



Canadian Mental Health Association  
Mental health for all

Mental Health at the Pandemic's End:

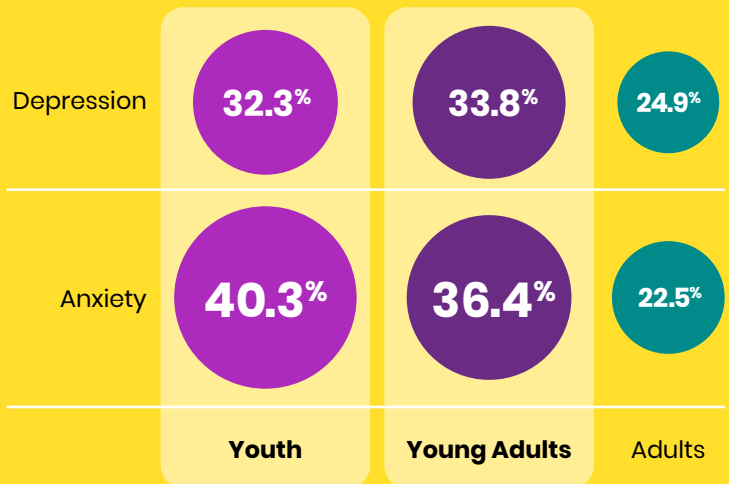
# Youth still reporting higher rates of mental health problems

December 2023



## DEPRESSION AND ANXIETY

Youth and young adults report higher rates of **depression and anxiety** than adults.



13,255 people in Canada were polled from October 2022 to May 2023 about their mental health. Youth and young adults who identified as women, non-binary\* and 2SLGBTQIA+ were more likely to report that they were struggling with their mental health than the adult population surveyed.\*\*

Rates of depression and anxiety are the highest among youth and young adults who are non-binary and 2SLGBTQIA+.

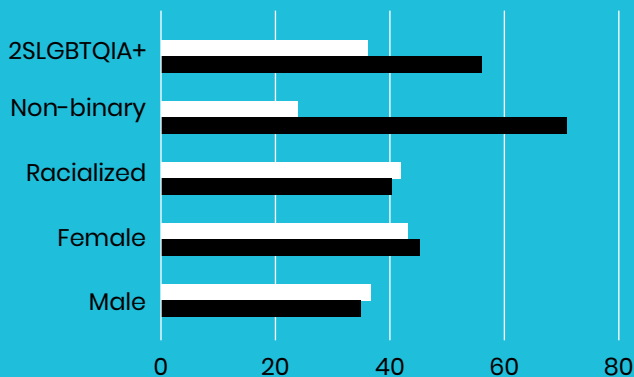
Among youth aged 16-24, a diagnosis of clinical **depression was 1.6X more common among 2SLGBTQIA+ youth** and **1.8X more common among non-binary youth** relative to all youth surveyed.

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

\*\* Note on sample sizes (N): The total sample size for Youth 16-24 was N=764; Female Youth N=548, Male Youth N=193, Non-Binary Youth N=23, 2SLGBTQIA+ Youth N=133; The total sample size for Young Adults 25-35 was N=1,309; Female Young Adults N=867; Male Young Adults N=421; Non-Binary Young Adults N=21; 2SLGBTQIA+ Young Adults N=14; Adult (36+) population N=3,668.

**Feeling Exhaustion and Burnout** (Youth ages 16–24)

● Sometimes ● Most of the time/Always



Young women, non-binary and 2SLGBTQIA+ youth report higher rates of exhaustion and burnout “most of the time” or “always”.

Thoughts of suicide and suicide intent are disproportionately high among non-binary youth and 2SLGBTQIA+ young adults.

**In the last year:**

**Non-binary youth (16-24 years)**

**34.7%**  
thought about suicide

**26%**  
planned to attempt suicide

**2SLGBTQIA+ young adults (25-35 years)**

**36.1%**  
thought about suicide

**14.8%**  
planned to attempt suicide

**SUBSTANCE USE**

More male youth (14.5%) and male young adults (16.8%) reported harmful consumption of alcohol compared to female youth (9.6%) and female young adults (9.1%).



**2SLGBTQIA+:** 13.5% of youth and 26.2% of young adults reported having a possible cannabis use disorder, which is much higher than the average for their age groups (8.9% of youth and 11.1% of young adults).



**Youth are more likely than adults to access mental health services.**

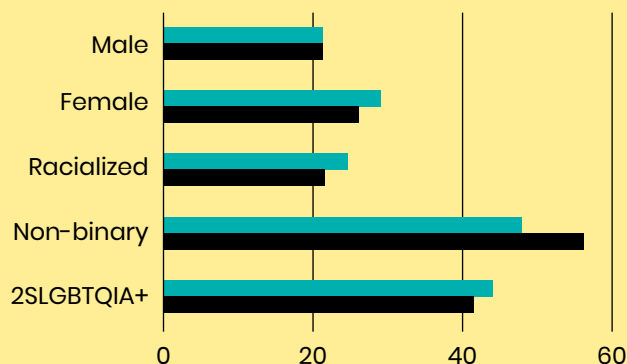
**25.5%** Youth (16-24 years)    **23.9%** Young Adults (25-35 years)    **18.2%** Adults (36+)

Young men are the least likely to access mental health services. Young women, and especially non-binary and 2SLGBTQIA+ youth report the highest service use.



**% of Youth and Young Adults who accessed services over the last year**

● 16-24 ● 25-35



This report is based on four online polls of 13,255 people in Canada (approximately 3,000 for each survey) 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>.