

MENTAL HEALTH OF CANADIANS DURING THE COVID-19 PANDEMIC

PERCEIVED MENTAL HEALTH

In May 2020, 48% of Canadians reported having excellent or very good mental health. However, this was 6 percentage points lower than it was at the end of March.

■ Excellent or Very Good ■ Good ■ Poor or Fair

First online survey, March 29 to April 3, 2020

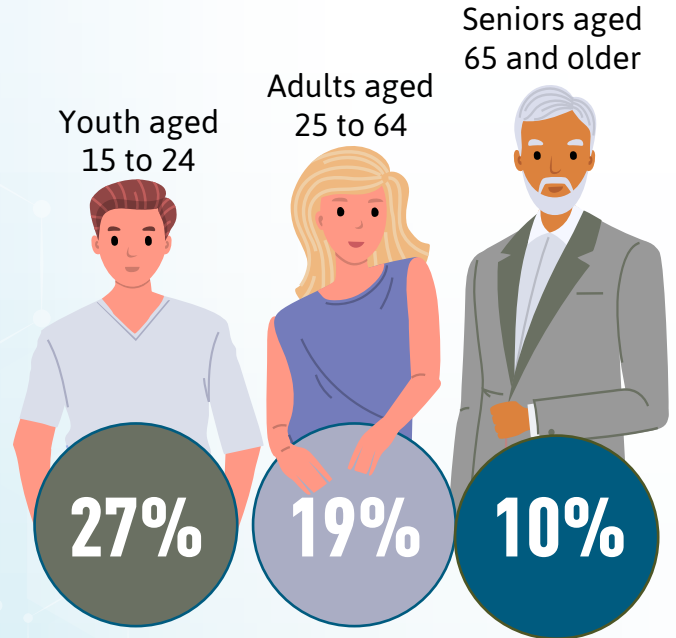
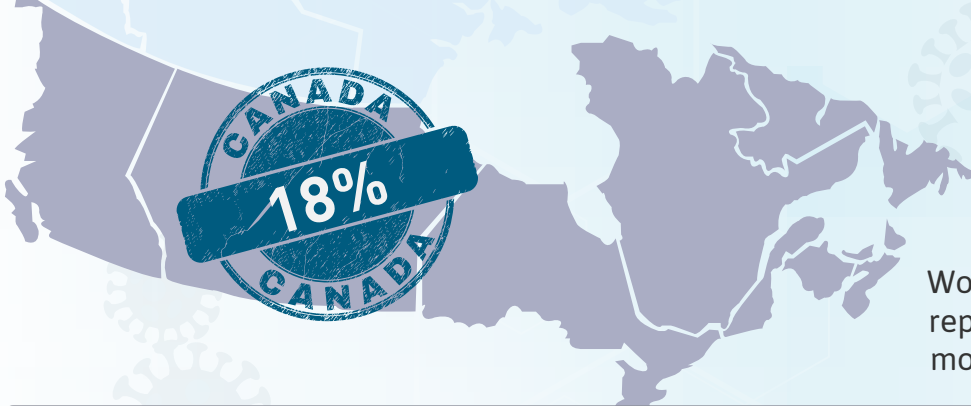


Second online survey, May 4 to May 10, 2020

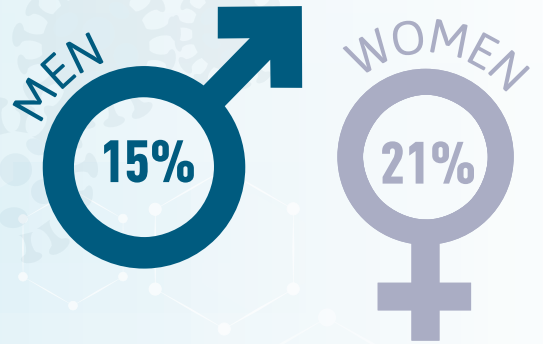


Note: Differences for those who reported having good mental health are not significantly different.

There were 18% of Canadians who reported symptoms of moderate to severe anxiety in the previous two weeks. All regions reported similar rates.



Compared with younger Canadians, Canadians aged 65 and older reported lower rates of symptoms of moderate to severe anxiety.



Women were more likely than men to report symptoms consistent with moderate or severe anxiety.

There are many things you can do to help improve your physical and mental health during stressful times. Here is what Canadians reported doing in May.

Communicated with friends and family



37%

Meditated



12%

Exercised outdoors



57%

Exercised indoors



40%

Changed food choices



23%

If you are in distress, please contact your nearest crisis or distress centre. If it is an emergency, call 911 or go to your local emergency department.

Health Canada's *Wellness Together Canada* is a new mental health and substance use support portal available on Canada.ca/coronavirus and the *Canada COVID-19* app.

Note: Generalized anxiety disorder (GAD) is a condition characterized by a pattern of frequent, persistent worry and excessive anxiety about several events or activities. Respondents who scored of 10 or higher on the GAD-7 were considered to have moderate to severe symptoms of GAD in the two weeks prior to completing the survey. The data reported do not necessarily reflect a professional diagnosis of GAD. In the context of the COVID-19, it is important to note that feeling of anxiety can be understood as natural reactions and not necessarily indicators of a long-term mental health disorder.

Source: Canadian Perspectives Survey Series, May 2020 and March and April 2020. ISBN: 978-0-660-35103-2 | Catalogue number: 11-627-M

© Her Majesty the Queen in Right of Canada, as represented by the Minister of Industry, 2020