

COVID-19 effects on the mental health of vulnerable populations

People in Canada are feeling the effects of COVID-19.*

38%

say their mental health has declined due to COVID-19

46%

feel anxious and worried

14%

are having trouble coping

6%

have had suicidal thoughts

2%

have tried to harm themselves in response to COVID-19

Healthy and unhealthy ways to cope

56%



are connecting virtually with family and friends

43%



are maintaining a healthy lifestyle

19%



are using more alcohol

Everyone is affected – but not everyone is affected equally.

6%

of the general population

18%

of people already struggling with their mental health

15%

of people with a disability

14%

of people with low incomes

16%

of people who are Indigenous

have had **suicidal thoughts** since the outbreak of COVID-19.

COVID-19 has made things worse for those who are already vulnerable.

People already struggling with their mental health

- 2x** more likely to
 - say their **mental health has declined** due to COVID-19 (59% vs 38%)
- 3x** more likely to
 - be having **trouble coping** (28% vs 11%)
- 4x** more likely to
 - have had **suicidal thoughts** (18% vs 4%)
 - have tried to **harm themselves** (4% vs 1%)
- 46%** say they are **feeling depressed** (vs 17% of the general population)

Further, **very few people** with existing mental health struggles are accessing **in-person** (2%) or **virtual mental health care** (14%) or using **online resources** (5%).

People with a disability

More likely to

- report **worse mental health** (47% vs 37%)
- experience **stress** (47% vs 36%)
- feel **depressed** (36% vs 22%)
- have tried to **harm themselves** (3% vs 2%)

- 2x** more likely to
 - be having **trouble coping** (24% vs 13%)

- 3x** more likely to
 - have had **suicidal thoughts** (15% vs 5%)

People with low incomes

- 2x** more likely to
 - be having **trouble coping** (28% vs 14%)
 - have had **suicidal thoughts** (14% vs 6%)
- 43%** say their **mental health has declined** due to COVID-19

People who are Indigenous

More likely to

- be having **trouble coping** (26% vs 15%)
- feel **depressed** (31% vs 23%)
- feel **lonely and isolated** (46% vs 31%)
- have **increased alcohol use** (25% vs 19%)

- 2x** more likely to
 - have tried to **harm themselves** (4% vs 2%)

- 3x** more likely to
 - have had **suicidal thoughts** (16% vs 6%)

People of colour

More likely to

- be having **trouble coping** (22% vs 14%)

- 2x** more likely to
 - worry about being safe** from physical or emotional domestic violence (18% vs 7%)

People who identify as LGBTQ+

More likely to

- report **worse mental health** (45% vs 38%)

- 3x** more likely to
 - have tried to **harm themselves** (7% vs 2%)
 - have **increased use of cannabis** (18% vs 6%)

It's harder for women

44%

of **women's** mental health has declined

VS

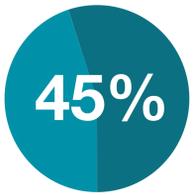
32%

of **men's** mental health has declined

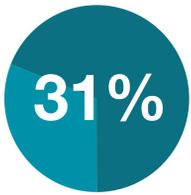
Parents and their kids (<18) are suffering.

Parents with kids (<18) living at home are **more likely to...**

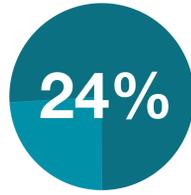
- feel **anxious and worried** (53% vs 44%)
- say their **mental health has declined** (45% vs 36%)
- have had **suicidal thoughts** (9% vs 6%)
- have **increased use of alcohol** (29% vs 17%)



are concerned about money



are concerned about job loss



say their children's mental health is worse



are concerned about having enough to feed their families

*It is a **perfect storm of stress** for parents and their kids.*

More time together is **helping** and **hurting...**



are having more conflicts with their children



are yelling/shouting more



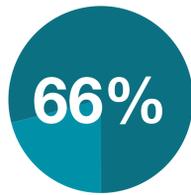
are disciplining their children more



are worried about being safe from physical or emotional domestic violence



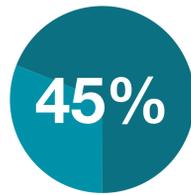
are using harsh words more often



are spending more quality time with their children



are feeling more closeness



are showing more love and affection



say their children are showing increased resilience

* The survey was conducted by Maru/Matchbox among a representative sample of 3,000 people living in Canada ages 18 and up, and ran from May 14-29, as many provinces and territories were starting to reopen after lockdown and other measures.

Categories are not mutually exclusive. Experiences as a member of multiple categories will likely amplify vulnerability.

