CMHO/AMHO MENTAL HEALTH WEEK POLL

May 2020
• These are the findings of an Ipsos poll conducted on behalf of Children’s Mental Health Ontario, and Addictions and Mental Health Ontario.

• For the poll a sample of 1,002 residents of Ontario was surveyed online via the Ipsos I-Say panel from April 28th to 30th 2020.

• Quotas and weighting were employed to ensure that the sample’s composition reflects that of the Ontario population according to census information.

• The precision of online polls is measured using a credibility interval. In this case the results are considered accurate to within +/- 3.5 percentage points, 19 times out of 20, of what the results would have been had all Ontario adults been surveyed. The credibility interval will be wider for subsets of the population.

• Where applicable, arrows are used throughout the report to indicate significant differences vs previous data. ▲▼
DETAILED FINDINGS
ADULTS/
YOUNG ADULTS
**IPSOS MENTAL HEALTH RISK INDEX**

**THINKING OF THE YEAR 2019, DID YOU EVER...?**

<table>
<thead>
<tr>
<th>Feeling Stressed to the Point Where It Had an Impact on How You Live Your Daily Life</th>
<th>2019</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes several times</td>
<td>38%</td>
<td>60%</td>
</tr>
<tr>
<td>Yes once</td>
<td>22%</td>
<td>48%</td>
</tr>
<tr>
<td>No</td>
<td>40%</td>
<td>47%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Feeling Stressed to the Point Where You Felt Like You Could Not Cope/Deal with Things</th>
<th>2019</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes several times</td>
<td>27%</td>
<td>39%</td>
</tr>
<tr>
<td>Yes once</td>
<td>21%</td>
<td>42%</td>
</tr>
<tr>
<td>No</td>
<td>52%</td>
<td>47%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Feeling Depressed to the Point That You Felt Sad or Hopeless Almost Every Day for a Couple of Weeks or More</th>
<th>2019</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes several times</td>
<td>22%</td>
<td>39%</td>
</tr>
<tr>
<td>Yes once</td>
<td>17%</td>
<td>42%</td>
</tr>
<tr>
<td>No</td>
<td>61%</td>
<td>47%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Seriously Considered Suicide or Self-Harm</th>
<th>2019</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes several times</td>
<td>5%</td>
<td>14%</td>
</tr>
<tr>
<td>Yes once</td>
<td>9%</td>
<td>22%</td>
</tr>
<tr>
<td>No</td>
<td>86%</td>
<td>62%</td>
</tr>
</tbody>
</table>

Q1. Thinking of the year 2019, did you ever...? Base: All respondents (n=1,002)
IPSOS MENTAL HEALTH RISK INDEX

2019 MENTAL HEALTH RISK INDEX

- High Risk: 44%
- Moderate Risk: 19%
- Low Risk: 37%

% HIGH RISK MENTAL HEALTH BY YEAR

- 2015: 32%
- 2016: 32%
- 2017: 44%
- 2018: 44%
- 2019: 44%

Q1. Thinking of the year 2019, did you ever...? Base: All respondents (n=1,002)

“High risk” = experienced at least 3 of the 4 items at least once in the past year, or experienced at least 1 of the items several times and 1 other at least once.
Q5. And, are there other people living in your household who have ever been diagnosed with a mental health condition or mental illness by a health care professional? By a mental health condition or illness, we mean having chronic depression, bipolar, anxiety, psychotic, substance use disorder, gambling disorder, or personality disorders. Base: At Least 2 People Living In HH (n=825)
Q6. If you or your child were experiencing a serious mental health issue, what types of services would you seek for help? Base: All respondents (n=1,002)

- In person therapy or counselling (psychologist, therapist): 55%
- Support from friends and/or family: 46%
- Call/text a helpline: 24%
- Primary care: 24%
- Hospital care: 18%
- Other: 4%
- Don’t know: 6%
- None of the above, I would manage it myself: 7%
- Not applicable: 7%
Q7. Would you say that the coronavirus (COVID-19) pandemic has impacted you personally in any of the following ways? Base: All respondents (n=1,002)

- Increased amount of time watching TV: 64%
- Increased time online in general: 56%
- Changes in eating habits: 46%
- Decrease in amount of physical activity or exercise: 44%
- Increased amount of time playing video games: 40%
- Increased tension in my household: 28%
- Increased alcohol consumption: 16%
- Increased nicotine consumption: 11%
- Increased use of legal drugs (marijuana): 8%
- Increased use of online gambling or betting activities: 4%
- Increased use of other drugs: 3%
- Other ways not listed here: 10%
- None of the above: 9%

NET Substance Use / Gambling: 42%
CORONAVIRUS (COVID-19) PANDEMIC AND MENTAL HEALTH

OVERALL, WOULD YOU SAY IT HAS…?

- Improved my mental health a lot 4%
- Improved my mental health a little 36%
- Deteriorated my mental health a little 9%
- Deteriorated my mental health a lot 48%
- No impact

Improved 7%
Deteriorated 45%
CORONAVIRUS (COVID-19) PANDEMIC AND MENTAL HEALTH

HAVE YOUR EXPERIENCES WITH ANY OF THE FOLLOWING CHANGED...?

- Much more often
- Somewhat more often
- Somewhat less often
- Much less often
- No difference

FEEL STRESSED TO THE POINT WHERE IT HAD AN IMPACT ON HOW YOU LIVE YOUR DAILY LIFE
- 7% Much more often
- 36% Somewhat more often
- 13% Somewhat less often
- 7% Much less often
- 36% No difference

FEEL STRESSED TO THE POINT WHERE YOU FELT LIKE YOU COULD NOT COPE/DEAL WITH THINGS
- 6% Much more often
- 22% Somewhat more often
- 13% Somewhat less often
- 10% Much less often
- 49% No difference

FEEL DEPRESSED TO THE POINT THAT YOU FELT SAD OR HOPELESS ALMOST EVERY DAY FOR A COUPLE OF WEEKS OR MORE
- 6% Much more often
- 19% Somewhat more often
- 13% Somewhat less often
- 9% Much less often
- 54% No difference

SERIOUSLY CONSIDERED SUICIDE OR SELF-HARM
- 4% Much more often
- 5% Somewhat more often
- 11% Somewhat less often
- 78% Much less often

Q8a. Have your experiences with any of the following changed since the start of the coronavirus (COVID-19) pandemic; that is, since restrictions were put in place to self-isolate or physically distance yourself from others? Base: All respondents (n=1,002)
### ATTITUDES TOWARDS COVID-19 AND MENTAL HEALTH

**Q11.** Do you agree or disagree with the following statements: Base: All respondents (n=1,002)

**Do you agree or disagree with the following statements:**

<table>
<thead>
<tr>
<th>Statement</th>
<th>% Agree (Strongly/Somewhat)</th>
<th>% Disagree (Neither agree nor disagree)</th>
<th>Somewhat disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Ontario government should put an equal focus on taking care of Ontarian’s mental health as physical health during this time.</td>
<td>29%</td>
<td>48%</td>
<td>18%</td>
<td>4%</td>
</tr>
<tr>
<td>Ontarians are experiencing increased mental health and addictions challenges as a result of COVID-19.</td>
<td>24%</td>
<td>50%</td>
<td>22%</td>
<td></td>
</tr>
<tr>
<td>The mental health impacts of COVID-19 are going to be serious and lasting.</td>
<td>20%</td>
<td>46%</td>
<td>22%</td>
<td>10%</td>
</tr>
<tr>
<td>I’m worried that if I need care for my own/My child’s mental health or addiction, the services won’t be there.</td>
<td>12%</td>
<td>26%</td>
<td>33%</td>
<td>19%</td>
</tr>
<tr>
<td>I will or do need to seek professional mental health support services or treatment for myself/My child.</td>
<td>6%</td>
<td>16%</td>
<td>27%</td>
<td>17%</td>
</tr>
<tr>
<td>I will or do need to seek professional addiction support services.</td>
<td>4%</td>
<td>8%</td>
<td>22%</td>
<td>13%</td>
</tr>
</tbody>
</table>

<4% not labelled
CHILDREN
Q3. Thinking of the year 2019, did your child ever...

Base: Parents (n=425)

**THINKING OF THE YEAR 2019, DID YOUR CHILD EVER...?**

<table>
<thead>
<tr>
<th>Feeling</th>
<th>Yes several times</th>
<th>Yes once</th>
<th>No</th>
<th>% Yes (several times/once)</th>
</tr>
</thead>
<tbody>
<tr>
<td>FEEL STRESSED TO THE POINT WHERE IT HAD AN IMPACT ON THEIR DAILY LIFE</td>
<td>24%</td>
<td>22%</td>
<td>54%</td>
<td>46%</td>
</tr>
<tr>
<td>FEEL STRESSED TO THE POINT WHERE THEY FELT LIKE THEY COULD NOT COPE/DEAL WITH THINGS</td>
<td>19%</td>
<td>15%</td>
<td>66%</td>
<td>34%</td>
</tr>
<tr>
<td>FEEL DEPRESSED TO THE POINT THAT THEY FELT SAD OR HOPELESS ALMOST EVERY DAY FOR A COUPLE OF WEEKS OR MORE</td>
<td>11%</td>
<td>14%</td>
<td>75%</td>
<td>25%</td>
</tr>
<tr>
<td>SERIOUSLY CONSIDERED SUICIDE OR SELF-HARM</td>
<td>5%</td>
<td>91%</td>
<td>8%</td>
<td>&lt;4% not labelled</td>
</tr>
</tbody>
</table>
IPSOS MENTAL HEALTH RISK INDEX

2019 MENTAL HEALTH RISK INDEX

- High Risk
- Moderate Risk
- Low Risk

30% High Risk
19% Moderate Risk
51% Low Risk

Q3. Thinking of the year 2019, did your child ever...? Base: Parents (n=425)
“High risk” = experienced at least 3 of the 4 items at least once in the past year, or experienced at least 1 of the items several times and 1 other at least once.
IMPACTS OF CORONAVIRUS (COVID-19) PANDEMIC

Q9. And, to what extent has the coronavirus (COVID-19) pandemic impacted your child? Base: Parents (n=varies)

WOULD YOU SAY COVID-19 HAS IMPACTED YOUR CHILD IN ANY OF THE FOLLOWING WAYS...?

- Increased amount of time watching TV [...] 53%
- Increased amount of time playing video games [...] 52%
- Increased time online in general [...] 47%
- Decrease in amount of physical activity or exercise 42%
- Changes in eating habits 38%
- Increased tension in my household 22%
- Increased alcohol consumption 3%
- Increased use of legal drugs (marijuana) 3%
- Increased use of online gambling or betting activities [...] 3%
- Increased nicotine consumption, including smoking cigarettes or vaping 2%
- Increased use of other drugs 1%
- Other ways not listed here 8%
- None of the above 19%
CORONAVIRUS (COVID-19) PANDEMIC AND MENTAL HEALTH

HAVE YOUR CHILD’S EXPERIENCES WITH ANY OF THE FOLLOWING CHANGED..?

<table>
<thead>
<tr>
<th>Question</th>
<th>Much more often</th>
<th>Somewhat more often</th>
<th>Somewhat less often</th>
<th>Much less often</th>
<th>No difference</th>
<th>% More Often (Much/Somewhat)</th>
</tr>
</thead>
<tbody>
<tr>
<td>FEEL STRESSED TO THE POINT WHERE IT HAD AN IMPACT ON HOW THEY LIVE THEIR DAILY LIFE</td>
<td>5%</td>
<td>25%</td>
<td>10%</td>
<td>7%</td>
<td>52%</td>
<td>30%</td>
</tr>
<tr>
<td>FEEL STRESSED TO THE POINT WHERE THEY FELT LIKE THEY COULD NOT COPE/DEAL WITH THINGS</td>
<td>5%</td>
<td>19%</td>
<td>9%</td>
<td>7%</td>
<td>60%</td>
<td>24%</td>
</tr>
<tr>
<td>FEEL DEPRESSED TO THE POINT THAT THEY FELT SAD OR HOPELESS ALMOST EVERY DAY FOR A COUPLE OF WEEKS OR MORE</td>
<td>4%</td>
<td>11%</td>
<td>10%</td>
<td>9%</td>
<td>68%</td>
<td>14%</td>
</tr>
<tr>
<td>SERIOUSLY CONSIDERED SUICIDE OR SELF-HARM</td>
<td>4%</td>
<td>8%</td>
<td></td>
<td></td>
<td>83%</td>
<td>4%</td>
</tr>
</tbody>
</table>

Q10a. Have your child’s experiences with any of the following changed since the start of the coronavirus (COVID-19) pandemic; that is, since restrictions were put in place to self-isolate or physically distance yourself from others? Base: Parents (n=425)
BEHAVIOR CHANGES IN YOUR CHILD SINCE START CORONAVIRUS (COVID-19) PANDEMIC

HAVE YOU NOTICED ANY OF THE FOLLOWING CHANGES IN YOUR CHILD…?

- Difficulty sleeping/altered sleep patterns: 31%
- Changes in eating habits: 26%
- Outbursts or extreme irritability: 17%
- Difficulty concentrating: 16%
- Drastic changes in mood, behavior or personality: 13%
- Withdrawing from or avoiding social interactions: 12%
- Frequent headaches or stomachaches: 12%
- Changes in academic performance: 11%
- Persistent sadness - two or more weeks: 5%
- Loss of weight: 5%
- Talking about death or suicide: 4%
- Out-of-control behavior that can be harmful: 3%
- Hurting oneself or talking about hurting oneself: 2%
- None of the above: 41%

59% of respondents have noticed any of the following changes in their child since the start of the coronavirus (COVID-19) pandemic.
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