



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

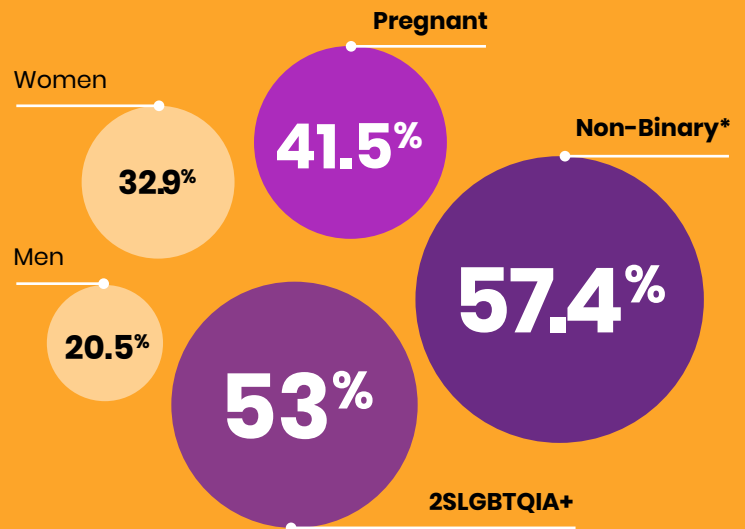


13,255 people in Canada were polled about their mental health from October 2022 to May 2023. Women, non-binary, and 2SLGBTQIA+ people were more likely to report that they were struggling with their mental health.

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

ANXIETY

Diagnosed with Anxiety

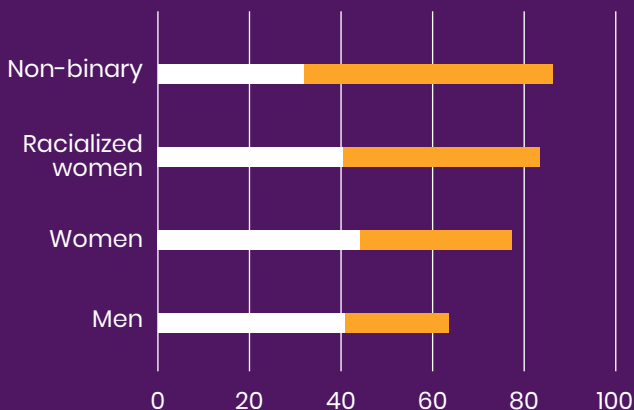


Non-binary people* reported the highest rates of clinical depression (61.1%).

* Due to the small sample size for non-binary, data results reported here may not be representative of the general population.

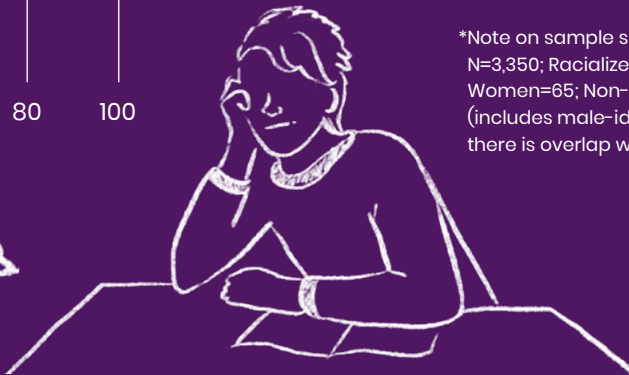
Feeling Exhaustion and Burnout

● Sometimes ● Most of the time/Always



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.



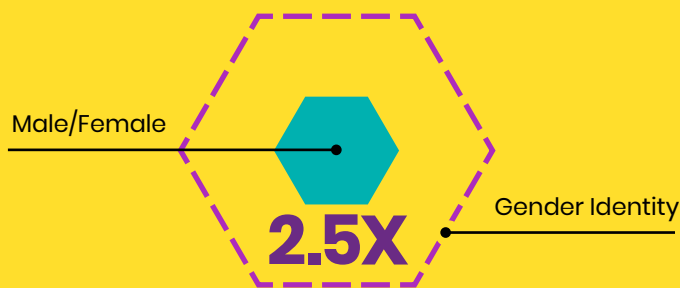
HARMFUL OR HAZARDOUS SUBSTANCE USE

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

	ALCOHOL	CANNABIS
Women	6.8%	2.2%
Men	12.4%	3.2%

MENTAL HEALTH SERVICES

Women (13%) were slightly more likely than men (9.5%) to use **mental health services**.



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>.