



# CMHA Mental Health During COVID-19 Ontario Survey



Canadian Mental  
Health Association  
Ontario

**pollara**  
strategic insights

Wave 2, August 2020

# Methodology

**Methodology:** On behalf of the CMHA, Pollara Strategic Insights conducted an online survey among a randomly-selected, reliable sample of **N=1,002** adult (18+) Ontario residents.

**Field Window:** July 23-August 2, 2020

**Reliability:** As a guideline, a probability sample of this size carries a margin of error of  $\pm 3.1\%$ , 19 times out of 20. The margin of error is larger for sub-segments. Although demographic and regional quotas were employed to ensure reliable and comparable sub-segment analysis, the data was weighted by the most current gender, age, & region Census data, to ensure the sample reflects actual population of adult Ontario residents. Discrepancies in total % are due to rounding.

	Wave 1		Wave 2	
Region	Number of Interviews	Margin of error	Number of Interviews	Margin of error
Toronto	200	$\pm 6.9\%$	200	$\pm 6.9\%$
905 <sup>GTA</sup> Belt	220	$\pm 6.6\%$	222	$\pm 6.6\%$
Hamilton-Niagara	133	$\pm 8.5\%$	133	$\pm 8.5\%$
North	81	$\pm 10.9\%$	79	$\pm 10.9\%$
East	167	$\pm 7.6\%$	168	$\pm 7.6\%$
Southwest	200	$\pm 6.9\%$	200	$\pm 6.9\%$
<b>Ontario</b>	<b>1,001</b>	<b><math>\pm 3.1\%</math></b>	<b>1,002</b>	<b><math>\pm 3.1\%</math></b>



# Summary of Results

**pollara**  
strategic insights

# Summary of Key Findings

## Mental Health Status

- Ontarians continue to rate their mental health positively with little change over the past few months. The number of Ontarians who report their mental health as having declined as a result of the lockdown is similar to April results, so while there has been no improvement, mental health has not continued to worsen.

## Access to Mental health Supports

- After an initial decline in the number of households seeking mental health support following the outbreak, more households are now accessing support, although still not as many as before the COVID-19 breakout. Ontarians are feeling more confident than they were in April that they can access mental health supports if needed.

## Impact of COVID-19

- Overall, COVID-19 continues to have a relatively strong impact on the lives of Ontarians, although this impact has lessened over the past few months. Ontarians also believe the impact of COVID-19 on mental health is less than it was in Wave 1 of the survey. That said, most continue to believe that as the outbreak wears on, the strain on mental health could potentially lead to a crisis in the province.

## Productivity

- Productivity has not changed since Wave 1 of the survey. Ontarians continue to feel productive working from home and productive in the house. Fewer Ontarians feel they are productive when it comes to their physical health and to getting enough exercise.

## Concerns as Ontario enters Stage 3

- As Ontario enters Stage 3, Ontarians are still worried about the spread of COVID-19 leading to a second wave of the virus and potentially another lockdown. Ontarians are worried that reliance on individuals to follow safety guidelines to limit the spread of the virus will not be effective.
- As the school year approaches, parents' first priority is keeping their children healthy and not exposing them to the virus. They trust their own children but are worried about others not following social distancing guidelines. Sending children to school and homeschooling both raise concerns for parents. If schools do not reopen, parents worry about their children's mental health, how well they'll learn at home and their own ability to provide support. Opening schools raises the possibility of coming into contact with the virus and the challenge of learning in an environment with social distancing. It also elevates the anxiety of both children and parents.

# Ontarians continue to be positive about their mental health with no indications that it has worsened in the past few months

Since April, Ontarians continue to be positive about both their physical and mental health. Most report their health as being good to excellent and very few report poor health. A majority continue to say the outbreak has had no impact on their health and the proportion who believe their health to have worsened since the outbreak has not increased. Levels of stress, anxiety and depression remain at similar levels as a few months ago, with stress and anxiety considered high. However, there has been a downward shift in the number of Ontarians reporting moderate anxiety to low anxiety, a positive trend worth monitoring.

- Although Ontarians are positive about both their physical and mental health, they are more likely to rate their mental health as very good or excellent. In this wave, the number of Ontarians describing their mental health as very good or excellent decreased by 4% and while not significant, this is a trend worth monitoring.
- Similar to the April findings, a third of Ontarians feel their mental health has declined because of COVID-19 compared to only a quarter reporting a decline in physical health.
- Despite the greater decline in mental health and raised levels of stress and anxiety, Ontarians are still more concerned about their physical health.
- A third of Ontarians continue to experience high levels of stress and anxiety. The only positive change is a significant increase in the number of Ontarians reporting low levels of anxiety rather than moderate.
- Ontarians continue to believe that as the outbreak wears on, there will be a strain on mental health that could turn out to be a crisis. That said, only two-fifth of Ontarians are worried about the mental health of family and friends as Ontario enters Stage 3.

# In Wave 2, more Ontarians are accessing mental health supports and confidence in finding support has grown

**The number of Ontario households accessing mental health supports increased between April and July but not to the level of access prior to the outbreak. Given the levels of stress and anxiety and the greater number of individuals reporting a decline in mental health versus physical health, this suggests a continued gap between need and access in mental health supports.**

- Prior to the outbreak, a fifth of Ontarians reported having accessed mental health supports. Following the outbreak, the number declined significantly to one in ten in the first month of lockdown, but has grown in the past few months by 5% although not to pre COVID-19 numbers.
- Confidence in finding mental health supports during this outbreak has grown since the April survey, with half of Ontarians now feeling confident in finding these supports.
- In addition, close to three-quarters of Ontarians accessing these supports now say this is easier than it was a few months ago. However, two-fifths of the general population believe it is very difficult to get mental health supports in their community.
- While a majority continue to find these supports helpful, the percentage had dropped (by 4%) and while not significant, it's a trend worth watching as more Ontarians seek out support.
- Substance consumption (such as alcohol or cannabis) as a means of coping increased for a fifth of Ontarians following the outbreak. Substance use has not yet declined to pre COVID-19 levels, with a fifth still saying they are consuming more than before the outbreak.

# COVID-19 is still having an impact on Ontarians' lives but the impact has lessened in the past few months

The majority of Ontarians continue to feel the COVID outbreak has had an impact on their lives but the strength of the impact has decreased since April. This decline can be seen across several areas including impact on their personal lives, the lives of their families and the mental health of themselves, those close to them and Canadians as a whole. Despite this, the level of concern over the long-term impact this will have on both the older and younger generations has not changed since April.

- While the vast majority of Ontarians continue to feel the COVID-19 outbreak has had an impact on their lives, this impact is waning as the province moves into Stage 3. Almost four-fifths feel they have been impacted, with a third saying there has been a strong impact. This is down from 84% who felt impacted and 41% who felt it was a strong impact in April.
- In addition, the concern regarding the impact it is having on their family has lessened, with three quarters (73%) saying they are worried (down from 79%) and 19% very worried (down from 29%).
- And close to half of Ontarians feel the impact of COVID is less now than it was in March, while a third say there is more impact now and a third feel the impact hasn't changed.
- While Ontarians continue to feel this outbreak will have negative impacts on the mental health of themselves, of those close to them and of Canadians as a whole, they feel somewhat less strongly about this impact. Seven-in-ten believe it will have a negative impact on the mental health of Canadians (down 5 points since April), while 54% feel it will have a negative impact on extended family (down 5%), 48% on family in their household (down 7%) and 52% a negative impact on themselves (down 6%).
- Despite this, Ontarians continue to worry about the long term impacts the virus will have on the older generation (86%) as well as the younger generation (71% - no change since April).

# Ontarians are productive at work and home and enjoy household relationships

**Ontarians have managed to stay productive during this outbreak, with tasks around the home as well as being productive while working from home. Relationships in the household have improved but fewer are connecting with friends/ family outside the home.**

- While not all Ontarians agree, in general most feel they have been able to be productive during this outbreak. Almost half say they have been more productive when it comes to getting things done around the house (48% compared to 27% who are less productive) and working from home (43% compared to 38% who feel less productive) although the gap in productivity was down slightly in the summer weather (41% compared to 38% who feel less productive).
- However, Ontarians feel they have been less productive when it comes to taking care of their physical health (42% less productive, 32% more productive) or connecting with friends or family (43% less productive, 32% more productive).
- Ontarians are still not connecting well with those outside their household, with 48% saying the quality time they spend with these people has worsened while 28% say it has improved, unchanged since April. The amount of quality time they spend with those in the home continues to increase with COVID, with 46% saying it is higher than it was before the outbreak (up 6%).
- That said, Ontarians are now less in need of someone to talk to about what is worrying them (34%, down from 41% in April).

# As Ontario moves into Stage 3, Ontarians continue to be worried about a second wave and the potential for another lockdown

Despite a slight reprieve in the negative impact of COVID and the drop in cases, most Ontarians are still concerned that they or someone they love will catch the virus. A vast majority of Ontarians have concerns about the spread. They feel that changes are coming too quickly and that safety during Stage 3 relies too heavily on individuals following the guidelines.

- COVID numbers decreasing and the province moving into Stage 3 reopening has done little to alleviate the concerns of Ontarians. Three-quarters are concerned that friends or family members may catch COVID or that the physical health and wellness of friends or family will be affected, while a majority continue to worry that they may catch it, that they may lose a family member or friend or that it may impact their physical health and wellbeing. Concerns remain about the impact on mental health, with 66% being concerned about the mental health of friends or family members and 55% being concerned about their own mental health.
- Ontarians have concerns over the move to Stage 3, with most worried that a second wave will put us back where we started, and that COVID cases will increase as businesses reopen. A majority are worried about the possibility of more people getting sick in a second wave and that will we have to go back into lockdown. Only one-third believe we have gotten through the worst and will soon be back to normal.
- There are also concerns over how seriously people are taking the threat. Most are worried that people in Ontario are not following social distance protocols and that people are becoming relaxed too quickly. A majority are worried that people they know are not following protocols.

# As Ontario moves into Stage 3, Ontarians are worried about the education of their children

Parents have a lot to contend with as we approach the new school year, and no solution addresses their concerns. When thinking about their child going back to school, the majority are concerned that protocols may not be followed and that their children might get sick. But when thinking of their child staying home, they are concerned about their ability to provide the educational supports necessary to allow for virtual learning. Regardless of whether their child goes back to school or not, parents are worried about their mental health: either in the form of their mental health when continuing to be in locked down or in the form of their anxiety going back to school.

- Parents have a great deal of concern when it comes to the future of their children's education. When returning to school in September, the vast majority are concerned that their child will contract COVID themselves or will bring it home and infect others in the household, and that other children will not follow the social distance protocols. Parents are also concerned about their child's ability to learn in a classroom with social distance protocols.
- Parents also have worries in the case of their children not returning to school. Parents are concerned about the ability to provide their children the support they need, to motivate their child to be productive at home, to provide the educational support they need and to handle homeschooling along with work responsibilities. They are also concerned about their child's ability to learn at home.
- Regardless of the school decision, parents are also worried about the issues this will cause to their child's and their own mental health. Almost seven-in-ten are concerned about their child's mental health if school does not start. However, a similar number are worried about their child's and their own anxiety if they do go to school.



# Results in Detail

**pollara**  
strategic insights



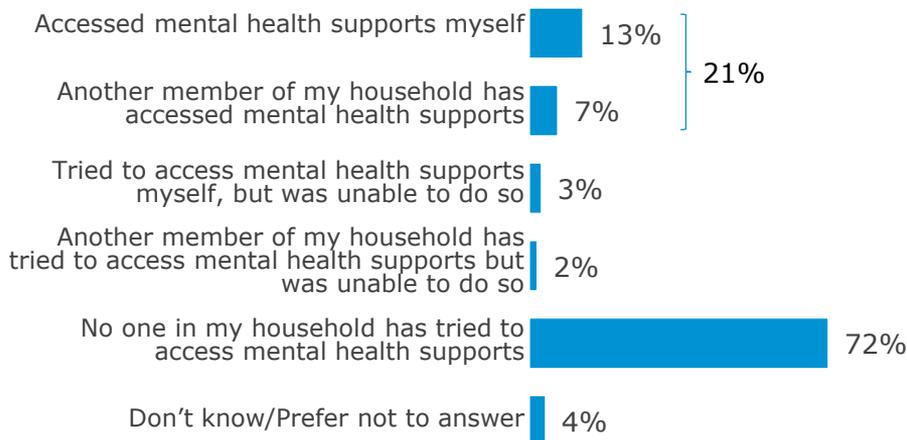
# Current Physical and Mental State of Ontarians

**pollara**  
strategic insights

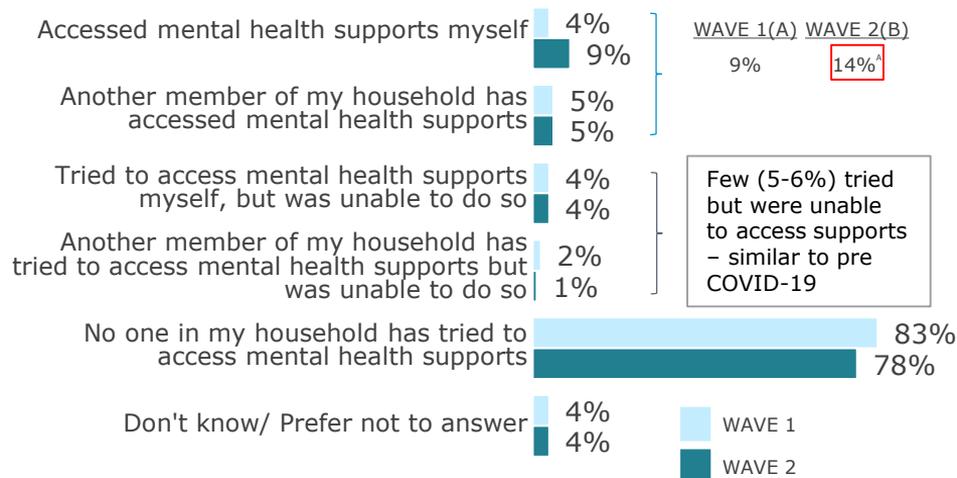
# More Ontarians are now accessing mental health supports although not as many as before the outbreak

- Following the outbreak, the number of households accessing mental health support declined significantly to only one in ten (from 21% to 9% - a decrease of 12%). By July, 14% of households report seeking support, a small but significant increase of 5% since April, although still fewer than pre COVID-19 levels.
- The percentage of Ontario households that report that no one in the household tried to access support since the outbreak declined significantly since April (83% to 78%) although this is still higher than pre COVID-19 numbers (72% of households) indicating fewer households are trying to access support.
- Profile of Ontarians accessing support:** Younger (18-54); negative health indicators; Increased use of substances; Have accessed supports prior to the outbreak.

## BEFORE COVID-19 OUTBREAK



## POST COVID-19 OUTBREAK



Base: (Wave 1 N=1,001; Wave 2 N=1,002)

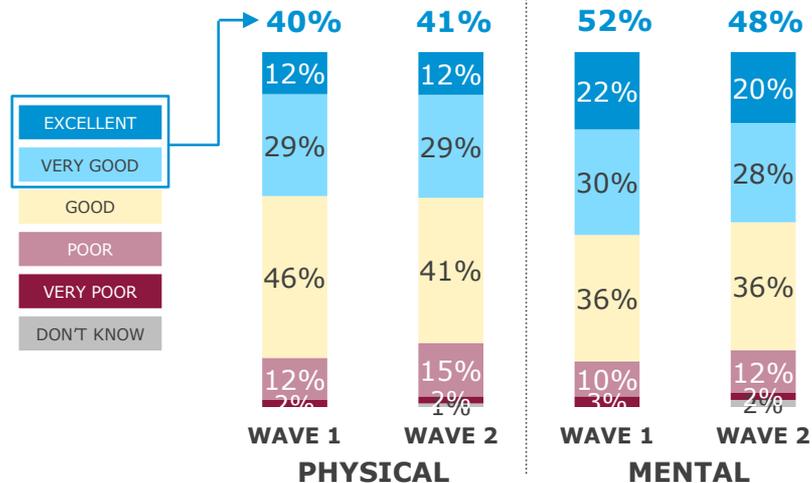
Q8. Have you, or has anyone in your household tried to access any kind of mental health supports (such as therapists, support groups, help lines, etc.) in the past 12 months, but before the Coronavirus (COVID-19) outbreak? | Q9. Have you, or has anyone in your household tried to access any kind of mental health supports (such as therapists, support groups, help lines, etc.) since the Coronavirus (COVID-19) outbreak?

Significant change although small base sizes ■

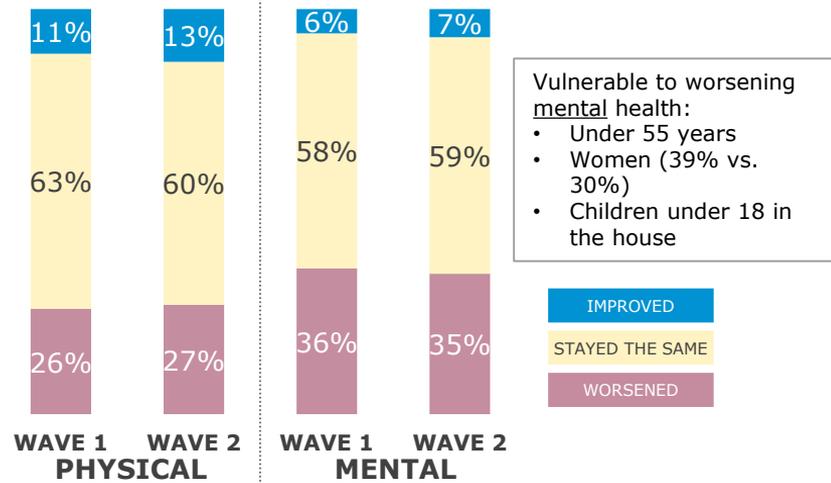
# Ontarians' perception of health status has changed little with most feeling positive about their health and no further decline in health as Ontario enters Stage 3

- Similar to Wave 1, half (48%) of Ontarians rate their mental health very good or excellent, significantly higher than self-reported physical health (only two-fifths (41%) report very good or excellent health). However, ratings of mental health declined by 4% and although not significant, it is a trend worth watching as Ontario heads into Stage 3.
- While a majority of Ontarians say both their mental and physical health has remained the same since COVID-19, more than a third (35%) of Ontarians continue to report that their mental health has worsened, significantly higher than the quarter (27%) who say their physical health has worsened.
- Men are more likely than women to rate their mental health very good to excellent (53% vs. 43%).

## CURRENT STATE OF HEALTH



## IMPACT OF COVID-19 ON HEALTH



Base: (Wave 1 N=1,001; Wave 2 N=1,002)

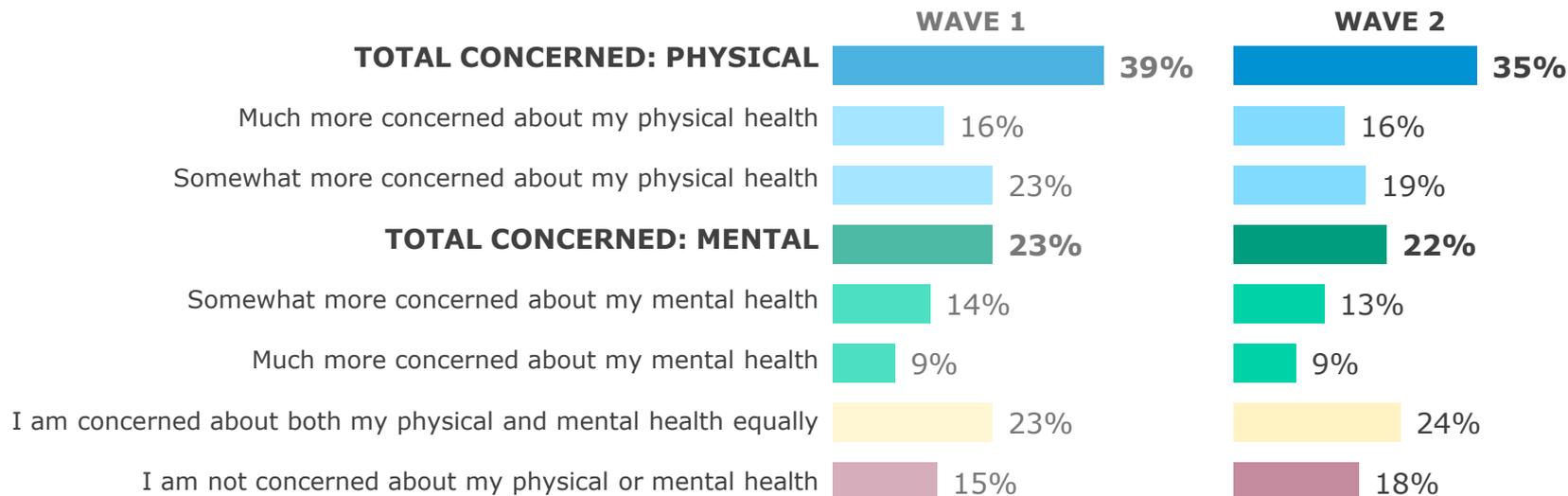
Q1. How would you rate your current level of physical and mental health?

Q2. And would you say your health has improved, worsen or stayed the same since the Coronavirus (COVID-19) outbreak in Canada?

# Ontarians remain more concerned about their physical health despite perception that mental health has declined more than physical since the outbreak

- Similar to Wave 1, only a fifth (22%) of Ontarians are most concerned about their mental health while significantly more (35%) prioritize their physical health.
- A quarter (24%) continue to be concerned about both physical and mental health while less than a fifth have no health concerns.
- **Ontarians prioritizing mental health:** Younger Ontarians; Children in the house under 18; Feel their mental health is worsening.

## CONCERN ABOUT PHYSICAL VERSUS MENTAL HEALTH



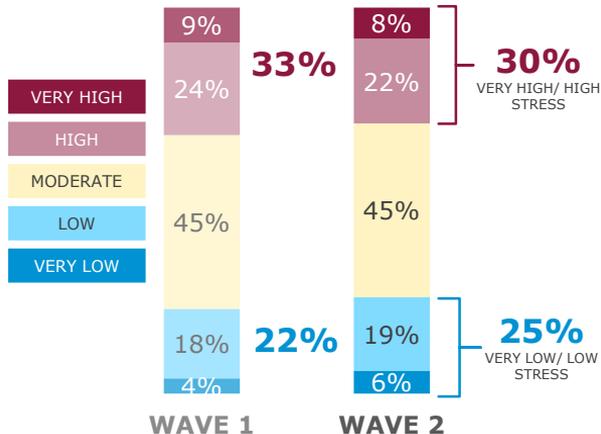
Base: (Wave 1 N=1,001; Wave 2 N=1,002)

Q6. Currently, are you more concerned about your physical health or your mental health?

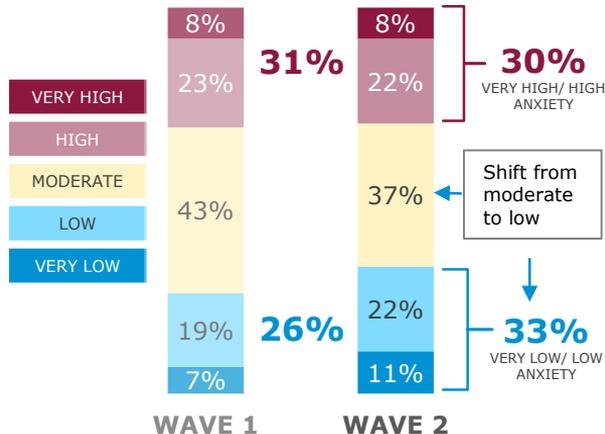
# The number of Ontarians reporting high levels of stress, anxiety and depression has changed little over the past few months

- Similar to Wave 1, a third of Ontarians report high to very high levels of stress (30%) and anxiety (30%) and lower levels of depression (only 14% are depressed almost always or very often).
- On a positive note, reported levels of moderate anxiety decreased by 6% between April and July as significantly more Ontarians reported low to very low levels of anxiety (an increase of 7%).
- **Vulnerable to stress and anxiety:** Younger (below 55 years); Employed Ontarians.

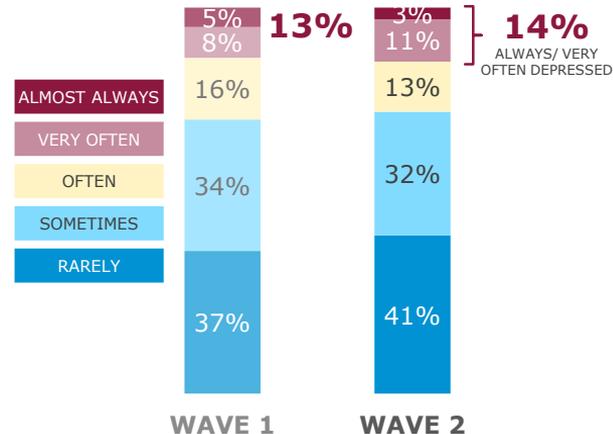
**Stress** is defined as a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances. People can experience stress when the demands placed on them strain their ability to cope



**Anxiety** is defined as an emotion characterized by feelings of tension and worried thoughts



**Depression** has been described as feelings of sadness, loss, or anger that interfere with a person's everyday activities



Base: (Wave 1 N=1,001; Wave 2 N=1,002)

Q3. How would you categorize your stress levels this past week? Would you say that, on the whole, your stress levels are...

Q4. How would you categorize your anxiety levels at this time? Would you say that, on the whole, your level of anxiety is...

Q5. How would you categorize your feelings of depression at this time? Would you say that, on the whole, you are experiencing feelings of depression...



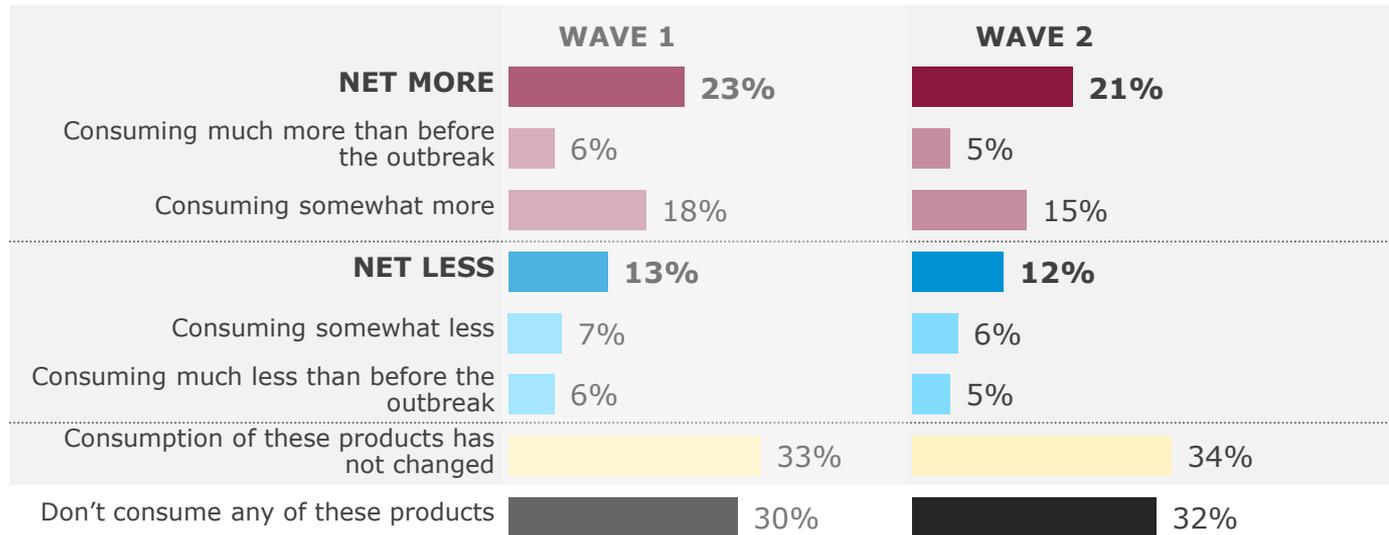
# Behaviour and Attitudes during the COVID-19 Outbreak

**pollara**  
strategic insights

# Changes in substance use remain constant and Ontarians have not shifted back to pre COVID-19 behaviours

- Similar to Wave 1, a fifth (21%) of Ontarians still report that they are consuming more substances, a third (32%) have not changed consumption habits and only a few (12%) are consuming less.
- **Vulnerable to substance use increases:** Younger (under 55 years); Children under 18 in the house; Low ratings on a number of health indicators including decline in mental and physical health.

## CONSUMPTION DURING OUTBREAK



Base: (Wave 1 N=1,001; Wave 2 N=1,002)

Q7. Please consider your personal consumption of substances such as alcohol, tobacco, marijuana or other recreational drugs. Would you say you are consuming more or less of these substances now, during the Coronavirus (COVID-19) outbreak than you did before the outbreak? Are you...



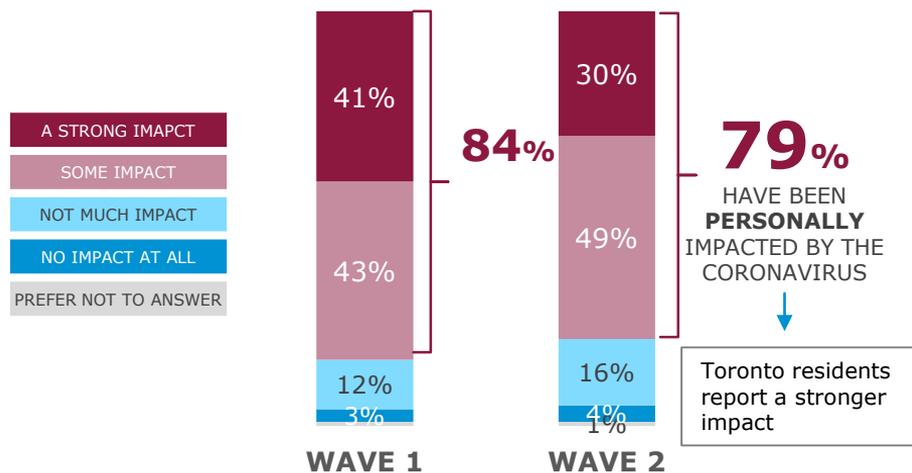
# Impacts and Concerns due to COVID-19 Outbreak

**pollara**  
strategic insights

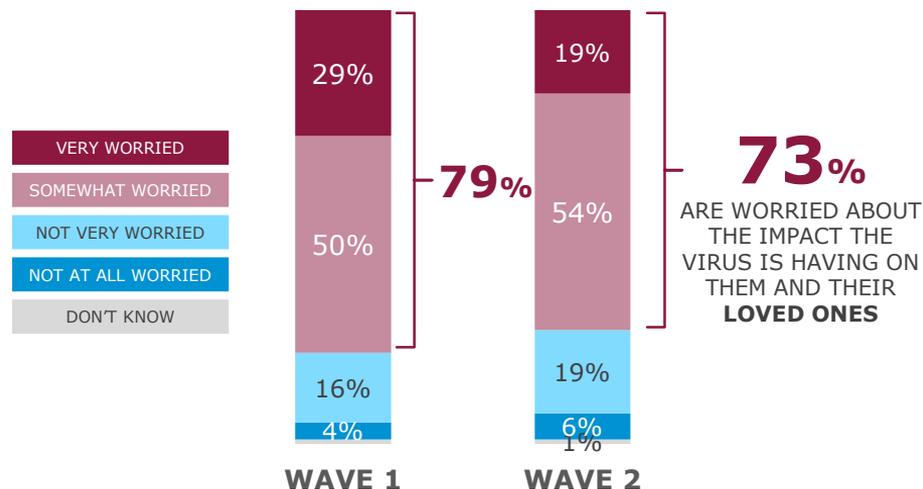
# Although Ontarians continue to feel the impact of COVID-19 on their lives the impact has lessened over the past few months

- Although a majority of Ontarians continue to say that the COVID-19 outbreak is having an impact on them, the proportion has decreased by 5% overall (from 84% to 79%) with the largest decrease in the number of Ontarians who would describe the impact as strong (a significant decrease from 41% to 30%).
- As well, worry about the impact of the outbreak on family has decreased significantly from 79% to 73%, with the biggest shift among those who described themselves as very worried in April (from almost a third (29%) to a fifth).
- **Vulnerable to impact and worry:** Women; Low ratings on a number of health indicators including physical and mental health and feeling health has worsened.

## IMPACT of COVID-19



## PERSONAL AND FAMILY IMPACT



Base: (Wave 1 N=1,001; Wave 2 N=1,002)

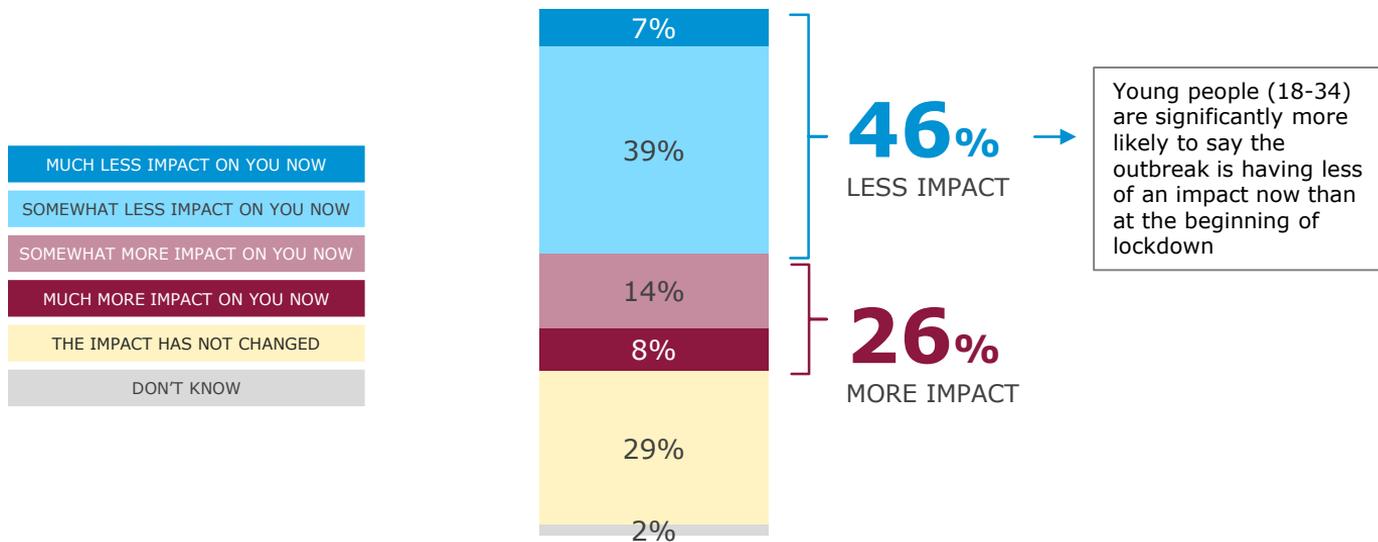
Q12. Today, we would like to understand the impact the Coronavirus (COVID-19) outbreak is having on you personally. Overall, to what extent would you say the Coronavirus (COVID-19) outbreak has impacted how you live your life? Has it had...

Q13. Overall, how worried are you about the impact the Coronavirus (COVID-19) outbreak is having on you and your loved ones?

# As the province prepares for Stage 3, COVID-19 is having less of an impact compared to lockdown

- Close to half (46%) of Ontarians say that as the province moves into Stage 3, COVID-19 is having less of an impact on their lives. Only a quarter (26%) say that COVID-19 is having more of an impact now.
- Another third say the impact of COVID-19 has not changed as the province is moving into Stage 3.

## IMPACT AT PHASE 3 COMPARED TO LOCKDOWN

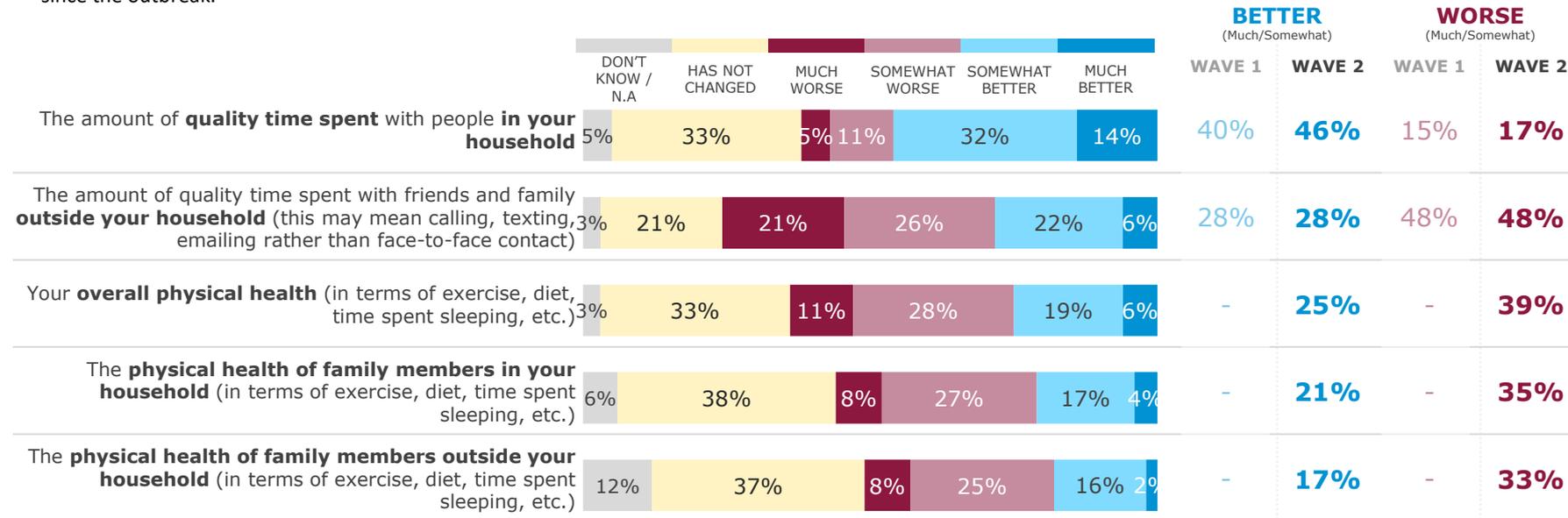


Base: (Total N=1,002)

**Q12W2.** As much of Ontario either has moved or is preparing to move into Stage 3 of re-opening, how would you rate the impact COVID-19 is having on your life right now, compared to the impact it had on you when the lock down first happened in March. Would you say COVID-19 has...

# Quality time at home has improved for Ontarians while time with friends and physical health has worsened

- Close to half (46%) of Ontarians report that the quality time with their household has improved since the outbreak, a small but significant increase since the April Wave 2 survey (Up 6% from 40%).
- Ontarians are not as positive about the impact of COVID on other aspects of their lives: Since Wave 1 in April, half (48%) still rate quality time spent with friends and family outside the household as worse.
- And the physical health of themselves (39% vs. 25%), family members within the household (35% vs. 21%) and outside the household (33% vs. 17%) has worsened since the outbreak.

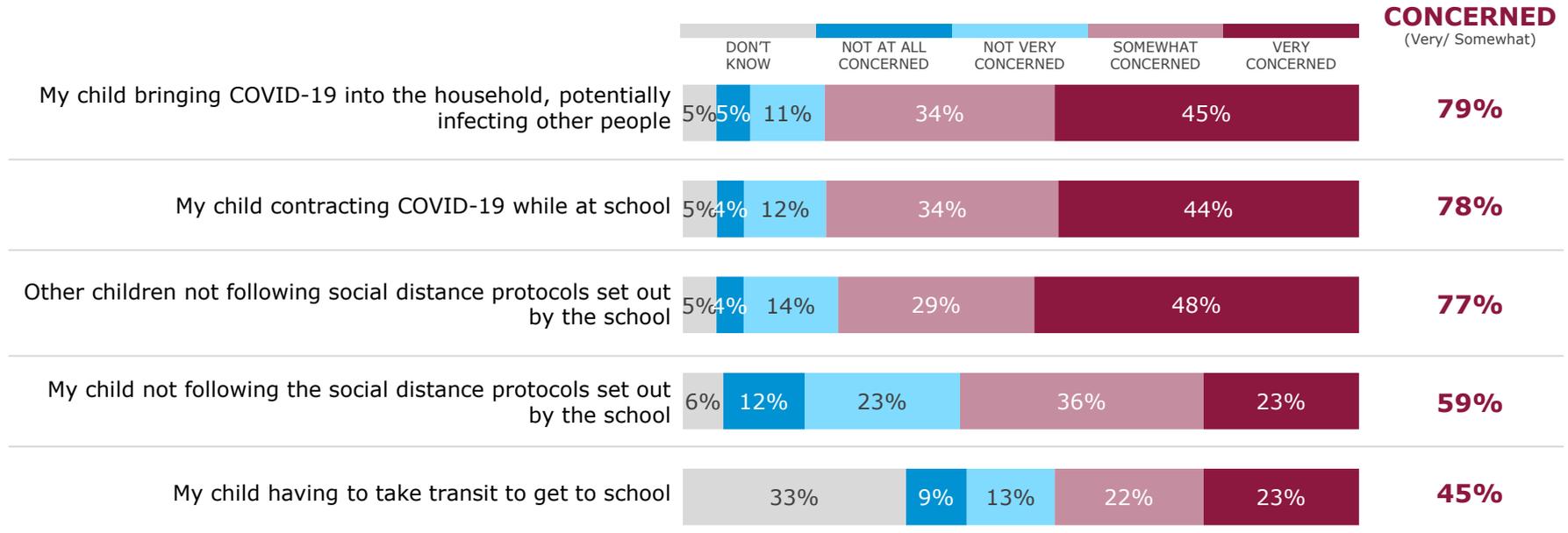


Base: (Wave 1 N=1,001; Wave 2 N=1,002)

Q16. Would you say each of the following has gotten better or worse due to the Coronavirus (COVID-19) outbreak? Has each gotten...

# With the school year approaching, parents' priority is keeping children safe from COVID-19

- Most parents are concerned that if their child returns to school in September they will contract COVID-19 (78%) and infect others in the household (79%).
- Parents trust their children and are more concerned about other children not following social social distance rules (77%) rather than their own child (59%).
- Fewer parents, less than half (45%), are concerned about public transit with a third (33%) unsure and only a fifth (21%) not concerned.

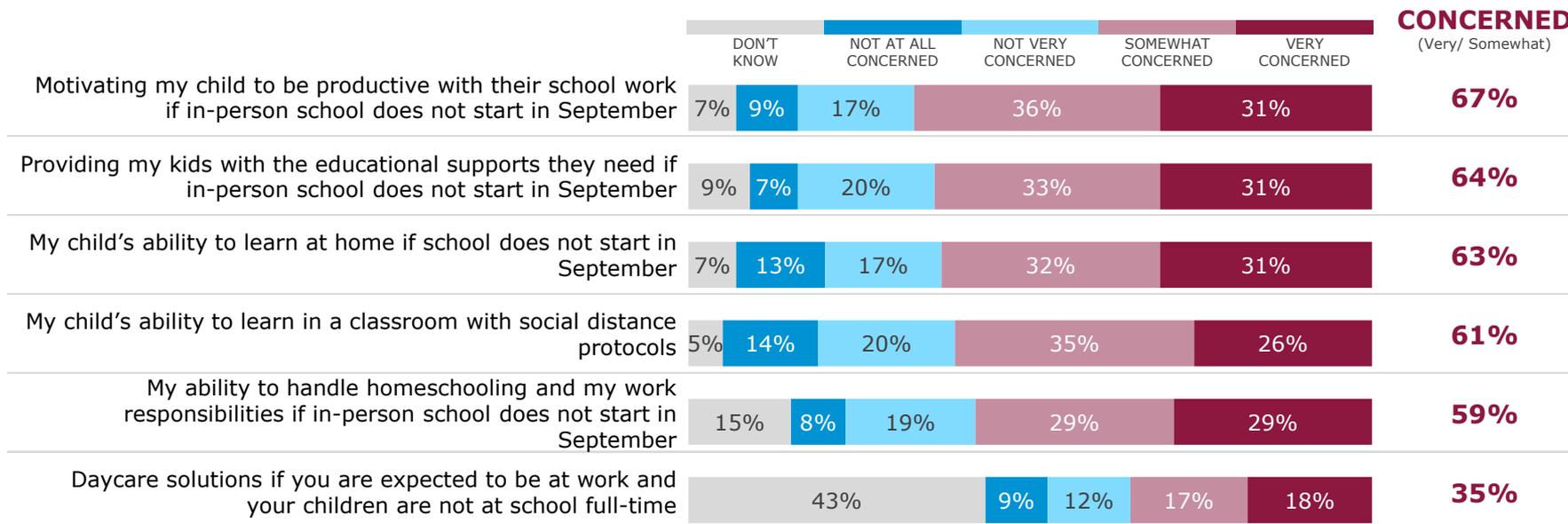


Base: (Total N=255)

Q14. You mentioned that you have children who should be attending school in September. How concerned are you about each of the following aspects of your child(ren)'s potential return to the classroom. If the situation does not apply to your family, please choose not applicable.

# Education presents learning challenges for children and parents both at home and in school

- Parents have concerns about both home schooling and sending children to school. If schooled at home they are concerned about their child's motivation and productivity in the home environment (67%), providing educational support at home (64%) and the ability of their child to learn at home (63%). A majority (59%) are also concerned about their own ability to handle home schooling.
- If children return to school, a majority (61%) of parents are concerned that social distance protocols could have a negative impact on a child's ability to learn.
- Only a third (35%) of Ontarians are concerned about daycare although it should be noted that two-fifths are unsure.

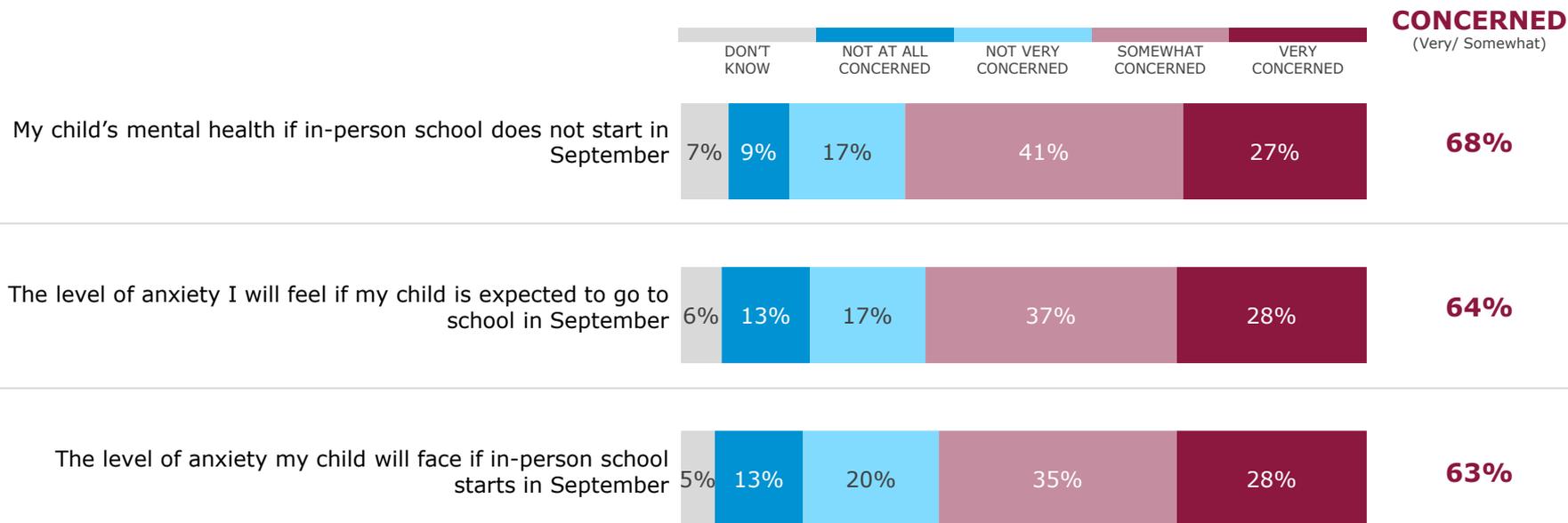


Base: (Total N=255)

Q14. You mentioned that you have children who should be attending school in September. How concerned are you about each of the following aspects of your child(ren)'s potential return to the classroom. If the situation does not apply to your family, please choose not applicable.

# Parents believe children's mental health could suffer regardless of a school or home education environment

- A majority (68%) of Ontario parents are concerned about the mental health of their child if schools do not open in September – only a quarter (26%) are not concerned.
- However, a majority of parents are also anxious about their child returning to school in September (64%) and believe their children would be anxious as well (63%).



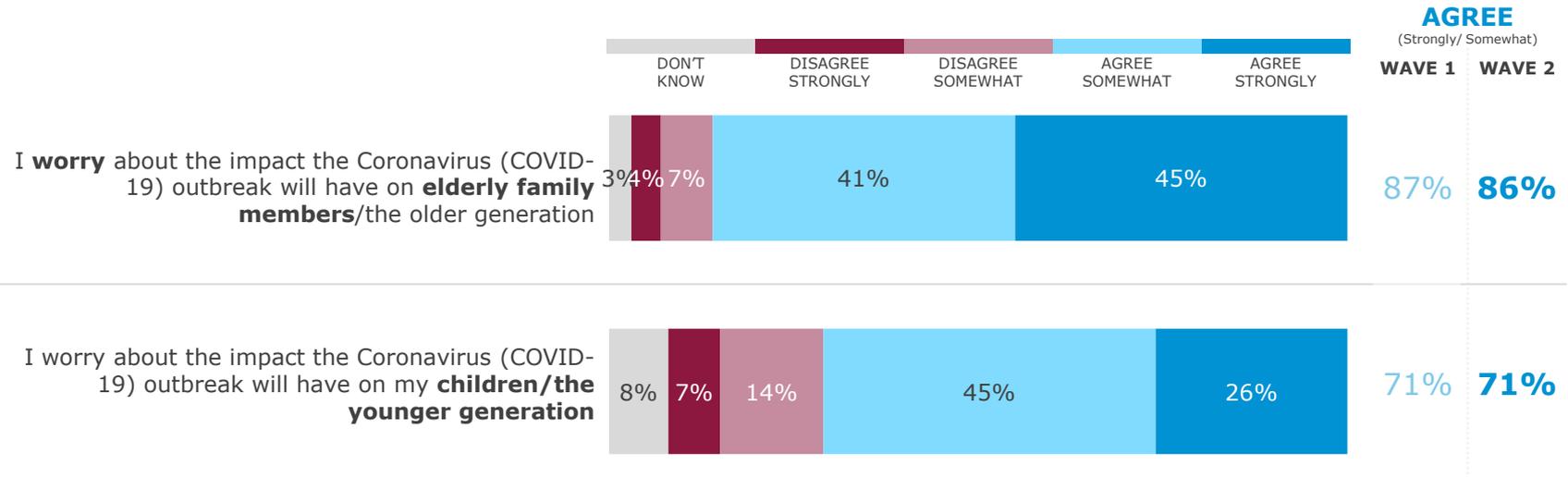
Base: (Total N=255)

Q14. You mentioned that you have children who should be attending school in September. How concerned are you about each of the following aspects of your child(ren)'s potential return to the classroom. If the situation does not apply to your family, please choose not applicable.

# Ontarians continue to be worried about the long-term impact of COVID-19 on the elderly and young people

- Similar to Wave 1, most (86%) of Ontarians are worried about the impact of COVID-19 on the older generation (87%).
- Although Ontarians are most concerned about the older generation (86%), a majority (71%) remain worried about the impact the pandemic will have on the younger generation.

## IMPACT OF COVID-19 ON GENERATIONS

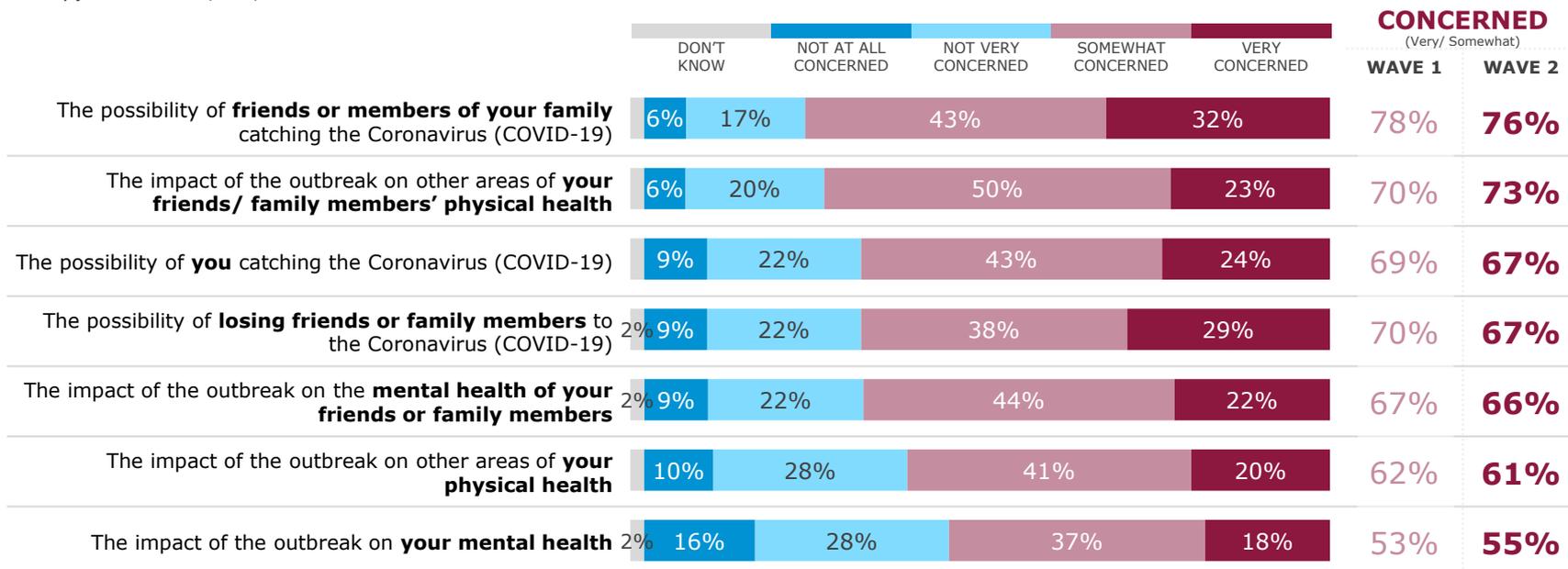


Base: (Total Wave 1 N=1,001; Wave 2 N=1,002)

Q15. To what extent do you agree or disagree with each of the following statements.

# Fears that COVID-19 could potentially impact the health of friends/ family is not lessening as Ontario enters Stage 3

- Consistent with the findings from Wave 1, a majority of Ontarians remain concerned about the possibility of friends/ family members (76%) or themselves (67%) catching the virus and the impact of the virus on the physical health of friends/ family members (73%).
- Even though the province is heading into Stage 3 and numbers are down, a majority (67%) are still worried about losing friends or family to the virus.
- Although significantly lower than physical health, a majority (66%) of Ontarians continue to be concerned about the mental health of friends and family members.
- Only just over half (55%) of Ontarians are concerned about their own mental health.

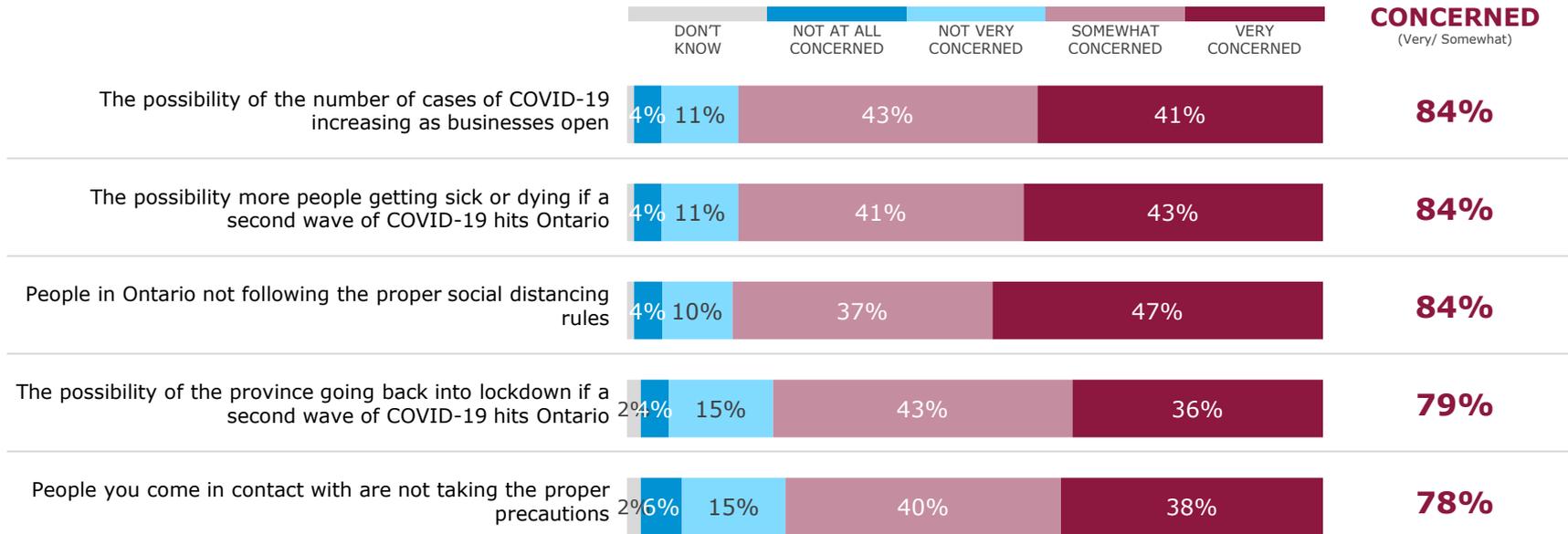


Base: (Wave 1 N=1,001; Wave 2 N=1,002)

Q13. How concerned are you about each of the following due to the Coronavirus (COVID-19) outbreak?

# As the province moves into stage 3, Ontarians are concerned about a second wave of COVID-19 and the reliance on individuals to limit spread by following guidelines

- Most Ontarians are concerned about the impact of COVID-19 as Stage 3 approaches. They are most concerned about cases increasing as businesses reopen (84%), a second wave (84%) and people not following proper social distancing rules (84%).
- Eight in ten are also concerned about another lockdown (79%) and people not taking precautions (78%).



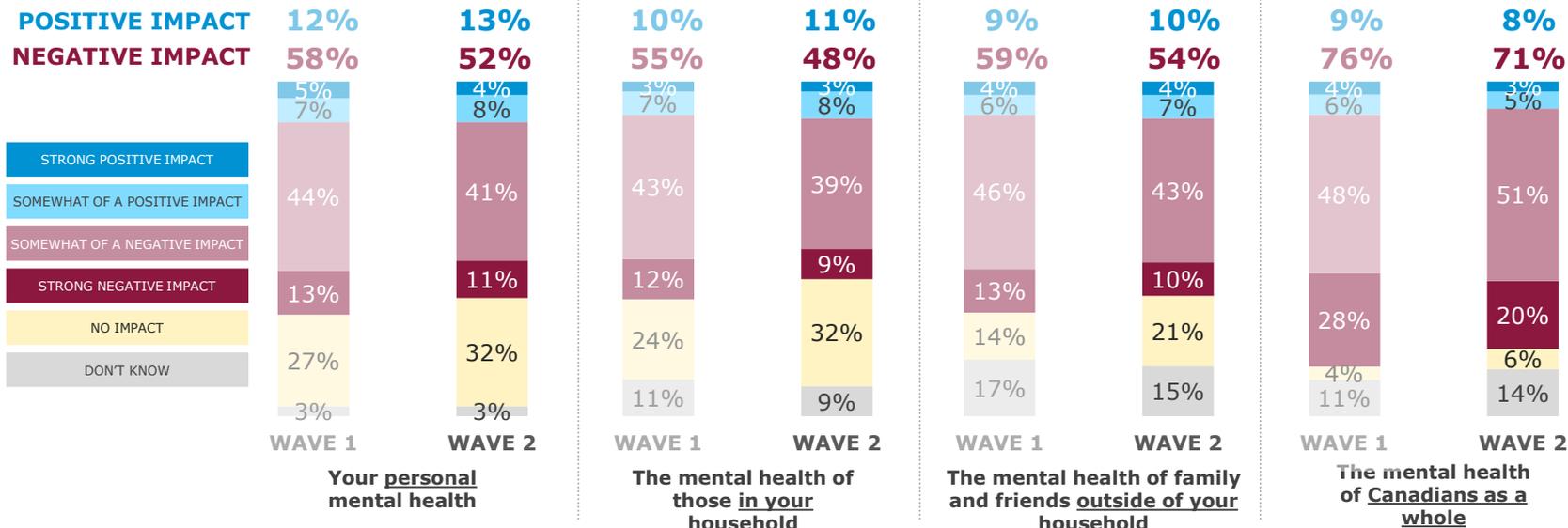
Base: (Total N=1,002)

Q13. How concerned are you about each of the following due to the Coronavirus (COVID-19) outbreak?

# Ontarians believe the negative impact of COVID-19 on mental health is declining

- Overall, Ontarians are still more likely to feel that COVID-19 is having a negative impact on mental health than a positive impact or no impact at all. Seven in ten (71%) feel the outbreak is having a negative impact on the mental health of all Canadians. And about half feel the impact has been negative on them personally (52%), those in their household (48%) and family and friends (54%).
- However, since Wave 1 in April, Ontarians are significantly less likely to feel the outbreak is having a negative impact on mental health: personal (6% decrease); household (7% decrease); family/ friends (5% decrease); and Canadians (5% decrease).

## IMPACT ON MENTAL HEALTH

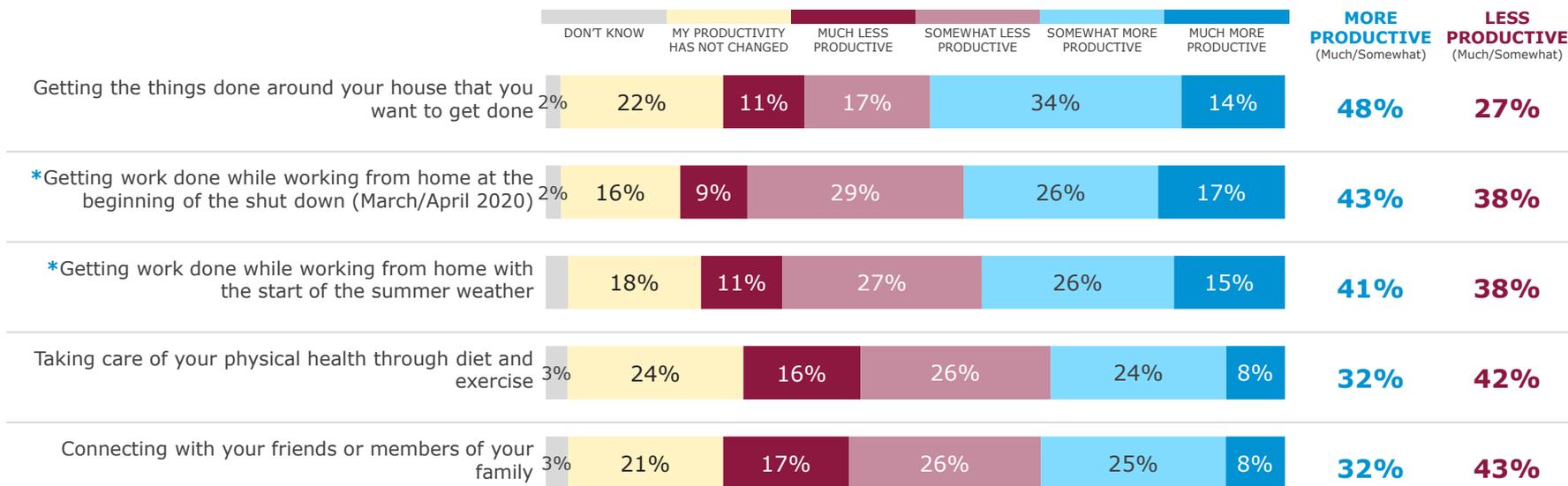


Base: (Wave 1 N=1,001; Wave 2 N=1,002)

Q18. To what extent do you feel the Coronavirus (COVID-19) outbreak is impacting the mental health of the following.

# Ontarians remain productive working from home and maintaining the household

- Since the outbreak Ontarians are more likely to feel productive when it comes to getting things done in the home (48% vs. 27%).
- When working from home, Ontarians were slightly more likely to feel productive in March/ April (43% vs. 38%, a gap of 5%) but at the start of the summer, the productivity gap is smaller (41% vs. 38%, a gap of 3%).
- Two-fifths of Ontarians report that they are less productive when it comes to taking care of physical health (42%) and connecting with friends and family (43%) compared to only a third who feel more productive in both of these areas.



Base: (Total N=1,002) \*Those working from home N=287

Q17. Since the COVID-19 outbreak in Ontario, would you say you have been more or less productive with the following aspects of your life, compared to before the COVID-19 outbreak?



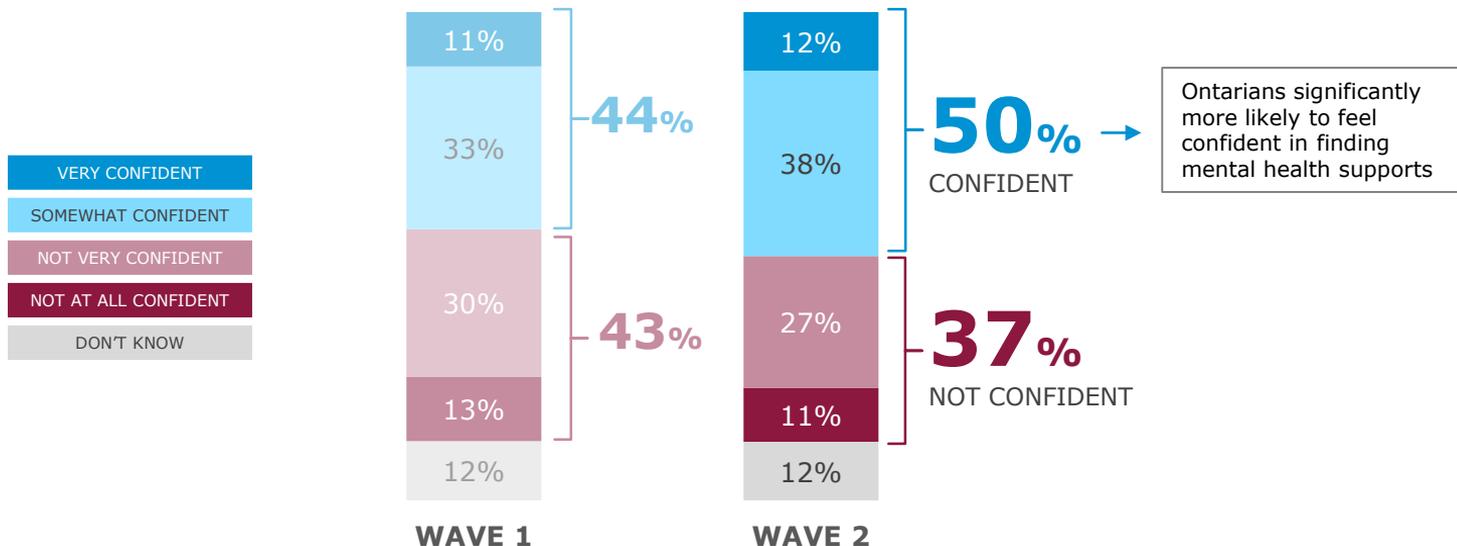
# Access to Mental Health Support during the COVID-19 Outbreak

**pollara**  
strategic insights

# Ontarians are now more confident in finding mental health supports than earlier in the outbreak

- In Wave 2, half (50%) of Ontarians feel confident that they would be able to find mental health supports for themselves or family members if needed, a significant increase of 6% since Wave 1 in April.
- Although Ontarians are more confident than when the outbreak began, close to two fifths (37%) are not confident that they could find mental health supports.

## CONFIDENCE IN FINDING MENTAL HEALTH SUPPORTS DURING COVID-19 OUTBREAK

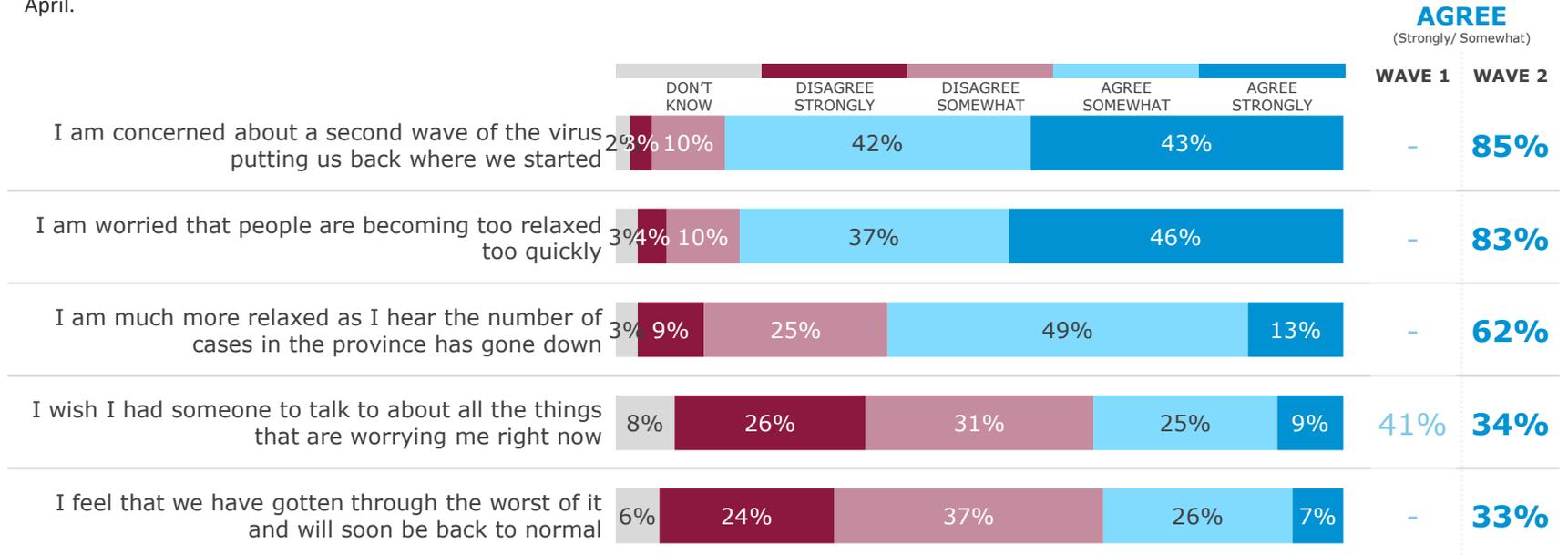


Base: (Wave 1 N=1,001; Wave 2 N=1,002)

Q19. If you or your friends/family members were experiencing mental health issues as this time, to what extent would you feel confident in finding mental health supports to help them during this Coronavirus (COVID-19) outbreak?

# As Ontario enters Stage 3 most Ontarians are concerned about a second wave and are worried about people not taking the threat seriously

- Although a majority take comfort as the number of cases decreases (62%), by far most Ontarians are concerned about a second wave of the virus (85%) and worry people have become too relaxed (83%).
- In addition, only a third (33%) believe the worst is over, reinforcing concerns about a second wave.
- As the number of cases decrease, a third (34%) of Ontarians wish they had someone to talk to about their concerns, a significant decline (By 7% from 41%) since April.



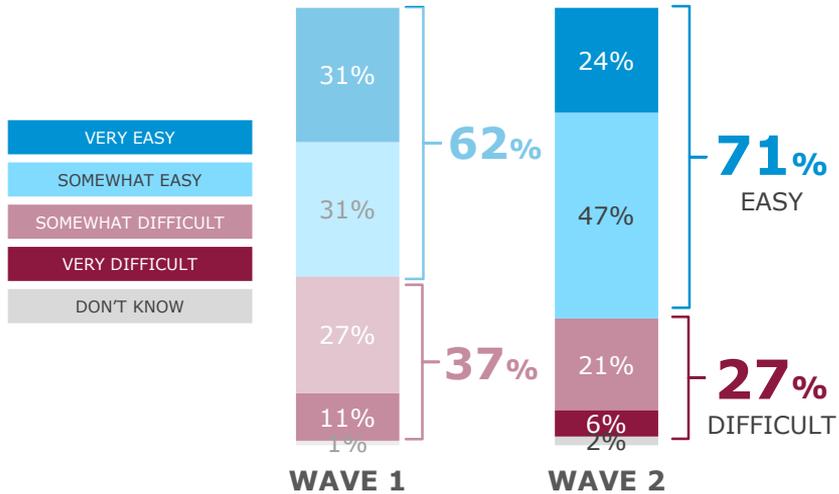
Base: (Wave 1 N=1,001; Wave 2 N=1,002)

Q15. To what extent do you agree or disagree with each of the following statements.

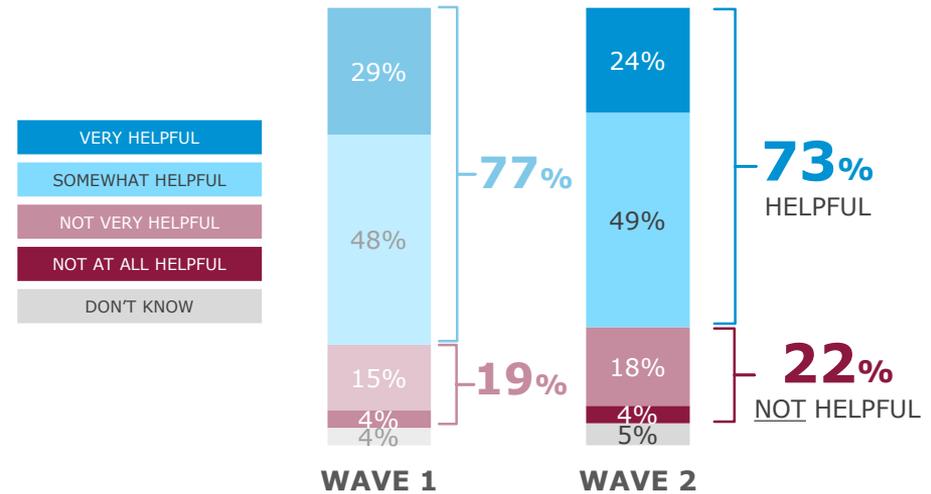
# Accessing mental health supports has become easier in the past few months

- In Wave 2, Ontarians are significantly more likely to find accessing mental health supports easy (an increase of 9% from 62% to 71%) while those finding access difficult dropped from close to two-fifths (37%) to a quarter (27%). Despite more Ontarians finding access easier, only a quarter (24%) now say access is very easy (from a third (31%) in Wave 1 – 7% difference).
- Close to three quarters (73%) say the support was helpful, similar to Wave 1 (77%) – a decrease by 4%, which is not significant but worth monitoring as more individuals access mental health support.

## ACCESSING MENTAL HEALTH SUPPORT SINCE THE OUTBREAK



## HELPLESSNESS OF MENTAL HEALTH SUPPORT



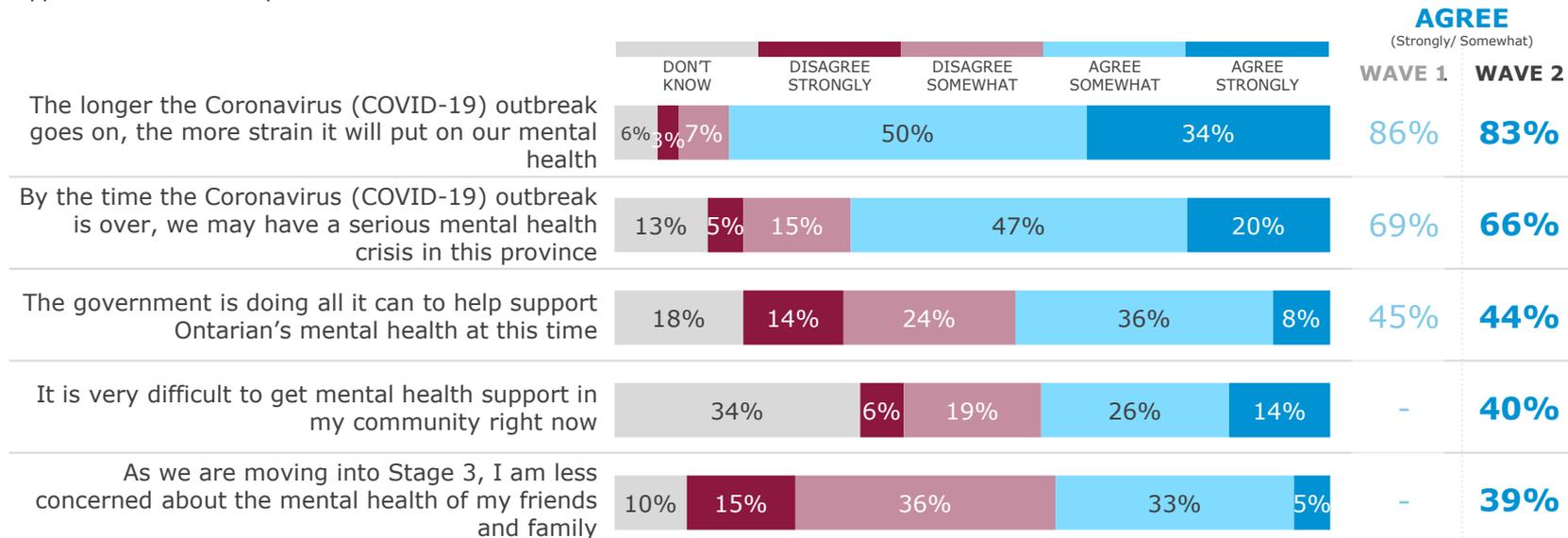
Base: (Those who accessed mental health support since outbreaks **Wave 1** N=84; **Wave 2** N=140)

**Q20.** You mentioned that you, or someone in your household, has accessed a mental health support (such as therapists, support groups, help lines, etc.) since the Coronavirus (COVID-19) outbreak. How easy or difficult was it to access these supports?

**Q21.** And how helpful was the mental health supports which have been accessed since the Coronavirus (COVID-19) outbreak?

# Despite the move to Stage 3, Ontarians are still concerned about the strain the outbreak is having on mental health

- As in Wave 1, most (83%) Ontarians agree that the strain on mental health will worsen the longer the outbreak continues. A majority (66%) also believe that once the outbreak is over, there may be a serious mental health crisis in the province.
- In addition, only two-fifths (39%) are less concerned about mental health as Ontario moves into Stage 3.
- Less than half (44%) of Ontarians believe the government is doing all it can to support mental health.
- Despite a majority of those accessing services saying access to mental health support is easy (previous slide), two fifths (40%) agree it is difficult to find mental health support in their community.



Base: (Wave 1 N=1,001; Wave 2 N=1,002)

Q22. To what extent do you agree or disagree with each of the following statements.

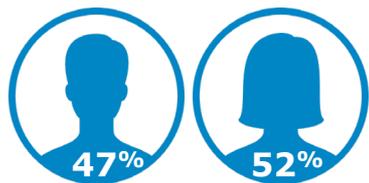


# Demographics

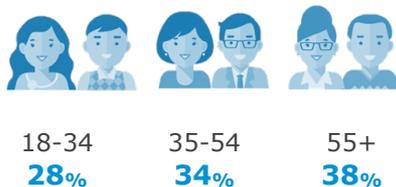
**pollara**  
strategic insights

# DEMOGRAPHICS

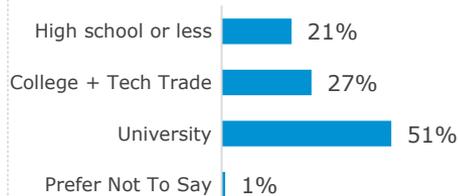
## GENDER



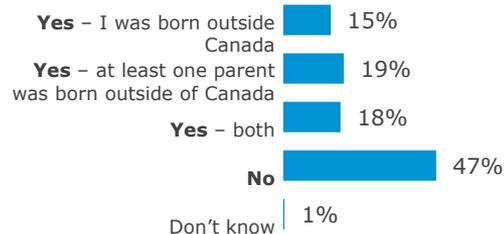
## AGE



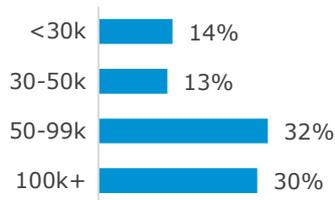
## EDUCATION



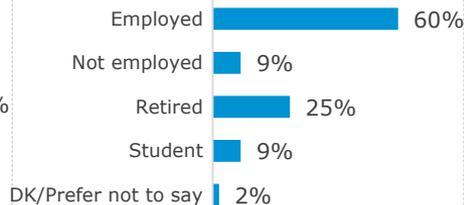
## BORN IN CANADA



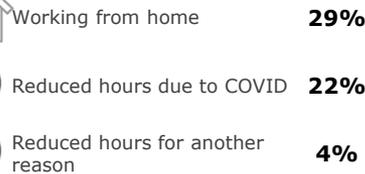
## HOUSEHOLD INCOME



## EMPLOYMENT STATUS BEFORE CORONAVIRUS



## EMPLOYMENT STATUS SINCE CORONAVIRUS



## CHILDREN'S EDUCATIONAL STATUS

