



The COVID-19 pandemic has...

70% Worsened personal mental health

62% Reduced access to mental health care services

19% Increased mental health care service options

60% **DO NOT** believe that governments have made access to mental health care services in the community a priority since the beginning of the pandemic

Types of Health Coverage

provincial & private **46%** (*50% in 2015*)

provincial alone **42%** (*39% in 2015*)

private alone **8%** (*7% in 2015*)

none **4%** (*4% in 2015*)

88% have provincial health coverage overall (*89% in 2015*)

54% have private health coverage overall (*57% in 2015*)



63% of those with private health care overall say that the coverage is **inadequate** for the mental health care they need (*54% in 2015*)

CANADA'S MENTAL HEALTH CARE SYSTEM

1/2 or more continue to see a **need for improvement** in Canada's provision of mental health care services

Gaps in access to treatment are found

46% receive both medication and information (*50% in 2015*)

47% receive medication alone (*42% in 2015*)

7% receive information alone (*8% in 2015*)

93% receive medication overall (*92% in 2015*)

53% receive information overall (*58% in 2015*)

87% have a family doctor (*91% in 2015*)

82% have a family doctor in their community that treats mental illness (*88% in 2015*)

74% have visited that family doctor to treat mental illness (*77% in 2015*)

72% overall face **financial barriers** to access required treatment (*68% in 2015*)

Reasons for being dissatisfied with care provided for patients with mental illness:

- A perceived **lack of prioritization** of mental health patients
- Lengthy **wait times**
- A perception that health care providers **rush through patient consultations**
- Staff **lacking respect, empathy or concern**

So... Where should the Government **focus** its efforts?

There are **9** critical areas of focus:

- Accessibility** of mental health care professionals
- Increased **funding**
- Training** mental health care workers
- Increased** community mental health services
- Support** for families
- Safe, affordable housing** for persons with mental illness
- Increase investments in **collaborative approach**
- Coordinated** Federal and Provincial mental health plan
- Increased funding for **coordinated mental health research**

Those who have not seen a family doctor about their mental illness still say **they do not feel their GP is the right person to talk to**

Dissatisfied with the overall care provided at:

55% Hospital Emergency Room (*50% in 2015*)

57% Walk-in Clinics (*51% in 2015*)



86% are able to access the medications they need (*82% in 2015*)

95% take their medications as prescribed all or most of the time (*94% in 2015*)

58% say their medications are effective (*60% in 2015*)

19% were diagnosed immediately (*21% in 2015*)

41% waited 1 year or longer for a diagnosis (*38% in 2015*)

Progress has been made over the past 5 years...

- 78%** are more **aware** of mental health issues (*87% in 2015*)
- 70%** are more **comfortable speaking** about mental health issues with others (*73% in 2015*)
- 52%** believe the **stigma** associated with mental illness has been **reduced** (*56% in 2015*)
- 55%** believe attitudes about mental health issues have **changed for the better** (*55% in 2015*)
- But... 71%** believe people with mental illness are **not treated fairly** (*71% in 2015*)