

	Total	Region						Gender		Age			Gender-Age						Education			Household Income		
		BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+
Sample size	1509	199	169	102	580	357	102	724	785	427	522	561	205	250	269	222	271	292	556	482	471	417	498	440

Regional sample sizes are unweighted. All other sample sizes, including column totals, are weighted to census data. Cells containing “*” are statistically zero, though at least one response was received. Blank cells indicate zero responses received. Sample sizes below 100 should be interpreted with caution.

ARI1. Now thinking about how you feel personally when it comes to your mental health in dealing with the COVID-19 pandemic, would you say you are feeling over the past few weeks...?

	Total	Region						Gender		Age			Gender-Age						Education			Household Income		
		BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+
Great – not really bothered at all	15%	15%	13%	16%	11%	22%	11%	18%	12%	11%	12%	21%	14%	13%	25%	7%	10%	16%	20%	13%	11%	16%	14%	14%
Good – some difficulty but nothing major	50%	52%	56%	46%	49%	46%	58%	50%	49%	40%	52%	55%	39%	56%	54%	42%	48%	55%	46%	49%	54%	43%	51%	54%
Not good – having a pretty tough time with things	28%	27%	26%	27%	32%	25%	27%	25%	32%	37%	28%	22%	33%	25%	18%	40%	31%	26%	25%	31%	30%	30%	28%	28%
Terrible – barely getting by at this point	7%	6%	5%	11%	9%	7%	4%	7%	8%	12%	9%	3%	14%	6%	3%	11%	11%	2%	9%	8%	5%	11%	8%	5%
NET: Top2Box	64%	67%	68%	61%	59%	68%	69%	68%	61%	51%	64%	75%	53%	69%	79%	49%	58%	72%	66%	62%	65%	59%	65%	68%
NET: Bottom2Box	36%	33%	32%	39%	41%	32%	31%	32%	39%	49%	36%	25%	47%	31%	21%	51%	42%	28%	34%	38%	35%	41%	35%	32%

ARI2. Thinking about the last couple of weeks of your own life, which of the following words best describe what you have been feeling the most?

	Total	Region						Gender		Age			Gender-Age						Education			Household Income		
		BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+
Fatigued	48%	52%	48%	51%	45%	49%	44%	43%	52%	54%	55%	36%	51%	49%	32%	57%	60%	40%	43%	49%	51%	48%	49%	49%
Frustrated	40%	43%	50%	45%	44%	27%	39%	40%	40%	35%	44%	41%	35%	45%	40%	34%	44%	42%	38%	43%	40%	34%	41%	45%
Anxious	37%	37%	34%	38%	39%	35%	42%	31%	44%	49%	39%	27%	42%	31%	23%	56%	47%	31%	35%	38%	41%	40%	37%	34%
Depressed	23%	23%	16%	26%	24%	24%	29%	22%	25%	30%	22%	20%	30%	20%	18%	29%	24%	22%	26%	26%	17%	28%	23%	17%
Bored	23%	17%	20%	15%	24%	27%	24%	23%	22%	25%	18%	25%	24%	20%	27%	26%	17%	24%	22%	20%	27%	24%	24%	21%
Grateful	21%	21%	22%	26%	24%	12%	26%	17%	24%	17%	21%	24%	16%	17%	19%	18%	26%	28%	22%	20%	22%	21%	18%	25%
Normal	21%	20%	23%	20%	18%	25%	19%	23%	18%	18%	19%	24%	19%	22%	27%	17%	16%	22%	20%	21%	21%	19%	20%	24%
Pessimistic	17%	16%	19%	15%	18%	15%	13%	21%	12%	17%	17%	16%	22%	22%	19%	12%	11%	14%	15%	16%	19%	14%	17%	19%
Optimistic	13%	16%	18%	11%	10%	14%	19%	16%	11%	12%	12%	16%	17%	13%	18%	7%	12%	13%	15%	12%	12%	13%	14%	14%
Happy	12%	12%	12%	11%	9%	16%	11%	12%	12%	12%	11%	13%	12%	10%	14%	12%	12%	11%	13%	11%	10%	12%	9%	15%
Untroubled	8%	5%	3%	5%	5%	19%	2%	10%	6%	5%	7%	11%	6%	8%	16%	4%	5%	7%	9%	8%	6%	10%	6%	7%
Other: (specify)	5%	7%	7%	7%	5%	3%	5%	6%	5%	4%	6%	5%	4%	8%	5%	4%	4%	5%	4%	6%	5%	5%	6%	4%

ARI3. [Your friends] How often do you discuss your mental health with...

	Total	Region						Gender		Age			Gender-Age						Education			Household Income		
		BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+
All the time	4%	3%	3%	6%	6%	3%	3%	3%	6%	8%	4%	2%	5%	3%	1%	11%	5%	3%	3%	6%	5%	6%	3%	4%
Often	24%	25%	23%	30%	23%	23%	26%	16%	31%	31%	26%	17%	24%	17%	9%	36%	35%	24%	22%	22%	28%	24%	26%	23%
Rarely	44%	51%	45%	36%	45%	42%	40%	48%	41%	42%	47%	43%	47%	51%	45%	38%	43%	42%	41%	46%	46%	38%	46%	46%
Never	24%	19%	28%	23%	21%	26%	31%	29%	18%	17%	20%	32%	21%	26%	39%	13%	15%	26%	30%	21%	19%	25%	22%	25%
Not applicable	4%	2%	1%	5%	5%	5%	1%	4%	3%	2%	3%	6%	3%	3%	6%	2%	3%	5%	4%	4%	2%	6%	3%	1%
NET: Top2Box	28%	28%	26%	36%	29%	26%	29%	19%	37%	39%	30%	19%	29%	20%	10%	48%	39%	27%	25%	28%	33%	31%	29%	27%
NET: Bottom2Box	68%	70%	73%	59%	66%	69%	70%	77%	60%	59%	67%	75%	68%	77%	84%	51%	58%	68%	71%	67%	65%	63%	68%	72%

ARI3. [Your family] How often do you discuss your mental health with...

	Total	Region						Gender		Age			Gender-Age						Education			Household Income		
		BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+
All the time	5%	4%	3%	7%	6%	5%	2%	5%	5%	5%	6%	4%	2%	6%	5%	7%	7%	2%	4%	5%	6%	5%	5%	5%
Often	26%	28%	23%	28%	26%	27%	26%	22%	30%	29%	31%	20%	24%	26%	17%	33%	35%	22%	23%	26%	30%	21%	28%	31%
Rarely	46%	49%	50%	43%	45%	44%	49%	46%	45%	47%	45%	46%	47%	47%	45%	47%	42%	47%	45%	48%	45%	45%	46%	45%
Never	21%	18%	23%	18%	20%	22%	22%	24%	18%	18%	17%	26%	25%	19%	28%	12%	15%	25%	26%	18%	17%	26%	18%	19%
Not applicable	2%	1%	1%	4%	3%	3%	1%	3%	2%	1%	1%	4%	2%	1%	5%	1%	1%	4%	2%	3%	2%	4%	2%	1%
NET: Top2Box	31%	32%	26%	36%	32%	31%	28%	27%	35%	34%	37%	23%	26%	32%	22%	40%	42%	24%	27%	31%	36%	26%	33%	36%
NET: Bottom2Box	67%	67%	73%	61%	65%	66%	71%	71%	63%	65%	62%	72%	71%	67%	73%	59%	57%	72%	71%	66%	62%	71%	64%	63%

ARI3. [Your coworkers] How often do you discuss your mental health with...

	Total	Region						Gender		Age			Gender-Age						Education			Household Income		
		BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+
All the time	1%	2%	1%	1%	1%	1%	1%	1%	1%	1%	2%	1%	2%	1%	1%	3%	1%	2%	1%	1%	1%	2%	1%	1%
Often	9%	6%	7%	13%	9%	10%	10%	7%	11%	13%	12%	4%	7%	9%	4%	17%	14%	3%	5%	11%	12%	7%	9%	11%
Rarely	29%	30%	34%	16%	30%	30%	24%	30%	28%	36%	36%	18%	37%	37%	19%	35%	35%	18%	26%	29%	33%	25%	32%	33%
Never	42%	42%	42%	49%	39%	42%	47%	49%	36%	43%	41%	41%	49%	47%	50%	37%	36%	33%	44%	43%	38%	41%	42%	43%
Not applicable	19%	20%	15%	23%	20%	17%	18%	13%	24%	7%	9%	36%	5%	5%	26%	9%	12%	46%	23%	16%	16%	26%	15%	11%
NET: Top2Box	10%	8%	8%	13%	10%	12%	10%	8%	12%	14%	14%	4%	9%	11%	5%	18%	16%	3%	7%	12%	13%	9%	11%	12%
NET: Bottom2Box	71%	73%	76%	64%	70%	72%	72%	79%	64%	79%	77%	60%	86%	84%	69%	72%	71%	51%	70%	72%	71%	65%	74%	77%

ARI3. [Your boss] How often do you discuss your mental health with...

	Total	Region						Gender		Age			Gender-Age						Education			Household Income			
		BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+	
All the time	1%	*%	1%		1%	1%		1%	1%	*%	1%		1%	1%				2%		1%	*%	*%	1%	1%	*%
Often	4%	5%	1%	6%	5%	4%	5%	4%	4%	6%	6%	2%	6%	5%	2%	7%	6%	1%	2%	5%	6%	3%	4%	7%	
Rarely	22%	23%	22%	14%	21%	22%	26%	21%	22%	29%	28%	10%	25%	28%	10%	33%	27%	9%	17%	21%	27%	21%	22%	25%	
Never	49%	48%	56%	55%	48%	47%	55%	44%	53%	54%	43%	59%	57%	49%	47%	50%	37%	52%	51%	44%	45%	53%	50%		
Not applicable	24%	24%	21%	24%	25%	25%	23%	20%	28%	11%	11%	46%	9%	8%	38%	13%	15%	53%	27%	22%	23%	30%	21%	18%	
NET: Top2Box	5%	6%	2%	6%	6%	4%	5%	5%	5%	7%	7%	2%	7%	6%	2%	7%	8%	1%	3%	6%	6%	4%	4%	7%	
NET: Bottom2Box	71%	71%	78%	70%	69%	71%	72%	76%	67%	82%	81%	52%	84%	86%	59%	80%	77%	46%	70%	73%	71%	66%	75%	75%	

ARI3. [REBASED] [Your friends] How often do you discuss your mental health with...

Base = Exclude non/applicable	1454	196	167	98	553	339	101	696	758	417	508	529	199	244	253	218	264	276	532	461	461	390	483	434
	Total	Region						Gender		Age			Gender-Age						Education			Household Income		
		BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+
All the time	5%	3%	3%	6%	7%	3%	3%	3%	6%	8%	4%	2%	5%	3%	1%	11%	5%	3%	3%	6%	5%	7%	3%	4%
Often	25%	25%	23%	32%	24%	24%	27%	17%	32%	31%	27%	18%	25%	18%	10%	37%	36%	25%	23%	28%	26%	27%	23%	
Rarely	46%	52%	45%	38%	47%	44%	40%	49%	43%	43%	48%	46%	48%	53%	48%	39%	45%	44%	43%	48%	47%	41%	48%	47%
Never	25%	19%	28%	24%	22%	28%	31%	31%	19%	17%	21%	34%	22%	27%	41%	13%	15%	28%	31%	22%	19%	26%	22%	25%
NET: Top2Box	30%	29%	26%	38%	31%	28%	29%	20%	38%	40%	31%	20%	30%	21%	11%	48%	40%	28%	26%	29%	34%	33%	30%	28%
NET: Bottom2Box	70%	71%	74%	62%	69%	72%	71%	80%	62%	60%	69%	80%	70%	79%	89%	52%	60%	72%	74%	71%	66%	67%	70%	72%

ARI3. [REBASED] [Your family] How often do you discuss your mental health with...

Base = Exclude non/applicable	1473	197	167	99	562	347	101	704	769	420	515	537	200	247	257	220	268	280	543	470	460	402	486	435
	Total	Region						Gender		Age			Gender-Age						Education			Household Income		
		BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+
All the time	5%	4%	3%	8%	6%	5%	2%	5%	5%	5%	6%	4%	2%	6%	5%	7%	7%	3%	4%	5%	6%	5%	6%	5%
Often	27%	28%	23%	29%	26%	28%	26%	23%	30%	29%	31%	21%	24%	26%	18%	33%	36%	23%	23%	27%	31%	22%	28%	31%
Rarely	47%	49%	51%	44%	46%	45%	50%	48%	46%	47%	45%	48%	48%	48%	47%	47%	43%	49%	46%	49%	46%	46%	47%	45%
Never	21%	19%	23%	18%	21%	23%	22%	25%	18%	19%	17%	27%	25%	20%	29%	13%	15%	25%	27%	19%	17%	27%	19%	19%
NET: Top2Box	32%	32%	26%	37%	33%	32%	28%	28%	36%	34%	38%	24%	27%	32%	23%	41%	43%	25%	27%	32%	37%	27%	34%	36%
NET: Bottom2Box	68%	68%	74%	63%	67%	68%	72%	72%	64%	66%	62%	76%	73%	68%	77%	59%	57%	75%	73%	68%	63%	73%	66%	64%

ARI3. [REBASED] [Your coworkers] How often do you discuss your mental health with...

Base = Exclude non/applicable	1228	158	143	80	463	296	84	631	597	396	476	356	195	238	198	201	238	158	430	405	394	311	422	389
Total	Region						Gender		Age			Gender-Age						Education			Household Income			
	BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+	
All the time	1%	2%	1%		2%	2%		1%	2%	1%	3%	*%	1%	2%	1%	1%	3%		2%	1%	1%	2%	2%	1%
Often	11%	7%	9%	17%	11%	12%	13%	8%	14%	14%	13%	6%	8%	10%	6%	19%	16%	6%	7%	13%	14%	10%	11%	13%
Rarely	36%	38%	40%	20%	38%	36%	30%	35%	37%	39%	39%	29%	39%	39%	25%	39%	40%	33%	34%	35%	39%	33%	38%	38%
Never	51%	53%	50%	63%	49%	50%	58%	56%	47%	46%	45%	65%	52%	49%	68%	41%	42%	61%	57%	51%	45%	55%	50%	49%
NET: Top2Box	13%	9%	10%	17%	13%	14%	13%	9%	16%	15%	15%	6%	9%	12%	7%	20%	19%	6%	9%	14%	15%	12%	13%	14%
NET: Bottom2Box	87%	91%	90%	83%	87%	86%	87%	91%	84%	85%	85%	94%	91%	88%	93%	80%	81%	94%	91%	86%	85%	88%	87%	86%

ARI3. [REBASED] [Your boss] How often do you discuss your mental health with...

Base = Exclude non/applicable	1144	150	134	77	431	266	79	583	561	379	462	303	186	230	166	193	232	137	405	378	361	291	393	362
Total	Region						Gender		Age			Gender-Age						Education			Household Income			
	BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+	
All the time	1%	1%	1%		1%	1%		1%	1%	*%	2%		1%	1%			2%		1%	1%	*%	1%	1%	*%
Often	6%	7%	1%	8%	7%	5%	6%	5%	6%	7%	6%	3%	6%	6%	4%	8%	7%	2%	3%	7%	7%	4%	5%	8%
Rarely	28%	30%	28%	19%	28%	30%	33%	26%	31%	33%	31%	18%	28%	31%	17%	38%	32%	19%	24%	27%	35%	30%	27%	31%
Never	65%	63%	70%	73%	64%	65%	61%	68%	62%	59%	61%	79%	65%	62%	79%	54%	59%	79%	72%	65%	57%	65%	67%	61%
NET: Top2Box	7%	7%	2%	8%	8%	6%	6%	6%	7%	7%	8%	3%	7%	7%	4%	8%	9%	2%	5%	7%	8%	5%	6%	9%
NET: Bottom2Box	93%	93%	98%	92%	92%	94%	94%	94%	93%	93%	92%	97%	93%	93%	96%	92%	91%	98%	95%	93%	92%	95%	94%	91%

ARI4. [Three times or more Summary] Approximately how many times in the last 12 months have you or anyone in your household:

Base = All	1509	199	169	102	580	357	102	724	785	427	522	561	205	250	269	222	271	292	556	482	471	417	498	440
Total	Region						Gender		Age			Gender-Age						Education			Household Income			
	BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+	
Called a mental health hotline	3%	3%	1%	4%	3%	3%	3%	3%	3%	4%	3%	1%	5%	3%	1%	3%	3%	2%	3%	3%	2%	4%	2%	2%
Had an appointment with a therapist/psychologist/psy chiatrist	21%	21%	17%	20%	24%	16%	23%	18%	23%	27%	27%	11%	24%	24%	8%	30%	29%	13%	16%	23%	24%	18%	23%	24%
Received a prescription to treat a mental health issue	14%	17%	14%	18%	17%	5%	17%	12%	16%	16%	17%	10%	12%	15%	9%	19%	18%	12%	15%	15%	12%	16%	15%	12%
Visited an emergency department or urgent care centre because of a mental health issue	2%	4%	1%	1%	1%	2%	2%	2%	1%	2%	2%	1%	2%	2%	1%	1%	1%	1%	2%	1%	1%	1%	2%	1%
Talked to a friend, loved one, or trusted person in your life about your mental health	45%	50%	44%	49%	46%	42%	47%	38%	52%	61%	50%	29%	55%	42%	21%	66%	57%	37%	37%	48%	52%	45%	48%	47%

ARI4. [Ever Summary] Approximately how many times in the last 12 months have you or anyone in your household:

	Total	Region						Gender		Age			Gender-Age						Education			Household Income		
		BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+
Called a mental health hotline	11%	11%	9%	10%	12%	9%	15%	11%	11%	15%	13%	6%	14%	12%	7%	16%	13%	5%	12%	12%	9%	13%	12%	10%
Had an appointment with a therapist/psychologist/psychiatrist	31%	33%	29%	29%	35%	25%	33%	27%	34%	41%	38%	17%	36%	34%	15%	46%	41%	18%	27%	31%	35%	28%	34%	34%
Received a prescription to treat a mental health issue	30%	35%	26%	34%	33%	21%	34%	26%	33%	35%	35%	21%	30%	31%	18%	39%	38%	24%	29%	32%	29%	32%	31%	27%
Visited an emergency department or urgent care centre because of a mental health issue	8%	10%	8%	5%	9%	7%	5%	9%	7%	13%	8%	5%	13%	8%	6%	12%	8%	3%	11%	7%	6%	9%	9%	6%
Talked to a friend, loved one, or trusted person in your life about your mental health	68%	74%	62%	74%	69%	66%	67%	64%	73%	80%	76%	53%	75%	71%	47%	84%	79%	58%	62%	69%	75%	63%	71%	74%

ARI4. [Called a mental health hotline] Approximately how many times in the last 12 months have you or anyone in your household:

	Total	Region						Gender		Age			Gender-Age						Education			Household Income		
		BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+
Zero, no one in household in past year	89%	89%	91%	90%	88%	91%	85%	89%	89%	85%	87%	94%	86%	88%	93%	84%	87%	95%	88%	88%	91%	87%	88%	90%
Once	5%	4%	4%	4%	6%	5%	7%	5%	6%	6%	7%	3%	5%	6%	4%	7%	7%	3%	5%	6%	5%	6%	7%	4%
Two times	3%	4%	5%	2%	3%	1%	5%	3%	3%	5%	3%	2%	4%	3%	3%	6%	3%	1%	3%	2%	3%	4%	3%	3%
Three to five times	2%	3%	1%	4%	2%	2%	2%	3%	2%	3%	3%	1%	4%	3%	1%	2%	3%	1%	2%	3%	2%	3%	2%	2%
Six to ten times	*%				*%	*%	1%	*%	*%	1%		*%	1%			1%		1%	*%	*%		*%		*%
More than ten times	*%				*%	*%		*%	*%	*%	*%	*%			*%	*%	*%		*%	*%		*%		*%
NET: Three times or more	3%	3%	1%	4%	3%	3%	3%	3%	3%	4%	3%	1%	5%	3%	1%	3%	3%	2%	3%	3%	2%	4%	2%	2%
NET: Ever	11%	11%	9%	10%	12%	9%	15%	11%	11%	15%	13%	6%	14%	12%	7%	16%	13%	5%	12%	12%	9%	13%	12%	10%

ARI4. [Had an appointment with a therapist/psychologist/psychiatrist] Approximately how many times in the last 12 months have you or anyone in your household:

	Total	Region						Gender		Age			Gender-Age						Education			Household Income		
		BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+
Zero, no one in household in past year	69%	67%	71%	71%	65%	75%	67%	73%	66%	59%	62%	83%	64%	66%	85%	54%	59%	82%	73%	69%	65%	72%	66%	66%
Once	5%	6%	5%	6%	5%	6%	4%	4%	6%	7%	6%	3%	5%	5%	2%	10%	7%	4%	6%	5%	5%	6%	6%	5%
Two times	5%	6%	7%	2%	5%	3%	6%	5%	4%	7%	5%	3%	7%	5%	4%	7%	5%	2%	5%	3%	6%	6%	4%	5%
Three to five times	7%	8%	6%	8%	8%	5%	12%	8%	7%	9%	9%	4%	8%	10%	5%	9%	9%	3%	8%	7%	7%	5%	9%	9%
Six to ten times	6%	8%	2%	8%	8%	4%	7%	5%	8%	8%	9%	3%	7%	7%	1%	9%	10%	5%	4%	7%	8%	6%	8%	6%
More than ten times	7%	5%	9%	4%	9%	7%	4%	5%	9%	10%	9%	3%	8%	7%	2%	11%	10%	5%	4%	9%	9%	7%	7%	9%
NET: Three times or more	21%	21%	17%	20%	24%	16%	23%	18%	23%	27%	27%	11%	24%	24%	8%	30%	29%	13%	16%	23%	24%	18%	23%	24%
NET: Ever	31%	33%	29%	29%	35%	25%	33%	27%	34%	41%	38%	17%	36%	34%	15%	46%	41%	18%	27%	31%	35%	28%	34%	34%

ARI4. [Received a prescription to treat a mental health issue] Approximately how many times in the last 12 months have you or anyone in your household:

	Total	Region						Gender		Age			Gender-Age						Education			Household Income		
		BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+
Zero, no one in household in past year	70%	65%	74%	66%	67%	79%	66%	74%	67%	65%	65%	79%	70%	69%	82%	61%	62%	76%	71%	68%	71%	68%	69%	73%
Once	11%	11%	7%	7%	11%	14%	14%	10%	12%	13%	12%	8%	13%	10%	7%	13%	14%	10%	9%	12%	12%	12%	12%	10%
Two times	5%	7%	5%	9%	5%	3%	3%	5%	5%	6%	6%	3%	6%	3%	6%	6%	6%	2%	5%	4%	5%	4%	5%	5%
Three to five times	6%	11%	9%	6%	5%	2%	7%	5%	7%	8%	6%	4%	4%	6%	4%	12%	6%	5%	6%	7%	5%	6%	6%	6%
Six to ten times	2%	1%	1%	3%	2%	1%	2%	2%	1%	2%	2%	2%	2%	3%	2%	1%	1%	1%	1%	2%	2%	2%	2%	1%
More than ten times	6%	5%	4%	9%	9%	2%	8%	5%	7%	6%	9%	4%	6%	7%	2%	6%	10%	6%	8%	6%	5%	8%	7%	4%
NET: Three times or more	14%	17%	14%	18%	17%	5%	17%	12%	16%	16%	17%	10%	12%	15%	9%	19%	18%	12%	15%	15%	12%	16%	15%	12%
NET: Ever	30%	35%	26%	34%	33%	21%	34%	26%	33%	35%	35%	21%	30%	31%	18%	39%	38%	24%	29%	32%	29%	32%	31%	27%

ARI4. [Visited an emergency department or urgent care centre because of a mental health issue] Approximately how many times in the last 12 months have you or anyone in your household:

	Total	Region						Gender		Age			Gender-Age						Education			Household Income		
		BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+
Zero, no one in household in past year	92%	90%	92%	95%	91%	93%	95%	91%	93%	87%	92%	95%	87%	92%	94%	88%	92%	97%	89%	93%	94%	91%	91%	94%
Once	4%	4%	6%	4%	5%	4%	3%	5%	4%	7%	4%	2%	7%	4%	3%	7%	5%	2%	5%	4%	4%	5%	4%	4%
Two times	2%	2%	2%	3%	2%	1%	2%	2%	2%	4%	2%	1%	3%	1%	2%	5%	2%	1%	4%	2%	1%	3%	3%	1%
Three to five times	1%	3%	1%	1%	1%	2%	1%	1%	1%	1%	1%	1%	2%	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%
Six to ten times	%		1%	%				%		%	%					%	%	%	%		%		%	%
More than ten times	%	1%		%	1%			1%	%	%	1%	%	%	1%	%			%	1%	1%		%	1%	%
NET: Three times or more	2%	4%	1%	1%	1%	2%	2%	2%	1%	2%	2%	1%	2%	2%	1%	1%	1%	1%	2%	1%	1%	1%	2%	1%
NET: Ever	8%	10%	8%	5%	9%	7%	5%	9%	7%	13%	8%	5%	13%	8%	6%	12%	8%	3%	11%	7%	6%	9%	9%	6%

ARI4. [Talked to a friend, loved one, or trusted person in your life about your mental health] Approximately how many times in the last 12 months have you or anyone in your household:

	Total	Region						Gender		Age			Gender-Age						Education			Household Income		
		BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+
Zero, no one in household in past year	32%	26%	38%	26%	31%	34%	33%	36%	27%	20%	24%	47%	25%	29%	53%	16%	21%	42%	38%	31%	25%	37%	29%	26%
Once	12%	11%	7%	10%	12%	13%	16%	14%	10%	10%	12%	12%	11%	15%	15%	9%	10%	10%	13%	10%	12%	9%	12%	13%
Two times	11%	13%	11%	16%	11%	11%	4%	12%	11%	9%	13%	11%	10%	14%	11%	8%	12%	11%	12%	11%	11%	9%	11%	14%
Three to five times	16%	19%	19%	14%	15%	16%	18%	14%	18%	18%	17%	14%	16%	16%	12%	19%	19%	16%	13%	18%	18%	13%	19%	17%
Six to ten times	9%	11%	8%	8%	9%	8%	6%	8%	9%	10%	10%	6%	8%	13%	4%	12%	8%	8%	7%	9%	11%	7%	10%	9%
More than ten times	20%	20%	17%	26%	22%	18%	22%	15%	25%	33%	22%	9%	31%	13%	4%	35%	30%	13%	17%	22%	23%	25%	19%	21%
NET: Three times or more	45%	50%	44%	49%	46%	42%	47%	38%	52%	61%	50%	29%	55%	42%	21%	66%	57%	37%	37%	48%	52%	45%	48%	47%
NET: Ever	68%	74%	62%	74%	69%	66%	67%	64%	73%	80%	76%	53%	75%	71%	47%	84%	79%	58%	62%	69%	75%	63%	71%	74%

ARI5. [Major problem Summary] Thinking about people you know: How much, if at all, do you think each of the following is a problem among people in your social circle?

	Total	Region						Gender		Age			Gender-Age						Education			Household Income		
		BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+
Anxiety and Depression	35%	31%	32%	41%	37%	32%	41%	30%	40%	47%	39%	23%	42%	32%	18%	52%	46%	27%	33%	36%	37%	40%	37%	32%
Drug addiction	8%	7%	4%	13%	7%	11%	6%	7%	8%	9%	10%	5%	8%	8%	7%	9%	11%	4%	10%	7%	6%	10%	9%	4%
Alcohol abuse	14%	12%	11%	18%	15%	12%	16%	14%	14%	16%	15%	11%	17%	15%	10%	16%	15%	11%	16%	14%	11%	14%	15%	12%

ARI5. [Major/Minor problem Summary] Thinking about people you know: How much, if at all, do you think each of the following is a problem among people in your social circle?

	Total	Region						Gender		Age			Gender-Age						Education			Household Income		
		BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+
Anxiety and Depression	83%	88%	81%	83%	87%	74%	86%	80%	86%	90%	87%	74%	90%	85%	67%	90%	89%	80%	79%	83%	88%	79%	85%	86%
Drug addiction	29%	29%	22%	36%	30%	27%	28%	32%	26%	36%	32%	20%	39%	34%	24%	33%	30%	18%	32%	27%	27%	32%	28%	28%
Alcohol abuse	47%	54%	42%	53%	48%	42%	48%	48%	46%	49%	50%	43%	50%	54%	42%	48%	46%	44%	46%	46%	49%	42%	50%	50%

ARI5. [Anxiety and Depression] Thinking about people you know: How much, if at all, do you think each of the following is a problem among people in your social circle?

	Total	Region						Gender		Age			Gender-Age						Education			Household Income		
		BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+
Major problem	35%	31%	32%	41%	37%	32%	41%	30%	40%	47%	39%	23%	42%	32%	18%	52%	46%	27%	33%	36%	37%	40%	37%	32%
Minor problem	48%	57%	48%	43%	50%	41%	46%	50%	46%	43%	48%	51%	48%	53%	49%	38%	44%	53%	47%	46%	51%	39%	48%	54%
Not a problem	17%	12%	19%	17%	13%	26%	14%	20%	14%	10%	13%	26%	10%	15%	33%	10%	11%	20%	21%	17%	12%	21%	15%	14%
NET: Major/Minor problem	83%	88%	81%	83%	87%	74%	86%	80%	86%	90%	87%	74%	90%	85%	67%	90%	89%	80%	79%	83%	88%	79%	85%	86%

ARI5. [Drug addiction] Thinking about people you know: How much, if at all, do you think each of the following is a problem among people in your social circle?

	Total	Region						Gender		Age			Gender-Age						Education			Household Income		
		BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+
Major problem	8%	7%	4%	13%	7%	11%	6%	7%	8%	9%	10%	5%	8%	8%	7%	9%	11%	4%	10%	7%	6%	10%	9%	4%
Minor problem	21%	22%	18%	23%	24%	17%	22%	24%	18%	27%	22%	15%	31%	27%	17%	24%	18%	14%	22%	19%	21%	21%	19%	23%
Not a problem	71%	71%	78%	64%	70%	73%	72%	68%	74%	64%	68%	80%	61%	66%	76%	67%	70%	82%	68%	73%	73%	68%	72%	72%
NET: Major/Minor problem	29%	29%	22%	36%	30%	27%	28%	32%	26%	36%	32%	20%	39%	34%	24%	33%	30%	18%	32%	27%	27%	32%	28%	28%

ARI5. [Alcohol abuse] Thinking about people you know: How much, if at all, do you think each of the following is a problem among people in your social circle?

	Total	Region						Gender		Age			Gender-Age						Education			Household Income		
		BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+
Major problem	14%	12%	11%	18%	15%	12%	16%	14%	14%	16%	15%	11%	17%	15%	10%	16%	15%	11%	16%	14%	11%	14%	15%	12%
Minor problem	34%	42%	31%	35%	33%	30%	33%	35%	32%	33%	35%	32%	33%	39%	32%	33%	32%	33%	31%	33%	38%	28%	34%	39%
Not a problem	53%	46%	58%	47%	52%	58%	52%	52%	54%	51%	50%	57%	50%	46%	58%	52%	54%	56%	54%	54%	51%	58%	50%	50%
NET: Major/Minor problem	47%	54%	42%	53%	48%	42%	48%	48%	46%	49%	50%	43%	50%	54%	42%	48%	46%	44%	46%	46%	49%	42%	50%	50%

ARI6. [Anxiety and Depression] Thinking now of the time since the beginning of the COVID-19 pandemic, have these problems become better or worse?

Base = Selected as major/minor problem in ARI5	1254	175	135	88	505	264	90	578	676	384	456	415	184	214	181	200	242	234	441	400	413	331	421	379
	Total	Region						Gender		Age			Gender-Age						Education			Household Income		
		BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+
Better	3%	4%	1%	2%	2%	6%	1%	3%	3%	3%	3%	3%	3%	4%	3%	3%	3%	2%	3%	3%	2%	4%	3%	3%
Stayed about the same	31%	34%	29%	25%	30%	29%	39%	32%	29%	21%	29%	42%	20%	33%	44%	21%	25%	41%	37%	28%	27%	30%	31%	30%
Worse	66%	63%	69%	73%	68%	66%	59%	64%	68%	76%	68%	55%	77%	63%	53%	76%	73%	57%	60%	69%	71%	66%	67%	68%

ARI6. [Drug addiction] Thinking now of the time since the beginning of the COVID-19 pandemic, have these problems become better or worse?

Base = Selected as major/minor problem in ARI5	435	57	37	36	171	98	29	230	205	153	167	115	80	86	64	73	80	51	179	129	126	132	140	122
	Total	Region						Gender		Age			Gender-Age						Education			Household Income		
		BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+
Better	7%	9%	5%	5%	5%	10%	3%	7%	6%	4%	8%	8%	3%	10%	9%	5%	7%	6%	9%	5%	5%	10%	5%	5%
Stayed about the same	46%	44%	36%	46%	46%	47%	56%	46%	45%	43%	47%	49%	37%	49%	55%	48%	46%	41%	51%	38%	47%	45%	42%	46%
Worse	48%	47%	59%	49%	49%	43%	40%	46%	49%	54%	44%	44%	60%	41%	36%	47%	47%	54%	40%	57%	48%	46%	54%	49%

ARI6. [Alcohol abuse] Thinking now of the time since the beginning of the COVID-19 pandemic, have these problems become better or worse?

Base = Selected as major/minor problem in ARI5	711	107	72	55	278	151	50	350	362	210	260	241	103	134	113	107	125	129	258	223	230	177	247	220
	Total	Region						Gender		Age			Gender-Age						Education			Household Income		
		BC	AB	SK/MB	ON	QC	ATL	Male	Female	18-34	35-54	55+	M 18-34	M 35-54	M 55+	F 18-34	F 35-54	F 55+	<=HS	College/Trade school	Univ+	<\$50K	\$50K-<\$100K	\$100K+
Better	5%	3%	4%	2%	4%	9%	10%	6%	5%	4%	4%	8%	4%	4%	10%	4%	4%	6%	7%	5%	4%	8%	3%	5%
Stayed about the same	41%	48%	34%	46%	39%	44%	37%	43%	40%	35%	41%	48%	33%	45%	51%	36%	37%	46%	47%	37%	39%	42%	44%	36%
Worse	53%	49%	62%	52%	57%	47%	53%	51%	55%	61%	55%	44%	63%	52%	40%	60%	59%	48%	46%	58%	58%	50%	53%	59%