Mental Health at the Pandemic’s End:

Women, non-binary and 2SLGBTQIA+ people are still reporting poorer mental health and greater service use

December 2023

13,255 people in Canada were polled about their mental health from October 2022 to May 2023. Women, non-binary, and 2SLGBTQIA+ people were more likely to report that they were struggling with their mental health.

Racialized women report moderate to high self-reported symptoms of anxiety (64.7%) and depression (49.3%).

Non-binary people* reported the highest rates of clinical depression (61.1%).

* Due to the small sample size for non-binary, data results reported here may not be representative of the general population.
Women, non-binary people, and racialized women were much more likely than men to report feeling exhausted and burned out “most of the time” or “always.”

*Note on sample sizes (N): Men N=2,337; Women N=3,350; Racialized Women N=487; Pregnant Women=65; Non-Binary N=54; 2SLGBTQIA+ (includes male-identified respondents, noting there is overlap with Men) N=443.

While women and men reported similar rates of alcohol and cannabis use, men were somewhat more likely to report problems with substance use.

<table>
<thead>
<tr>
<th>Gender Identity</th>
<th>Alcohol Use</th>
<th>Cannabis Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>6.8%</td>
<td>2.2%</td>
</tr>
<tr>
<td>Men</td>
<td>12.4%</td>
<td>3.2%</td>
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</tbody>
</table>

Those with a gender identity other than male or female were 2.5 times more likely to use mental health and substance use health services.

This report is based on four online polls of 3000 people in Canada conducted by Mental Health Research Canada (MHRC) at different points of the pandemic: July 13 – 22, 2022 (Poll 13), October 21 – November 1, 2022, (Poll 14), January 23 – February 6, 2023 (Poll 15), April 21 – May 3, 2023 (Poll 16). National results for each poll have been weighted by the most current census data in terms of gender, age, and region to ensure the total sample is representative of the population as a whole. MHRC’s data is available at https://www.mhrc.ca/data-hub.