential frontline service providers	%	13.1	12.8	14.0	12.2	14.7	12.3	14.1	12.2	11.6	15.2	12.5
	Good services for people living with mental illnesses, substance use problems, or are homeless	%	11.8	12.0	13.2	12.7	9.1	9.9	13.1	10.5	13.4	12.4	10.0
	Supporting organizations who help prevent mental health problems (such as with family violence, isolation and loneliness of older adults and disabled people, caregivers, people who lost their jobs, support for people on low incomes)	%	20.9	21.3	22.6	20.0	19.5	22.1	18.0	23.6	19.8	22.2	20.4
	Services for indigenous communities	%	3.7	2.5	2.8	4.1	3.2	5.3	2.0	5.3	3.6	3.5	3.8

© NANOS RESEARCH

2020-1636 – MHCC – Mental Health COVID-19 Survey – STAT SHEET

Thinking of the mental health of people in Canada A YEAR FROM NOW, please rank the top three priorities where 1 is the most important priority A YEAR FROM NOW, 2 the second most important priority and 3 the third most important priority [RANDOMIZE]

					Region					Gender		Age		
			Canada 2020-04	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question – Rank 2	Total	Unwgt N	1007	100	232	329	193	153	504	503	279	400	328
		Wgt N	963	63	225	377	172	126	466	496	261	329	373
	Keeping the economy healthy, so people have jobs and enough income to provide for the basics of life	%	16.4	14.5	15.8	14.5	19.9	18.9	18.2	14.6	19.3	18.9	12.1
	Having access to tools and resources to help keep myself and my family mentally and emotionally well, such as online resources and access to counselling	%	14.6	16.4	18.6	12.8	16.7	8.7	13.5	15.6	16.5	17.2	10.9
	The mental health of essential frontline service providers	%	16.9	23.1	15.9	16.6	15.8	17.8	16.5	17.3	16.7	13.7	19.8
	Good services for people living with mental illnesses, substance use problems, or are homeless	%	17.6	15.4	17.2	19.1	13.4	21.0	17.1	18.2	20.2	16.2	17.2
	Supporting organizations who help prevent mental health problems (such as with family violence, isolation and loneliness of older adults and disabled people, caregivers, people who lost their jobs, support for people on low incomes)	%	29.4	27.3	29.0	30.5	29.9	27.5	28.5	30.3	23.3	28.5	34.6
	Services for indigenous communities	%	5.1	3.3	3.5	6.4	4.3	6.0	6.2	4.1	4.0	5.5	5.5

© NANOS RESEARCH

2020-1636 – MHCC – Mental Health COVID-19 Survey – STAT SHEET

Thinking of the mental health of people in Canada A YEAR FROM NOW, please rank the top three priorities where 1 is the most important priority A YEAR FROM NOW, 2 the second most important priority and 3 the third most important priority [RANDOMIZE]

					Region					Gender		Age		
			Canada 2020-04	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question – Rank 3	Total	Unwgt N	948	96	219	304	181	148	468	480	256	380	312
		Wgt N	906	61	212	349	162	122	431	475	239	312	355
	Keeping the economy healthy, so people have jobs and enough income to provide for the basics of life	%	21.8	20.3	23.9	23.6	21.0	14.6	21.1	22.4	17.5	21.8	24.7
	Having access to tools and resources to help keep myself and my family mentally and emotionally well, such as online resources and access to counselling	%	15.0	15.6	15.8	12.7	17.7	16.4	18.1	12.2	16.7	16.6	12.6
	The mental health of essential frontline service providers	%	12.1	13.5	11.6	13.6	12.9	6.8	13.8	10.5	11.4	11.2	13.3
	Good services for people living with mental illnesses, substance use problems, or are homeless	%	21.3	22.2	23.5	18.7	21.1	24.5	19.7	22.6	20.3	20.8	22.3
	Supporting organizations who help prevent mental health problems (such as with family violence, isolation and loneliness of older adults and disabled people, caregivers, people who lost their jobs, support for people on low incomes)	%	22.2	19.9	19.3	22.5	24.5	24.6	22.3	22.2	24.9	22.1	20.5
	Services for indigenous communities	%	7.6	8.5	5.9	8.9	2.6	13.1	5.0	10.0	9.3	7.5	6.6

NANOS

2020-1636 – MHCC – Mental Health COVID-19 by Household Size – STAT SHEET

Our next few questions have to do with the Covid-19 outbreak. What are the two things that concern you most, if anything, about the personal impact the current Covid-19 outbreak will have personally on people in Canada? [OPEN]

				People in household		
			Canada 2020-04	One	Two	Three or more
Question – Mention 1	Total	Unwgt N	985	321	300	364
		Wgt N	940	320	289	331
	Mental health	%	22.2	23.1	19.2	23.8
	Spreading the virus/health	%	22.5	20.1	25.1	22.7
	Isolation	%	3.0	3.5	1.7	3.6
	Government debt/increased taxation	%	8.1	8.5	8.4	7.4
	Economic impact/loss of jobs	%	30.4	27.6	31.8	31.8
	Loss of life	%	8.7	8.1	7.9	10.0
	Conditions in long-term care/capacity in health system	%	8.7	10.3	10.2	5.9
	Personal financial hardship/debt	%	39.2	38.5	38.6	40.3
	Restrictions on activities/travel/freedom	%	5.6	5.1	5.1	6.4
	Changing social interactions/lasting fear/misinformation	%	17.9	22.8	18.6	12.6
	Second wave of pandemic	%	6.9	7.3	7.1	6.3
	Access to education	%	3.6	1.2	2.5	6.9
	Supply chains/lack of access to basic needs	%	1.6	1.6	1.1	1.9
	Other	%	8.5	9.5	9.1	7.1
	Unsure	%	0.6	0.9	0.5	0.5

© NANOS RESEARCH

NANOS

2020-1636 – MHCC – Mental Health COVID-19 by Household Size – STAT SHEET

What are the two things that concern you most, if anything, about the personal impact the current Covid-19 outbreak will have personally on people in Canada? [OPEN]

				People in household		
			Canada 2020-04	One	Two	Three or more
Question – Mention 2	Total	Unwgt N	1841	603	558	680
		Wgt N	1761	602	540	619
	Mental health	%	11.8	12.3	10.3	12.7
	Spreading the virus/health	%	12.0	10.7	13.4	12.1
	Isolation	%	1.6	1.8	0.9	1.9
	Government debt/increased taxation	%	4.3	4.5	4.5	4.0
	Economic impact/loss of jobs	%	16.2	14.7	17.0	17.0
	Loss of life	%	4.6	4.3	4.2	5.3
	Conditions in long-term care/capacity in health system	%	4.6	5.5	5.4	3.1
	Personal financial hardship/debt	%	20.9	20.5	20.7	21.6
	Restrictions on activities/travel/freedom	%	3.0	2.7	2.7	3.4
	Changing social interactions/lasting fear/misinformation	%	9.6	12.1	9.9	6.7
	Second wave of pandemic	%	3.7	3.9	3.8	3.4
	Access to education	%	1.9	0.7	1.4	3.7
	Supply chains/lack of access to basic needs	%	0.8	0.9	0.6	1.0
	Other	%	4.6	5.1	4.9	3.8
	Unsure	%	0.3	0.5	0.3	0.2

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,049 Canadians, 18 years of age or older, between April 25th and 27th, 2020. The margin of error this survey is ±3.1 percentage points, 19 times out of 20.

www.nanos.co

Page 2

				People in household		
			Canada 2020-04	One	Two	Three or more
Question - Is mental health care more important, less important or just as important as physical health care?	Total	Unwgt N	1018	331	306	381
		Wgt N	970	330	294	346
	Mental health care is more important	%	10.0	9.9	10.0	10.0
	Mental health care is less important	%	5.7	4.5	4.8	7.5
	Mental and physical health care are equally important	%	83.5	84.4	84.5	81.7
	Unsure	%	0.9	1.2	0.7	0.8

				People in household		
			Canada 2020-04	One	Two	Three or more
Question - Thinking of the month before the Covid-19 outbreak, did you feel stress never, almost never, occasionally, regularly or all the time?	Total	Unwgt N	1018	331	306	381
		Wgt N	970	330	294	346
	Never	%	6.0	6.7	7.4	4.1
	Almost never	%	23.2	25.5	27.8	17.2
	Occasionally	%	50.4	49.7	44.6	56.1
	Regularly	%	16.6	13.8	17.3	18.8
	All the time	%	3.5	3.8	2.9	3.8
	Refuse	%	0.2	0.6	0.0	0.0

2020-1636 – MHCC – Mental Health COVID-19 by Household Size – STAT SHEET

				People in household		
			Canada 2020-04	One	Two	Three or more
Question - In the last month because of the Covid-19 outbreak have you felt stress never, almost never, occasionally, regularly or all the time?	Total	Unwgt N	1018	331	306	381
		Wgt N	970	330	294	346
	Never	%	3.5	4.5	4.1	2.1
	Almost never	%	12.6	12.4	15.9	9.9
	Occasionally	%	38.4	40.6	40.1	34.8
	Regularly	%	32.3	26.7	30.2	39.3
	All the time	%	13.0	15.1	9.7	13.9
	Refuse	%	0.2	0.6	0.0	0.0

© NANOS RESEARCH

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,049 Canadians, 18 years of age or older, between April 25th and 27th, 2020. The margin of error this survey is ±3.1 percentage points, 19 times out of 20.

www.nanos.co
Page 4

2020-1636 – MHCC – Mental Health COVID-19 by Household Size – STAT SHEET

			Canada 2020-04	People in household		
				One	Two	Three or more
Question - What has been the primary reason for feeling stressed in the last month? [OPEN]	Total	Unwgt N	957	306	288	363
		Wgt N	914	305	277	332
	Worry about at-risk population	%	1.2	1.1	2.1	0.6
	Contracting or family members contracting the virus	%	25.3	24.4	30.9	21.6
	Finances/job security	%	18.9	15.1	18.9	22.4
	Feeling trapped/loss of freedom	%	8.3	9.2	9.0	6.8
	Lonely	%	3.8	5.9	4.3	1.6
	Work-related stress	%	8.3	5.9	6.5	12.1
	Uncertainty/fear of the unknown	%	9.0	8.9	9.0	8.9
	Childcare	%	3.2	0.5	1.3	7.3
	Media's constant coverage of the virus	%	2.7	2.3	3.4	2.6
	Stress of following guidelines/others not following guidelines	%	5.6	7.0	5.2	4.6
	Nothing/less stressed	%	2.1	4.0	0.8	1.3
	Lack of trust in government	%	1.4	2.3	1.4	0.5
	School related stress	%	1.1	1.1	0.4	1.7
	Other	%	9.1	12.3	6.7	8.2

2020-1636 – MHCC – Mental Health COVID-19 by Household Size – STAT SHEET

				People in household		
			Canada 2020-04	One	Two	Three or more
Question - Is your mental health today better, somewhat better, somewhat worse, worse or about the same as before the COVID-19 pandemic?	Total	Unwgt N	1018	331	306	381
		Wgt N	970	330	294	346
	Better	%	3.5	2.2	3.6	4.7
	Somewhat better	%	6.6	6.2	6.5	7.2
	Somewhat worse	%	27.6	22.7	27.2	32.8
	Worse	%	10.3	10.1	7.6	12.9
	About the same	%	50.9	57.3	53.6	42.4
	Not sure	%	1.0	1.6	1.5	0.0

NANOS

2020-1636 – MHCC – Mental Health COVID-19 by Household Size – STAT SHEET

				People in household		
			Canada 2020-04	One	Two	Three or more
Question - Why do you say that? [OPEN]	Total	Unwgt N	934	303	287	344
		Wgt N	898	304	278	315
	I don't usually have problems with mental health/good at dealing with problems/have faith	%	14.4	12.7	15.6	14.9
	Worried about myself/family getting sick	%	6.3	6.6	7.3	5.1
	Not able to do regular activities or socialize/I feel isolated	%	8.7	7.8	8.4	9.9
	I already have mental health problems or anxiety/this makes it worse	%	7.1	7.8	5.5	7.9
	Increased stress/uncertainty/sleep problems	%	12.3	11.1	12.4	13.4
	Introvert/enjoy staying at home	%	3.8	8.0	2.5	0.9
	I am following guidelines/trust government	%	3.5	4.4	4.5	1.9
	I'm healthy and/or have no money problems	%	4.2	2.7	5.4	4.7
	I have started new hobbies/I take care of myself	%	5.8	8.4	5.0	4.0
	No significant change in my life/I can continue usual activities or work	%	12.3	12.7	13.3	11.1
	A lot of people staying in my house/taking care of children all day	%	2.2	0.7	1.1	4.6
	Less stress from work/less to worry about	%	3.6	1.7	3.8	5.2
	Traded one stress for another	%	0.8	0.7	1.0	0.8
	Financial problems/loss of job	%	4.1	2.3	4.7	5.3
	I have support from others (family, friends)	%	1.4	2.0	1.3	1.0
	My opinion/how I feel	%	1.6	2.5	1.9	0.5
	Other	%	7.7	8.1	6.4	8.4
	Unsure	%	0.1	0.0	0.0	0.4

2020-1636 – MHCC – Mental Health COVID-19 by Household Size – STAT SHEET

				People in household		
			Canada 2020-04	One	Two	Three or more
Question - In the last month have you gone online to find information on mental health for you or your family never, almost never, occasionally, regularly or all the time?	Total	Unwgt N	1018	331	306	381
		Wgt N	970	330	294	346
	Never	%	63.0	67.2	64.2	57.8
	Almost never	%	14.6	12.6	13.2	17.7
	Occasionally	%	17.3	14.4	18.5	19.2
	Regularly	%	3.9	4.8	2.7	4.2
	All the time	%	0.8	0.6	1.0	0.7
	Refuse	%	0.3	0.3	0.4	0.3

2020-1636 – MHCC – Mental Health COVID-19 by Household Size – STAT SHEET

For the COVID-19 outbreak, please rank the importance of the following sources you use to get information on mental health for you or your family where 1 is the most important, 2 the second most important and 3 the third most important [RANDOMIZE] [ONLY THOSE WHO HAVE GONE ONLINE TO FIND INFORMATION ON MENTAL HEALTH]

			Canada 2020-04	People in household		
				One	Two	Three or more
Question – Rank 1	Total	Unwgt N	380	112	106	162
		Wgt N	356	107	104	145
	Social Media (such as Twitter and Facebook)	%	13.5	13.4	8.1	17.6
	Provincial COVID-19 website	%	19.3	17.9	17.0	21.9
	Government of Canada COVID-19 website	%	23.0	20.7	28.7	20.7
	News/media website	%	27.9	31.3	32.0	22.6
	Google Search	%	0.8	0.9	0.9	0.6
	Medical websites	%	3.1	2.1	2.3	4.4
	Family/Friends	%	1.2	0.9	0.0	2.3
	Apps	%	0.5	1.7	0.0	0.0
	Mental health professionals/therapists/doctors	%	4.1	2.6	5.8	3.9
	Books/Scientific journals/blogs/research	%	2.3	3.2	3.1	1.2
	Employer Support/Benefits	%	2.3	1.7	0.0	4.3
	Other	%	1.7	3.6	1.3	0.6
	Unsure	%	0.2	0.0	0.7	0.0

2020-1636 – MHCC – Mental Health COVID-19 by Household Size – STAT SHEET

For the COVID-19 outbreak, please rank the importance of the following sources you use to get information on mental health for you or your family where 1 is the most important, 2 the second most important and 3 the third most important [RANDOMIZE] [ONLY THOSE WHO HAVE GONE ONLINE TO FIND INFORMATION ON MENTAL HEALTH]

				People in household		
			Canada 2020-04	One	Two	Three or more
Question – Rank 2	Total	Unwgt N	342	100	92	150
		Wgt N	317	95	90	133
	Social Media (such as Twitter and Facebook)	%	10.9	9.5	11.6	11.4
	Provincial COVID-19 website	%	31.9	30.6	34.8	30.8
	Government of Canada COVID-19 website	%	29.5	39.3	21.0	28.3
	News/media website	%	22.0	15.5	26.7	23.5
	Google Search	%	0.5	0.0	1.8	0.0
	Medical websites	%	1.3	0.9	0.8	1.9
	Family/Friends	%	0.4	1.0	0.5	0.0
	Mental health professionals/therapists/doctors	%	0.3	0.0	0.0	0.6
	Books/Scientific journals/blogs/research	%	0.6	0.0	0.0	1.4
	Employer Support/Benefits	%	1.4	0.9	2.8	0.8
	Other	%	1.2	2.3	0.0	1.1

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,049 Canadians, 18 years of age or older, between April 25th and 27th, 2020. The margin of error this survey is ±3.1 percentage points, 19 times out of 20.

www.nanos.co

Page 10

NANOS

2020-1636 – MHCC – Mental Health COVID-19 by Household Size – STAT SHEET

For the COVID-19 outbreak, please rank the importance of the following sources you use to get information on mental health for you or your family where 1 is the most important, 2 the second most important and 3 the third most important [RANDOMIZE] [ONLY THOSE WHO HAVE GONE ONLINE TO FIND INFORMATION ON MENTAL HEALTH]

			Canada 2020-04	People in household		
				One	Two	Three or more
Question – Rank 3	Total	Unwgt N	282	81	78	123
		Wgt N	260	74	77	109
	Social Media (such as Twitter and Facebook)	%	17.7	11.5	21.2	19.4
	Provincial COVID-19 website	%	20.5	24.6	17.5	19.9
	Government of Canada COVID-19 website	%	19.6	12.6	27.3	18.9
	News/media website	%	33.7	45.3	23.0	33.5
	Google Search	%	0.8	0.0	0.0	2.0
	Medical websites	%	1.7	1.4	0.8	2.6
	Family/Friends	%	1.4	2.1	2.7	0.0
	Mental health professionals/therapists/doctors	%	1.0	0.0	0.9	1.8
	Books/Scientific journals/blogs/research	%	1.0	1.1	1.4	0.6
	Employer Support/Benefits	%	0.9	0.0	1.3	1.3
	Other	%	1.6	1.5	3.9	0.0

www.nanos.co

2020-1636 – MHCC – Mental Health COVID-19 by Household Size – STAT SHEET

				People in household		
			Canada 2020-04	One	Two	Three or more
Question - What type of information that you found did you find the most helpful? [OPEN]	Total	Unwgt N	333	101	94	138
		Wgt N	314	96	93	125
	Information from provinces/provincial doctors	%	5.2	8.6	5.1	2.7
	Tips for health/wellness/handling self isolation	%	21.3	16.1	23.6	23.6
	Hygiene/handwashing tips	%	3.5	1.0	3.9	5.0
	Statistics updates (cases, trends, deaths)	%	16.6	11.7	16.8	20.3
	Information from scientists/health care professionals (symptoms, prevention)	%	9.1	12.7	12.8	3.7
	Positive news/optimism	%	1.4	1.8	0.0	2.0
	Stories from other people/knowing we're all going through it	%	3.1	1.9	6.2	1.7
	Updates/information from the government	%	10.1	14.3	10.1	6.8
	Tele/virtual medicine/therapy	%	5.6	7.5	3.1	6.1
	Hotlines/information phone lines	%	3.9	4.5	3.2	3.8
	None/have not looked	%	4.6	4.1	4.7	4.9
	Other	%	13.5	13.3	8.6	17.3
	Unsure	%	2.2	2.6	1.8	2.1

2020-1636 – MHCC – Mental Health COVID-19 by Household Size – STAT SHEET

Thinking of the mental health of people in Canada TODAY, please rank the top three priorities where 1 is the most important priority TODAY, 2 the second most important priority and 3 the third most important priority. [RANDOMIZE]

			Canada 2020-04	People in household		
				One	Two	Three or more
Question – Rank 1	Total	Unwgt N	1018	331	306	381
		Wgt N	970	330	294	346
	Keeping the economy healthy, so people have jobs and enough income to provide for the basics of life	%	27.7	28.5	26.5	28.1
	Having access to tools and resources to help keep myself and my family mentally and emotionally well, such as online resources and access to counselling	%	10.7	8.6	11.1	12.4
	The mental health of essential frontline service providers	%	27.3	26.7	29.1	26.3
	Good services for people living with mental illnesses, substance use problems, or are homeless	%	12.6	13.9	12.1	11.8
	Supporting organizations who help prevent mental health problems (such as with family violence, isolation and loneliness of older adults and disabled people, caregivers, people who lost their jobs, support for people on low incomes)	%	19.5	20.4	19.4	18.7
	Services for indigenous communities	%	2.1	1.8	1.8	2.7

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,049 Canadians, 18 years of age or older, between April 25th and 27th, 2020. The margin of error this survey is ±3.1 percentage points, 19 times out of 20.

www.nanos.co

Page 13

2020-1636 – MHCC – Mental Health COVID-19 by Household Size – STAT SHEET

Thinking of the mental health of people in Canada TODAY, please rank the top three priorities where 1 is the most important priority TODAY, 2 the second most important priority and 3 the third most important priority. [RANDOMIZE]

				People in household		
			Canada 2020-04	One	Two	Three or more
Question – Rank 2	Total	Unwgt N	996	322	303	371
		Wgt N	950	321	291	338
	Keeping the economy healthy, so people have jobs and enough income to provide for the basics of life	%	19.3	18.8	21.0	18.4
	Having access to tools and resources to help keep myself and my family mentally and emotionally well, such as online resources and access to counselling	%	11.2	15.5	6.3	11.2
	The mental health of essential frontline service providers	%	23.7	22.4	25.5	23.5
	Good services for people living with mental illnesses, substance use problems, or are homeless	%	16.4	16.4	15.6	17.0
	Supporting organizations who help prevent mental health problems (such as with family violence, isolation and loneliness of older adults and disabled people, caregivers, people who lost their jobs, support for people on low incomes)	%	25.4	21.7	28.2	26.5
	Services for indigenous communities	%	4.0	5.2	3.4	3.3

2020-1636 – MHCC – Mental Health COVID-19 by Household Size – STAT SHEET

Thinking of the mental health of people in Canada TODAY, please rank the top three priorities where 1 is the most important priority TODAY, 2 the second most important priority and 3 the third most important priority. [RANDOMIZE]

				People in household		
			Canada 2020-04	One	Two	Three or more
Question – Rank 3	Total	Unwgt N	945	308	283	354
		Wgt N	903	306	272	324
	Keeping the economy healthy, so people have jobs and enough income to provide for the basics of life	%	20.6	20.3	22.8	19.2
	Having access to tools and resources to help keep myself and my family mentally and emotionally well, such as online resources and access to counselling	%	14.8	16.1	13.0	15.3
	The mental health of essential frontline service providers	%	17.3	16.6	17.0	18.1
	Good services for people living with mental illnesses, substance use problems, or are homeless	%	17.2	17.7	14.6	19.0
	Supporting organizations who help prevent mental health problems (such as with family violence, isolation and loneliness of older adults and disabled people, caregivers, people who lost their jobs, support for people on low incomes)	%	24.7	23.4	27.0	24.1
	Services for indigenous communities	%	5.3	6.0	5.7	4.3

2020-1636 – MHCC – Mental Health COVID-19 by Household Size – STAT SHEET

Thinking of the mental health of people in Canada A YEAR FROM NOW, please rank the top three priorities where 1 is the most important priority A YEAR FROM NOW, 2 the second most important priority and 3 the third most important priority [RANDOMIZE]

				People in household		
			Canada 2020-04	One	Two	Three or more
Question – Rank 1	Total	Unwgt N	1018	331	306	381
		Wgt N	970	330	294	346
	Keeping the economy healthy, so people have jobs and enough income to provide for the basics of life	%	39.7	41.0	38.4	39.6
	Having access to tools and resources to help keep myself and my family mentally and emotionally well, such as online resources and access to counselling	%	11.1	11.7	10.5	11.2
	The mental health of essential frontline service providers	%	13.1	10.8	16.2	12.6
	Good services for people living with mental illnesses, substance use problems, or are homeless	%	11.8	10.6	10.3	14.2
	Supporting organizations who help prevent mental health problems (such as with family violence, isolation and loneliness of older adults and disabled people, caregivers, people who lost their jobs, support for people on low incomes)	%	20.8	21.8	21.3	19.3
	Services for indigenous communities	%	3.5	4.0	3.3	3.1

2020-1636 – MHCC – Mental Health COVID-19 by Household Size – STAT SHEET

Thinking of the mental health of people in Canada A YEAR FROM NOW, please rank the top three priorities where 1 is the most important priority A YEAR FROM NOW, 2 the second most important priority and 3 the third most important priority [RANDOMIZE]

				People in household		
			Canada 2020-04	One	Two	Three or more
Question – Rank 2	Total	Unwgt N	979	318	297	364
		Wgt N	935	318	285	333
	Keeping the economy healthy, so people have jobs and enough income to provide for the basics of life	%	16.5	11.7	19.1	19.0
	Having access to tools and resources to help keep myself and my family mentally and emotionally well, such as online resources and access to counselling	%	14.3	14.6	14.5	13.8
	The mental health of essential frontline service providers	%	16.7	20.8	15.8	13.6
	Good services for people living with mental illnesses, substance use problems, or are homeless	%	17.6	16.8	16.2	19.5
	Supporting organizations who help prevent mental health problems (such as with family violence, isolation and loneliness of older adults and disabled people, caregivers, people who lost their jobs, support for people on low incomes)	%	29.7	29.2	31.6	28.6
	Services for indigenous communities	%	5.1	6.9	2.7	5.5

2020-1636 – MHCC – Mental Health COVID-19 by Household Size – STAT SHEET

Thinking of the mental health of people in Canada A YEAR FROM NOW, please rank the top three priorities where 1 is the most important priority A YEAR FROM NOW, 2 the second most important priority and 3 the third most important priority [RANDOMIZE]

				People in household		
			Canada 2020-04	One	Two	Three or more
Question – Rank 3	Total	Unwgt N	926	300	283	343
		Wgt N	883	299	271	313
	Keeping the economy healthy, so people have jobs and enough income to provide for the basics of life	%	21.1	23.4	21.6	18.4
	Having access to tools and resources to help keep myself and my family mentally and emotionally well, such as online resources and access to counselling	%	15.0	16.3	12.6	15.9
	The mental health of essential frontline service providers	%	12.1	7.5	17.0	12.4
	Good services for people living with mental illnesses, substance use problems, or are homeless	%	21.6	24.6	21.1	19.2
	Supporting organizations who help prevent mental health problems (such as with family violence, isolation and loneliness of older adults and disabled people, caregivers, people who lost their jobs, support for people on low incomes)	%	22.4	21.9	19.4	25.6
	Services for indigenous communities	%	7.7	6.3	8.3	8.5

© NANOS RESEARCH

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,049 Canadians, 18 years of age or older, between April 25th and 27th, 2020. The margin of error this survey is ±3.1 percentage points, 19 times out of 20.

www.nanos.co

Page 18

2020-1636 – MHCC – Mental Health COVID-19 - CROSSTABS – STAT SHEET

			In the last month because of the Covid-19 outbreak have you felt stress never, almost never, occasionally, regularly or all the time?				
			Canada 2020-04	Almost never	Occasionally	Regularly	All the time
Question - What has been the primary reason for feeling stressed in the last month? [OPEN]	Total	Unwgt N	982	123	386	340	133
		Wgt N	938	115	372	324	127
	Worry about at-risk population	%	1.2	1.9	1.0	1.1	1.5
	Contracting or family members contracting the virus	%	25.9	14.0	26.2	29.0	28.2
	Finances/job security	%	18.7	20.2	17.4	17.6	23.7
	Feeling trapped/loss of freedom	%	8.2	10.4	9.3	7.3	5.0
	Lonely	%	3.9	5.3	4.5	3.5	2.0
	Work-related stress	%	8.1	4.2	9.1	8.3	8.2
	Uncertainty/fear of the unknown	%	8.7	3.4	8.4	9.5	12.5
	Childcare	%	3.3	3.1	2.6	4.4	2.9
	Media's constant coverage of the virus	%	2.7	3.7	2.0	3.4	2.0
	Stress of following guidelines/others not following guidelines	%	5.7	7.4	6.2	5.7	2.7
	Nothing/less stressed	%	2.1	12.0	1.6	0.0	0.0
	Lack of trust in government	%	1.4	2.4	2.0	0.3	1.6
	School related stress	%	1.1	3.3	0.8	0.3	1.7
	Other	%	9.2	8.7	9.2	9.7	8.1

NANOS

2020-1636 – MHCC – Mental Health COVID-19 - CROSSTABS – STAT SHEET

			Is your mental health today better, somewhat better, somewhat worse, worse or about the same as before the COVID-19 pandemic?						
			Canada 2020-04	Better	Somewhat better	Somewhat worse	Worse	About the same	Not sure*
Question - Why do you say that? [OPEN]	Total	Unwgt N	955	36	71	272	105	464	7
		Wgt N	918	33	64	267	101	446	8
	I don't usually have problems with mental health/good at dealing with problems/have faith	%	14.8	0.0	11.0	2.2	0.0	27.3	
	Worried about myself/family getting sick	%	6.4	0.0	0.0	13.7	11.0	2.4	
	Not able to do regular activities or socialize/I feel isolated	%	8.7	0.0	0.0	22.1	18.3	0.6	
	I already have mental health problems or anxiety/this makes it worse	%	7.2	0.0	0.0	11.2	17.0	4.0	
	Increased stress/uncertainty/sleep problems	%	12.3	0.0	0.0	27.7	25.6	3.0	
	Introvert/enjoy staying at home	%	3.7	10.8	11.1	0.4	0.0	5.0	
	I am following guidelines/trust government	%	3.5	8.3	5.6	0.0	0.0	5.8	
	I'm healthy and/or have no money problems	%	4.1	6.4	5.3	0.0	0.0	7.3	
	I have started new hobbies/I take care of myself	%	5.7	11.0	27.6	0.0	0.9	6.5	
	No significant change in my life/I can continue usual activities or work	%	12.1	3.3	4.0	0.0	0.0	23.8	
	A lot of people staying in my house/taking care of children all day	%	2.1	0.0	0.0	4.7	4.6	0.5	
	Less stress from work/less to worry about	%	3.5	39.6	20.5	0.0	0.0	1.4	
	Traded one stress for another	%	0.9	0.0	0.0	0.0	0.0	1.8	
	Financial problems/loss of job	%	4.0	0.0	0.0	7.3	11.9	1.2	
	I have support from others (family, friends)	%	1.5	2.8	2.5	0.0	0.0	2.6	
	My opinion/how I feel	%	1.7	0.0	1.4	0.3	0.0	2.8	
	Other	%	7.7	17.8	10.9	10.1	10.7	4.0	
	Unsure	%	0.1	0.0	0.0	0.4	0.0	0.0	

*Shaded due to small sample size