



## Mental Health Week 2023 Access to Mental Health Supports Survey Regional Data

To what extent do you agree or disagree that people living in Canada should have access to free, publicly funded mental health care that meets all their needs?

\*There is no regional data for the Territories.

	Total	ON	QC	BC	AB	MB/SK	Atlantic
NET	87%	87%	84%	88%	88%	88%	88%

Do you believe we are in a mental health crisis?

\*There is no regional data for the Territories.

	Total	ON	QC	BC	AB	MB/SK	Atlantic
Yes	69%	69%	70%	68%	65%	65%	72%

Do you think our governments are doing enough about it?

\*There is no regional data for the Territories.

	Total	ON	QC	BC	AB	MB/SK	Atlantic
No	82%	82%	80%	82%	85%	85%	88%

In the past year, have you had a mental health concern that you needed help with?

\*There is no regional data for the Territories.

	Total	ON	QC	BC	AB	MB/SK	Atlantic
Yes	35%	37%	29%	35%	34%	34%	40%

Did you reach out for help?



\*There is no regional data for the Territories.

	Total	ON	QC	BC	AB	MB/SK	Atlantic
No	35%	34%	29%	45%	41%	41%	21%

## Why didn't you reach out for help?

\*There is no regional data for the Territories.

	Total	ON	QC	BC	AB	MB/SK	Atlantic
Mental health care services are too expensive	48%	45%	53%	44%	64%	64%	14%
I don't know where to go for help	34%	30%	28%	35%	39%	39%	59%

To what extent do you agree or disagree that you would be more likely to access mental health care through a community organization with free programs than through a family doctor or hospital?

\*There is no regional data for the Territories.

	Total	ON	QC	BC	AB	MB/SK	Atlantic
NET	57%	57%	57%	56%	57%	57%	57%