

Mental Health and Substance Use During COVID-19

Summary Report 5: Spotlight on Suicidal Ideation and Substance Use

Conducted by **Leger** for the
Canadian Centre on Substance Use and Addiction
and the Mental Health Commission of Canada



October 13 – November 2, 2020 (Time 1)
November 19 – December 11, 2020 (Time 2)
January 15 – January 25, 2021 (Time 3)
March 1 – March 14, 2021 (Time 4)
May 17 – May 28, 2021 (Time 5)
July 5 – July 18, 2021 (Time 6)
August 31 – September 13, 2021 (Time 7)
November 12 – November 20, 2021 (Time 8)
January 11 – January 20, 2022 (Time 9)

KEY MESSAGES ON MENTAL HEALTH AND SUBSTANCE USE

- Two years into the COVID-19 pandemic and many people in Canada are still reporting significant mental health and substance use concerns.
- The mental health and substance use impacts of COVID-19 are interconnected.
 - People reporting problematic substance use have been more likely to report mental health concerns and vice versa.
- The pandemic continues to impact people in different ways.
 - More research is needed to understand the distinct experiences of different social, cultural, and ethnoracialized groups.
- COVID-19 is expected to have long-lasting impacts on mental health and substance use.
 - The full impact of the pandemic might only become apparent over time.
- Despite increased mental health and substance use concerns, access to services has remained relatively low (see [Summary Report 3: Income, Employment, and Access](#))
- Actions that should be taken to reduce the risk of long-term harms include:
 - Greater focus on timely access and the availability of services and supports
 - Increased awareness and public education about available services and supports
 - Policies and programs aimed at fostering resilience, especially among those most impacted such as youth and people with pre-existing mental health and substance use concerns.

The full series of polls can be found here: [Mental Health and Substance Use During COVID-19](#)



PART I

Spotlight: Suicidal Ideation and Substance Use

SUPPORT RESOURCES

This report contains information that may cause distress. Should you need support, please contact any of the following resources:

Crisis Services Canada

Telephone: 1-833-456-4566

Centre for Addiction and Mental Health (CAMH)

Telephone: 1-800-463-2338

Wellness Together Canada

Adults and Youth: Text WELLNESS to 741741

Front Line Workers: Text FRONTLINE to 741741

Indigenous Hope for Wellness Help Line

Telephone: 1-855-242-3310

Strongest Families Institute

Telephone: 1-866-470-7111

Kids Help Phone

Telephone: 1-800-668-6868

Text CONNECT to 686868

Centre de prévention du suicide de Québec

Téléphone: 1-866-APPELLE (1-866-277-3553)

Québec Digital Suicide Prevention Service

Text: 1-855-957-5353

Trans Lifeline

Telephone: 1-877-330-6366

Black Youth Helpline

Telephone: 1-833-294-8650

KEY FINDINGS

- Since the onset of the COVID-19 pandemic (March 2020), 7.9% of those surveyed reported seriously contemplating suicide.
 - Rates of suicidal ideation have been higher among youth (16.6%) and Black respondents (15%).
 - Further research is needed to understand the distinct experiences of suicidal ideation among ethnoracialized groups.
- People who were unemployed, either prior to (15.3%) or during the pandemic (16.3%), have been more likely to report suicidal ideation compared with people who were employed (7.9%).
- Past-month suicidal ideation was highest from May to September 2021, with rates of up to 4.9% for the general population. More recently, these rates have been declining (3.8% in January 2022).
- Overall, people with past and current substance use concerns have been much more likely to report suicidal ideation.
 - 30.2% of women and 35.7% of men with a history of substance use disorders reported suicidal ideation since the onset of the pandemic.
 - 17.4% of women and 16.4% of men with current problematic alcohol and/or cannabis use reported suicidal ideation since the onset of the pandemic.



According to [Statistics Canada](#) and the [Public Health Agency of Canada](#), for every 1,000 people who have thoughts of suicide, about one person dies by suicide each year.

CONTEXT AND OBJECTIVES

Context

It has been more than two years since the COVID-19 pandemic began. During this time, concerns about catching the virus, feelings of isolation and hopelessness, financial concerns, job insecurity, the trauma of losing a loved one, or a combination of these and other stressors have affected us all. However, not everyone has been impacted equally.

Since October 2020, the Canadian Centre on Substance Use and Addiction and the Mental Health Commission of Canada have been tracking the relationship between mental health and substance use across several priority populations. This document includes cross-sectional findings collected over nine time periods between **October 2020 and January 2022**.

Objectives

The objectives of this report are to:

- Spotlight the **intersection of suicidal ideation and substance use** among different populations over the course of the pandemic
- Highlight **community resilience** through the Meadow Lake Roots of Hope project
- Continue to emphasize the **broader intersection** between mental health and substance use during the COVID-19 pandemic
- Inform **policy** and the development of mental health and substance use resources



Case Study

Community Resilience



CASE STUDY: MEDICATION LOCKBOX PROJECT IN MEADOW LAKE, SASKATCHEWAN

As part of its means safety activities, the Meadow Lake Roots of Hope team is providing lockboxes to community members and gatekeepers for safe storage of cannabis and medications. The team sees this project as an opportunity to provide one more barrier to harm by ensuring that the lockboxes are difficult to open for those without a key. They are affordable enough for gatekeepers to have on hand and can also help start conversations to reduce stigma in areas like child injury, storing older adults' medication, and restricting access to the means of self-harm or suicide.

Key Features:

- Highly visible messaging, on the outside of the box encourages people to call the HealthLine (811) for mental or physical health concerns.
- A Suicide Safer Home infographic is included (along with other information) to raise awareness, e.g., cannabis safety, and safe medication disposal.
- A list of local resources and Canadian helplines is permanently attached to the top and the inside lid of the lockbox.
- A fridge magnet with helpful resources is included.



Above: A Meadow Lake medication lockbox
Photo: Anne Duriez

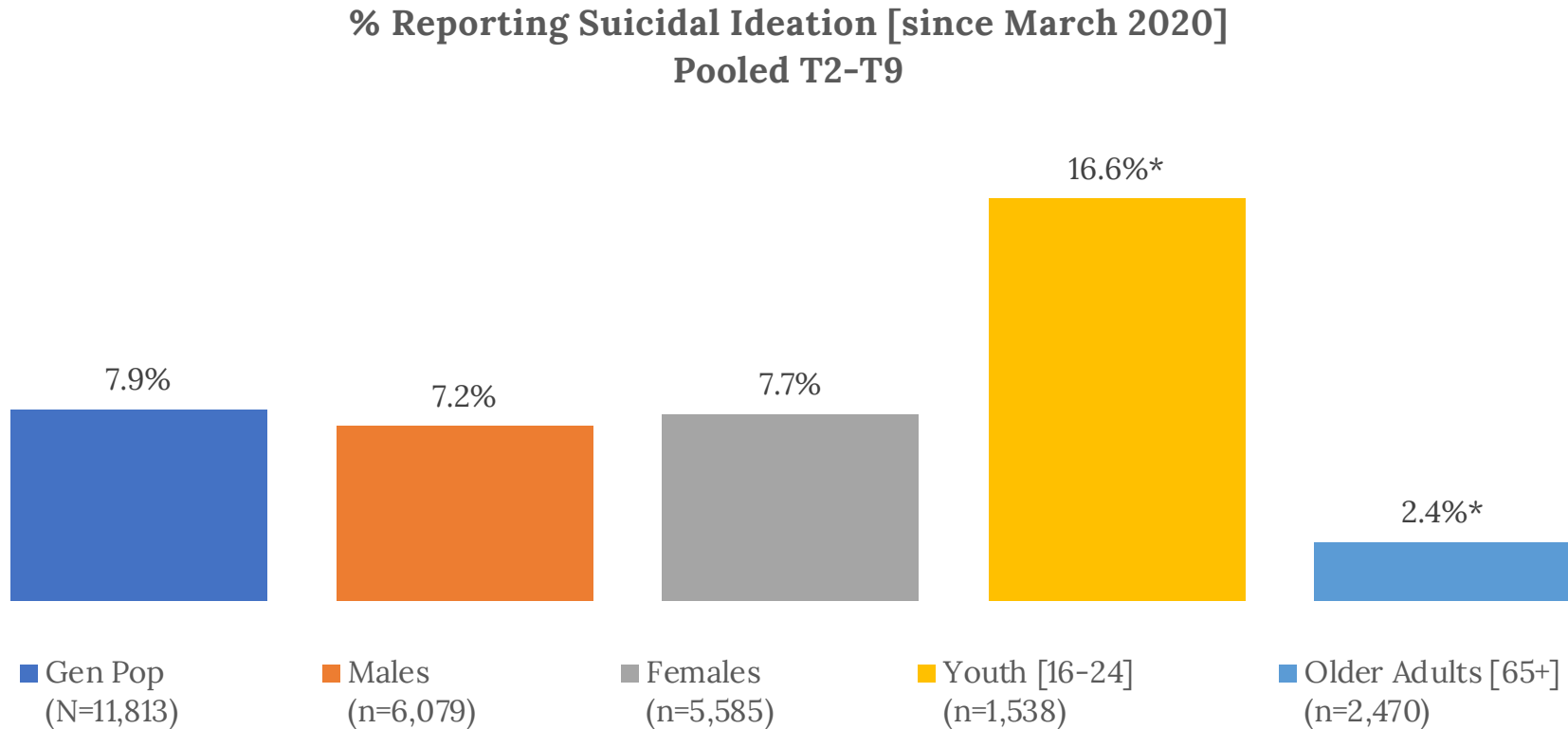


Detailed Results

Spotlight: Suicidal Ideation

Since the onset of the pandemic, rates of suicidal ideation have been highest among youth

In contrast, older adults have been the least likely to report suicidal ideation



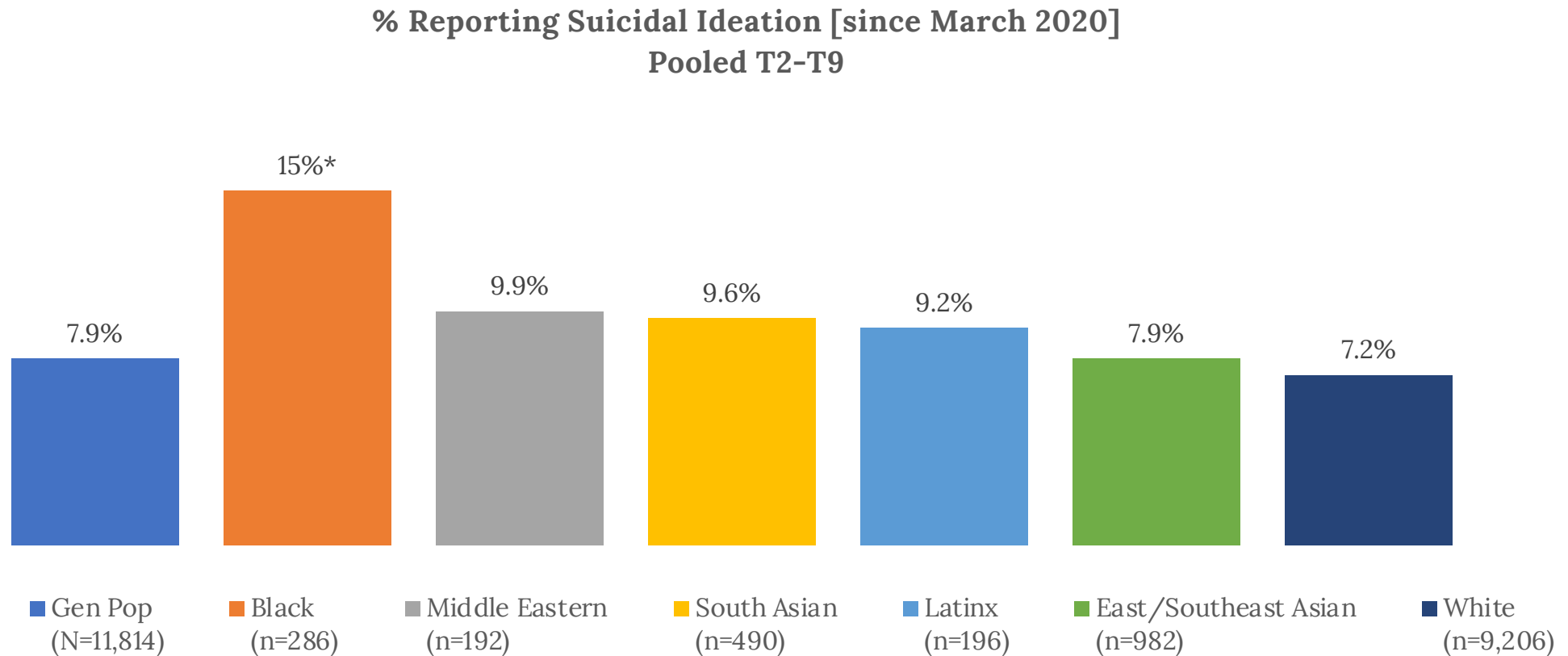
Rates of suicidal ideation during the COVID-19 pandemic have varied across surveys ([CMHA, 2021](#); [Liu, Capaldi, & Dopko, 2021](#); [MHRC, 2022](#)), with reported rates as low as 2.4% and as high as 13% depending on how the question was asked (e.g., past month, past year, since the onset of the pandemic).

Q11: Have you seriously contemplated suicide since the COVID-19 pandemic began (March 2020)?

*Statistically significant difference than rest of the sample at 95% confidence interval

Rates of suicidal ideation have been higher among Black respondents

Other ethnoracialized groups also reported somewhat higher rates



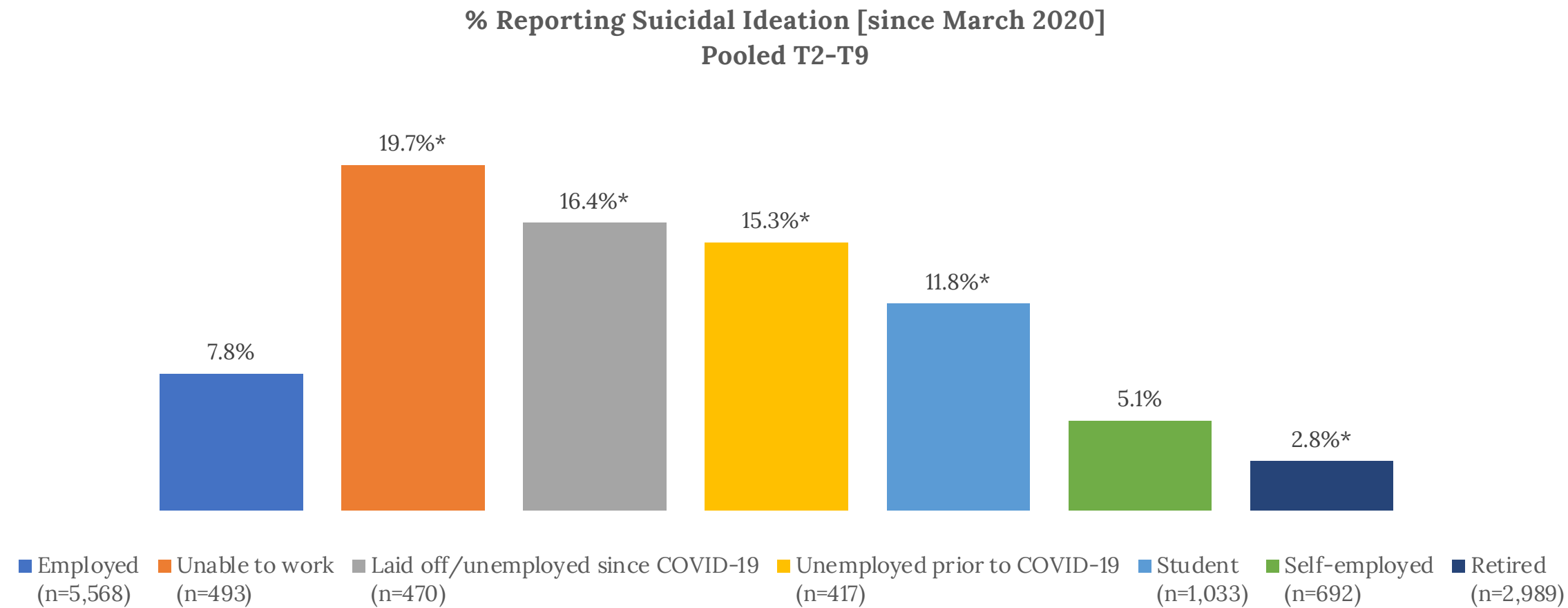
The Public Health Agency of Canada has funded [16 research projects](#) to generate new evidence on culturally focused programs and interventions that address mental health and its determinants for Black Canadians.

Q11: Have you seriously contemplated suicide since the COVID-19 pandemic began (March 2020)?

*Statistically significant difference than rest of the sample at 95% confidence interval

People who were unemployed have been more likely to report suicidal ideation

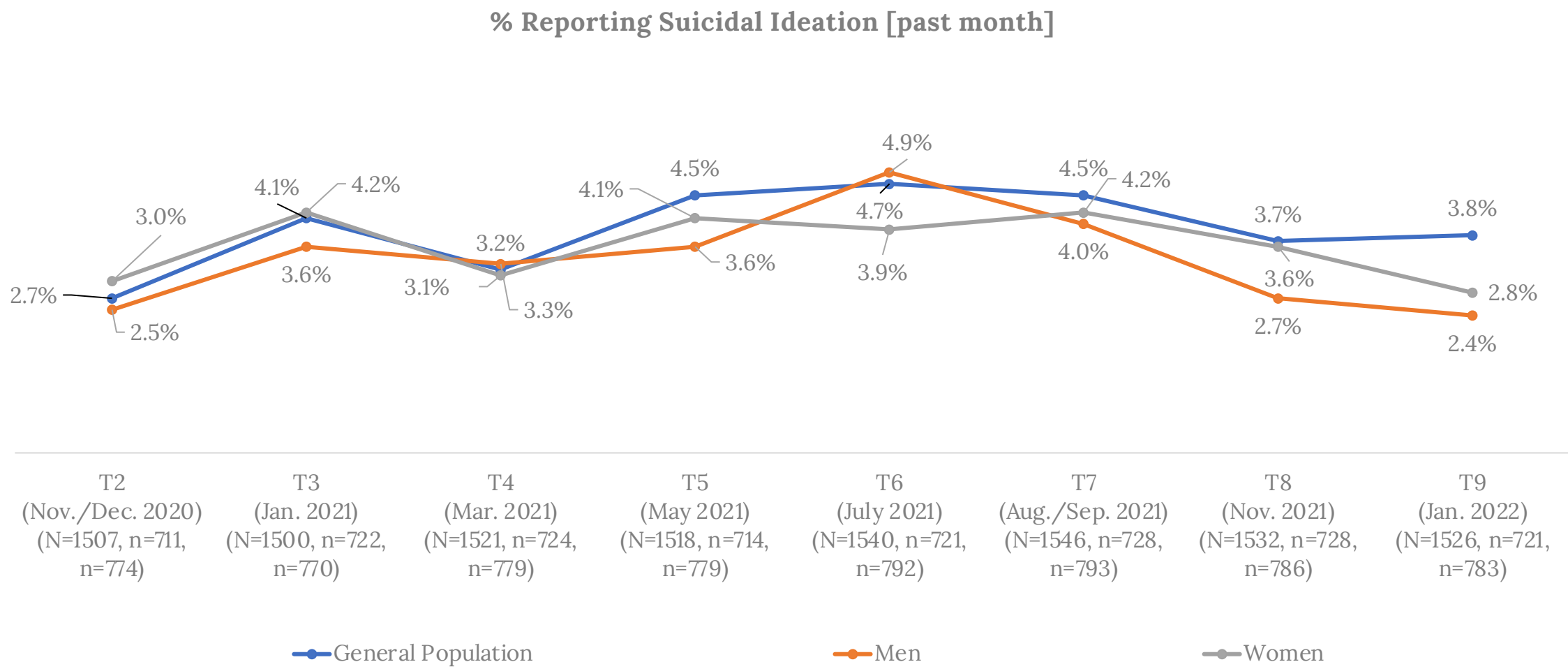
More than 1 in 10 students reported suicidal ideation



Q11: Have you seriously contemplated suicide since the COVID-19 pandemic began (March 2020)?
*Statistically significant difference from Employed group at 95% confidence interval

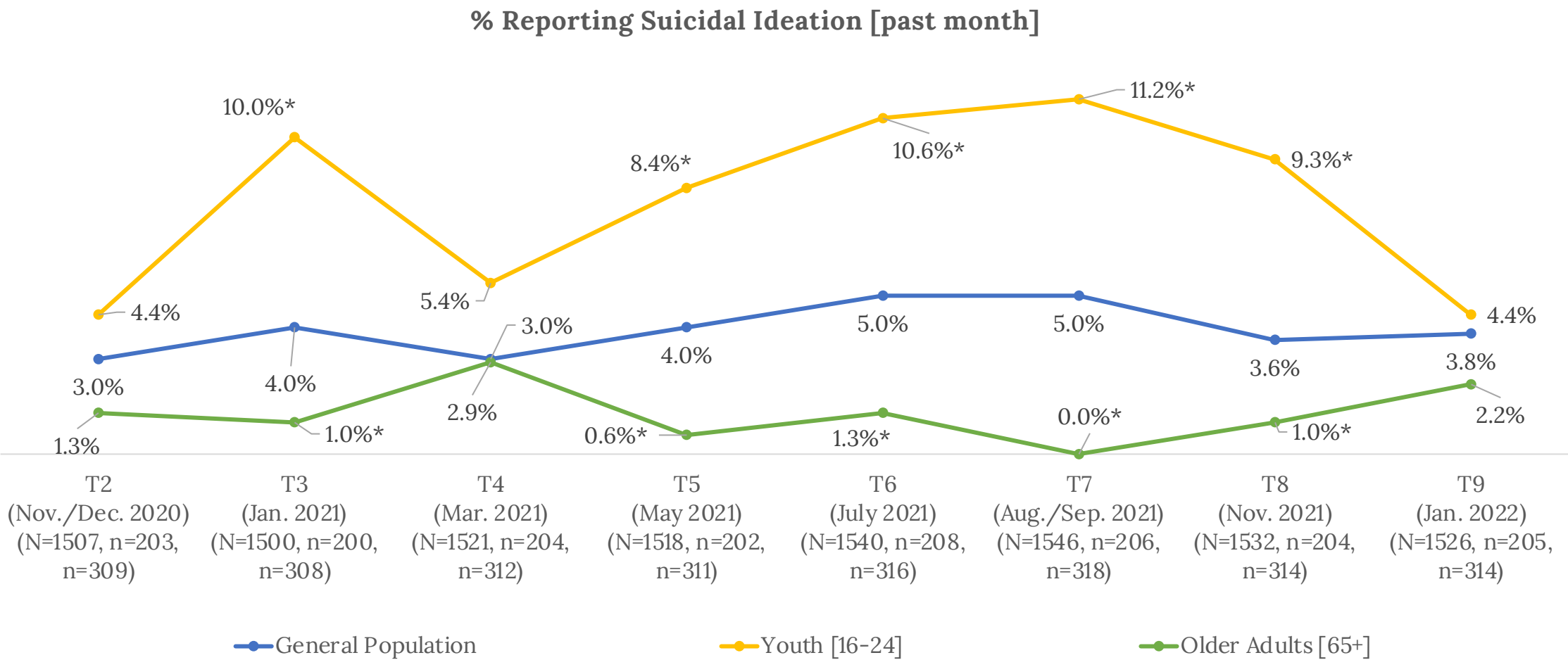
Suicidal ideation was highest from May to September 2021, with rates declining in January 2022

No significant differences in suicidal ideation were found between men and women during the pandemic



Higher rates of suicidal ideation among youth have fluctuated and are trending down

Older adults have consistently been less likely to report suicidal ideation during the pandemic



Q11A: Did you contemplate suicide in the past month?
*Statistically significant difference than rest of the sample at 95% confidence interval



Detailed Results

Spotlight: Intersection of Substance Use and Suicidal Ideation

DEFINITIONS AND ABBREVIATIONS

Lifetime Mental Health Diagnosis (Lifetime MHD)

Has a medical or psychological professional ever diagnosed you with a mental health disorder (e.g., depression, anxiety, PTSD)? YES

Current Mental Health Symptoms (MH Symptoms)

Respondents reporting mild-to-severe symptoms of depression (PHQ-9 score 5+, on scale of 0 to 27), mild-to-severe symptoms of anxiety (GAD-7 score 5+, on scale of 0 to 21), or seriously contemplating suicide since March 2020, or any combination of these outcomes.

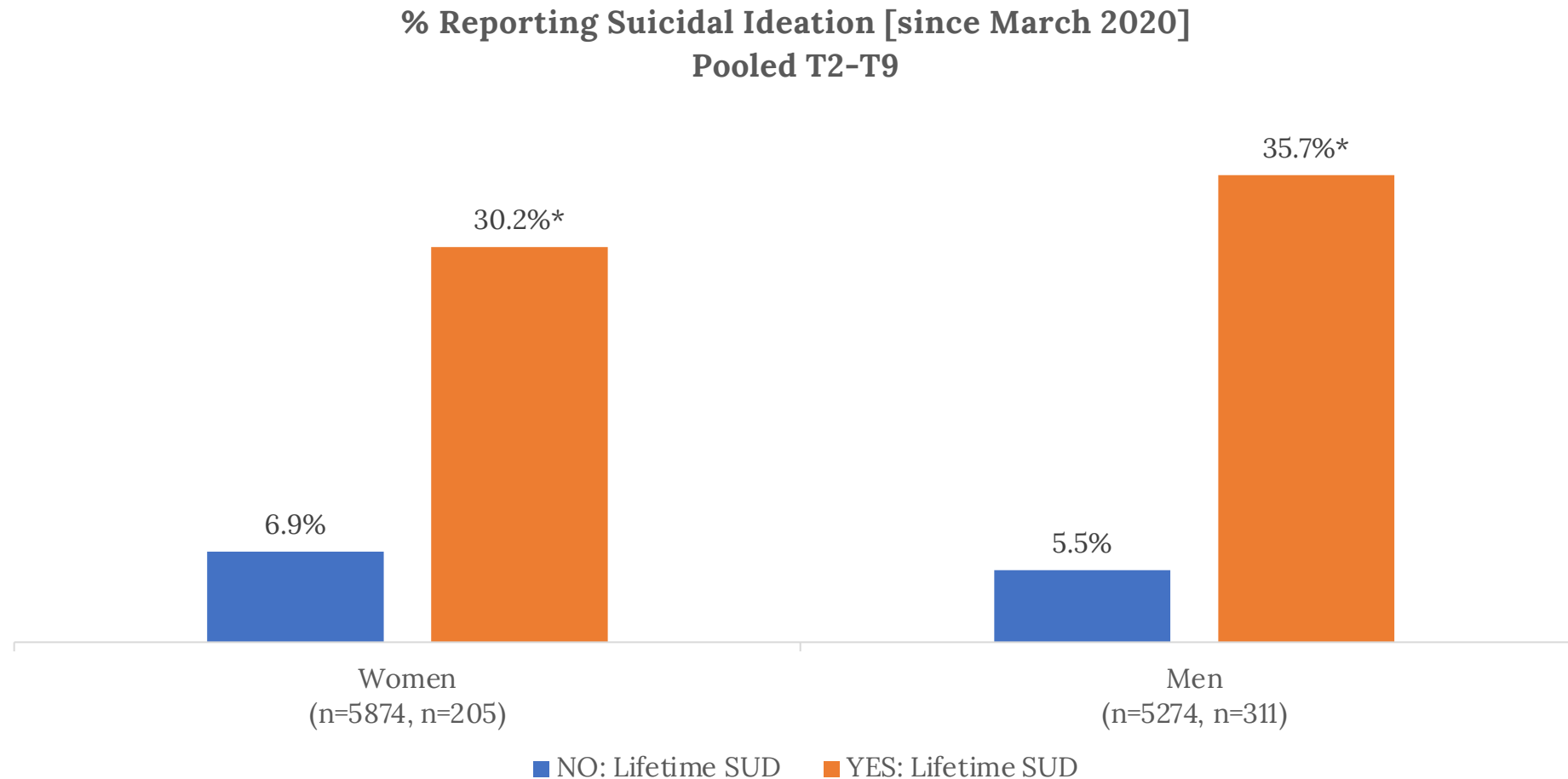
Lifetime Substance Use Disorder (Lifetime SUD)

Has a medical or psychological professional ever diagnosed you with a substance use disorder (e.g., alcohol use disorder, cannabis use disorder)? YES

Problematic Use of Alcohol, Cannabis, or Both (Problematic SU)

Respondents who reported moderate-to-significant risk of alcohol use harms (8+ on the Alcohol Use Disorders Identification Test [AUDIT], on a scale of 0 to 40), and/or problematic or hazardous cannabis use, or the presence of a probable cannabis use disorder (8+ on the Cannabis Use Disorder Identification Test-Revised [CUDIT-R], on a scale of 0 to 32).

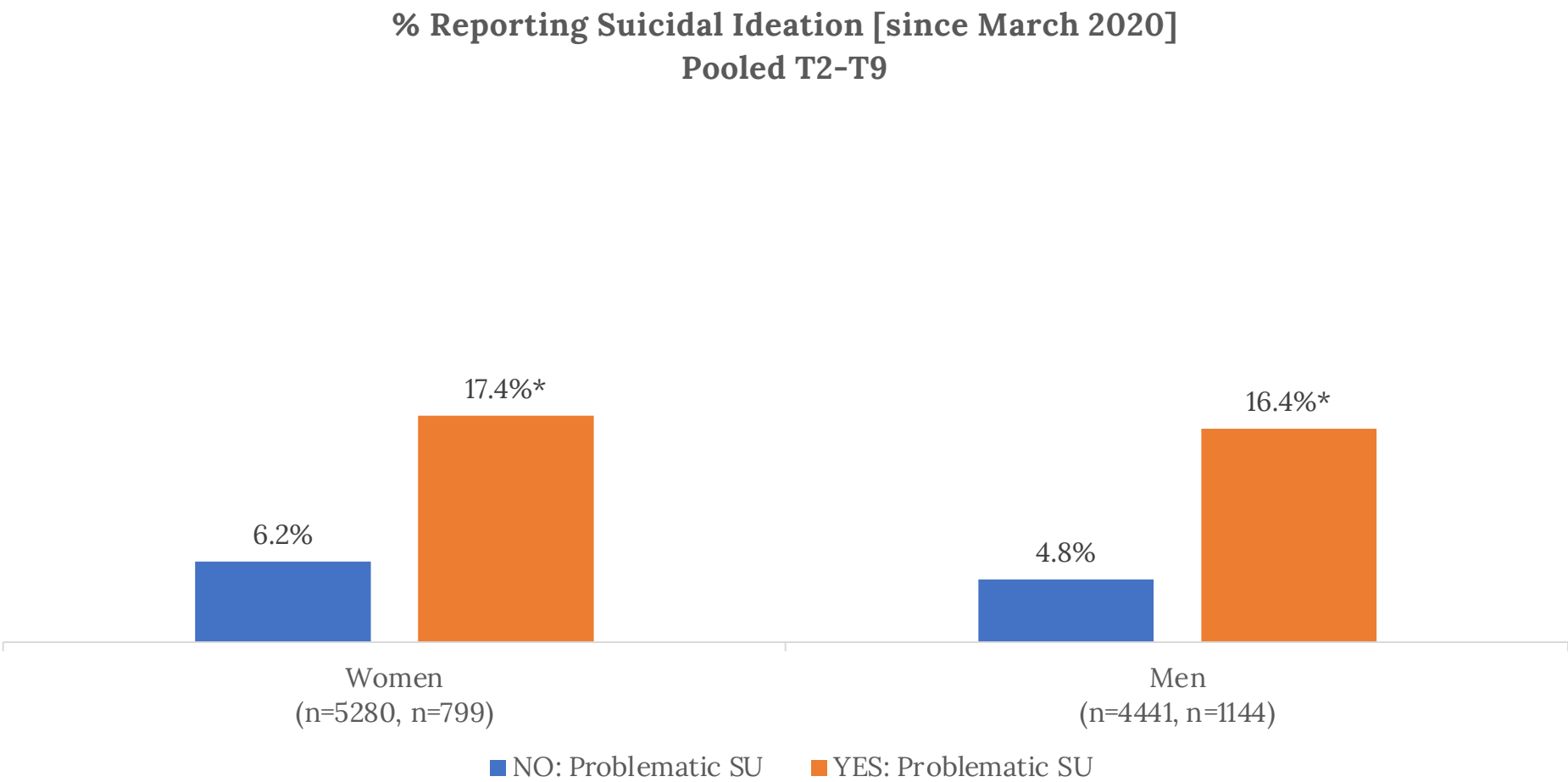
Women and men with a history of substance use disorders have been 4 to 6 times as likely to report suicidal ideation during the pandemic



Q11: Have you seriously contemplated suicide since the COVID-19 pandemic began (March 2020)?

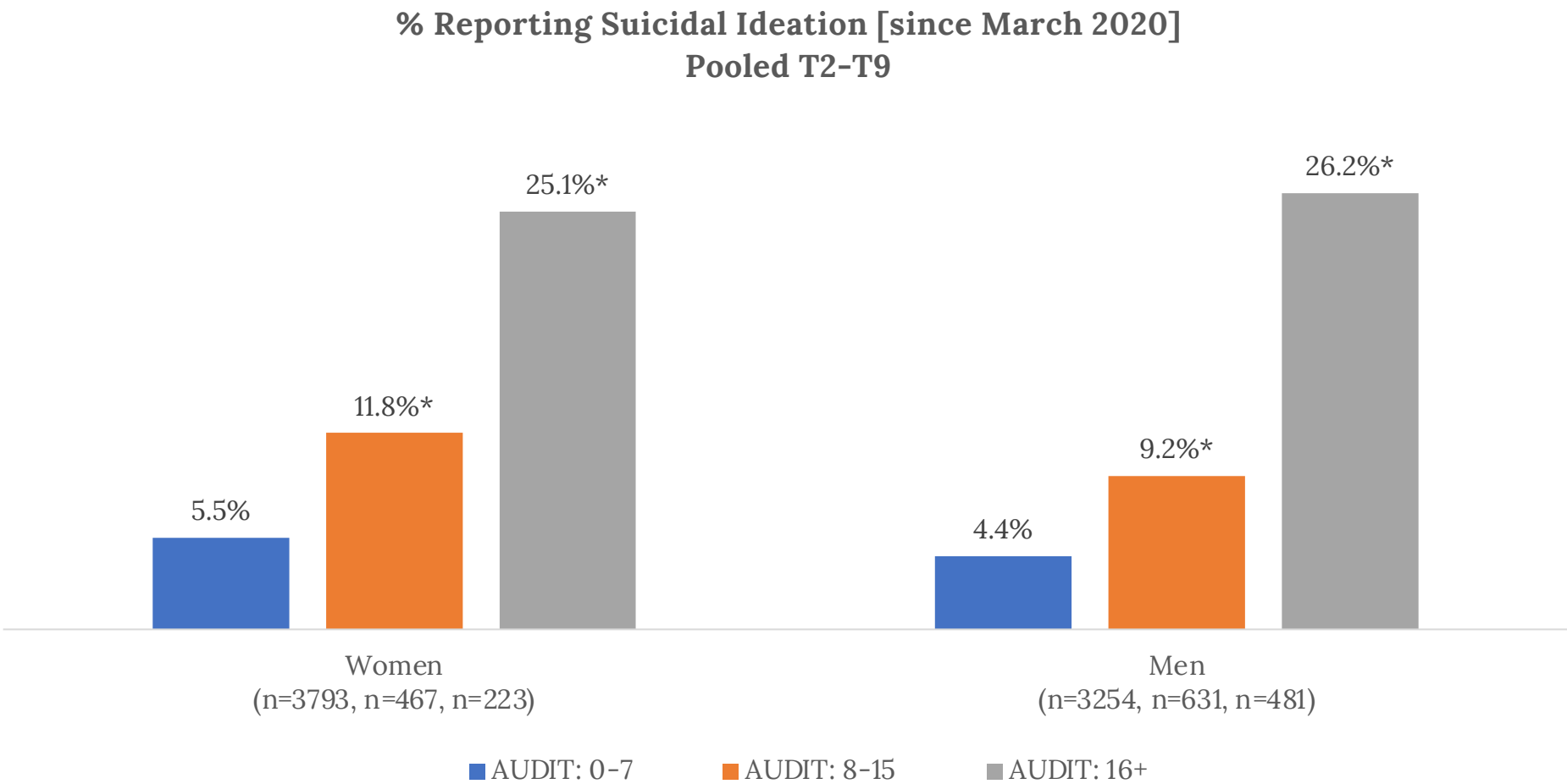
*Statistically significant difference compared to NO: Lifetime SUD at 95% confidence interval

Women and men with problematic alcohol use and/or cannabis use have been 3 times as likely to report suicidal ideation during the pandemic



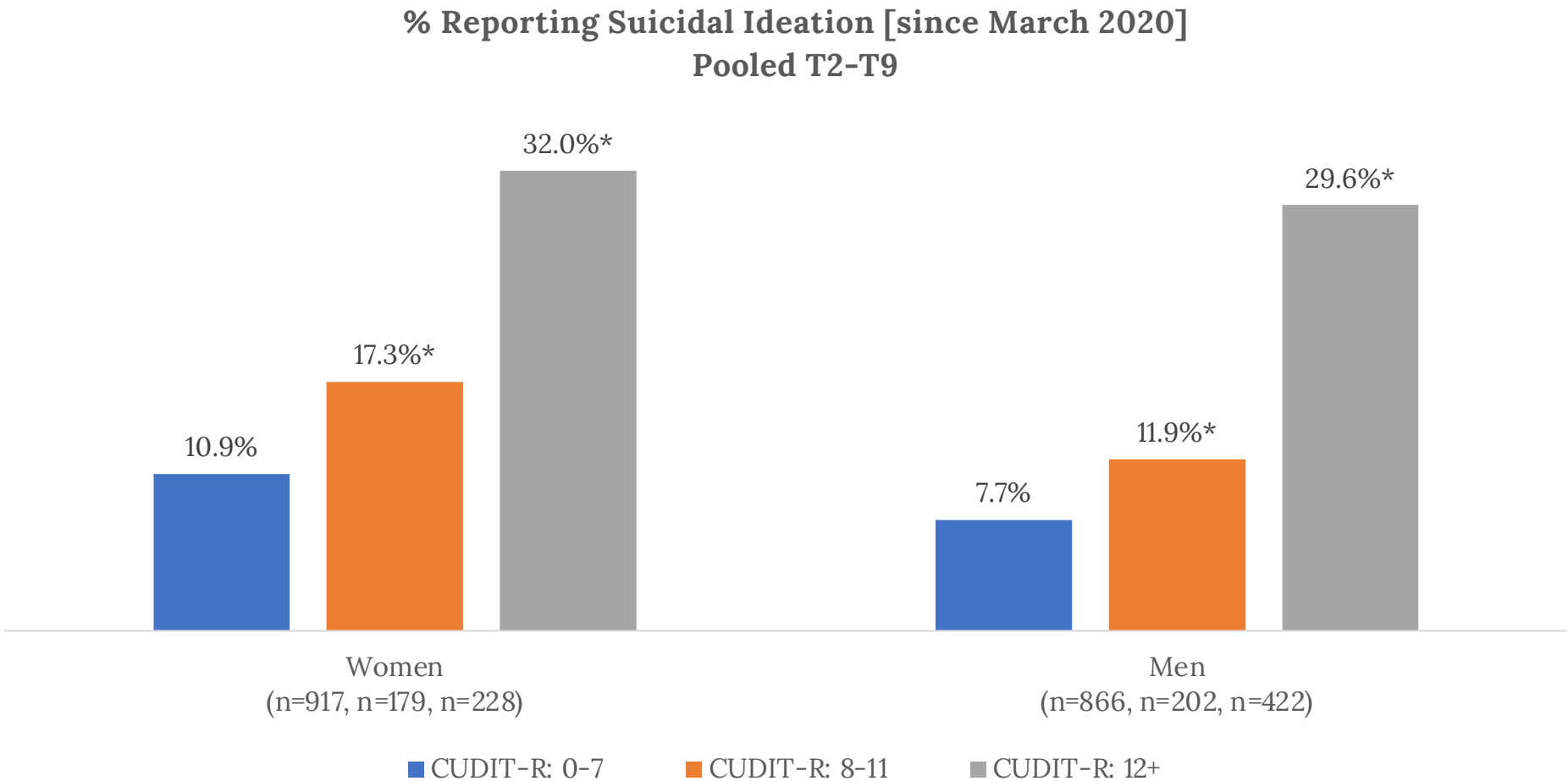
Q11: Have you seriously contemplated suicide since the COVID-19 pandemic began (March 2020)?
*Statistically significant difference compared to NO: Problematic SU at 95% confidence interval

For women and men, increasing severity of problematic alcohol use has been related to higher rates of suicidal ideation



Q11: Have you seriously contemplated suicide since the COVID-19 pandemic began (March 2020)?
AUDIT (Alcohol Use Disorders Identification Test). Score of 0-7 indicates low-risk use, 8-15 indicates moderate risk of harms, and 16+ indicates significant risk of harms and probable alcohol dependence.
*Statistically significant difference compared to AUDIT: 0-7 at 95% confidence interval

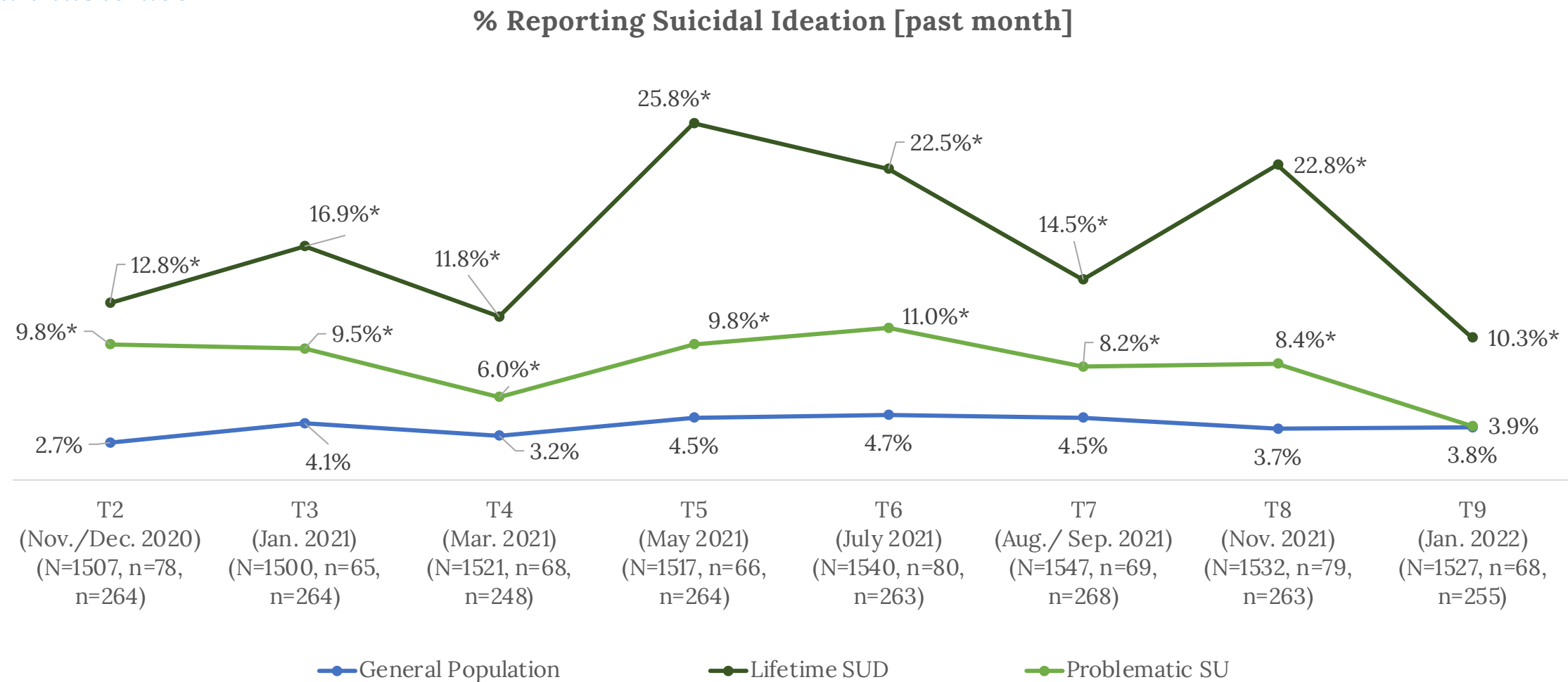
As with alcohol, increasing severity of problematic cannabis use has been related to higher rates of suicidal ideation for women and men



Q11: Have you seriously contemplated suicide since the COVID-19 pandemic began (March 2020)?
CUDIT-R (Cannabis Use Disorder Identification Test-Revised). Score of 8-11 indicates problematic (hazardous) use, and 12+ indicates possible cannabis use disorder.
*Statistically significant difference compared to CUDIT-R: 0-7 at 95% confidence interval

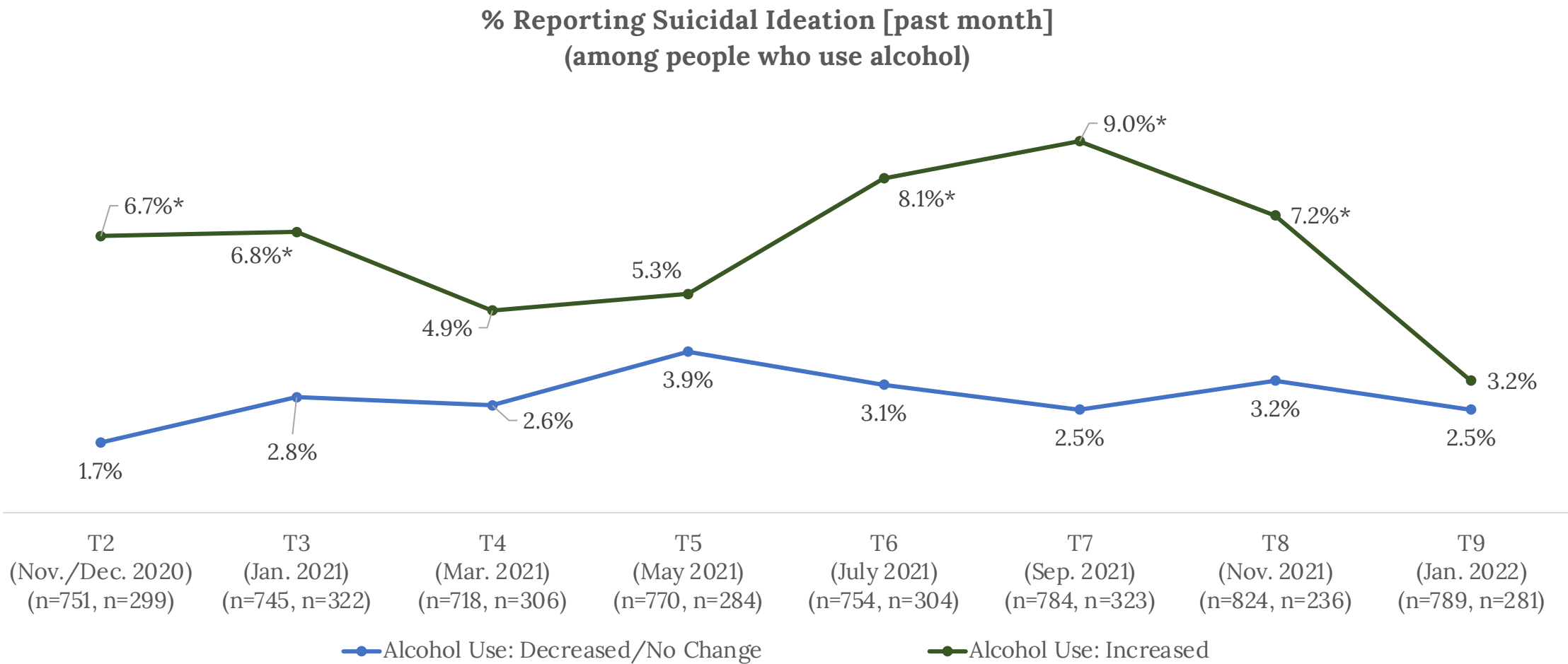
Up to 1 in 4 people with a history of substance use disorders have reported suicidal ideation during the pandemic

Suicidal ideation has also been more common among people with problematic alcohol and/or cannabis use



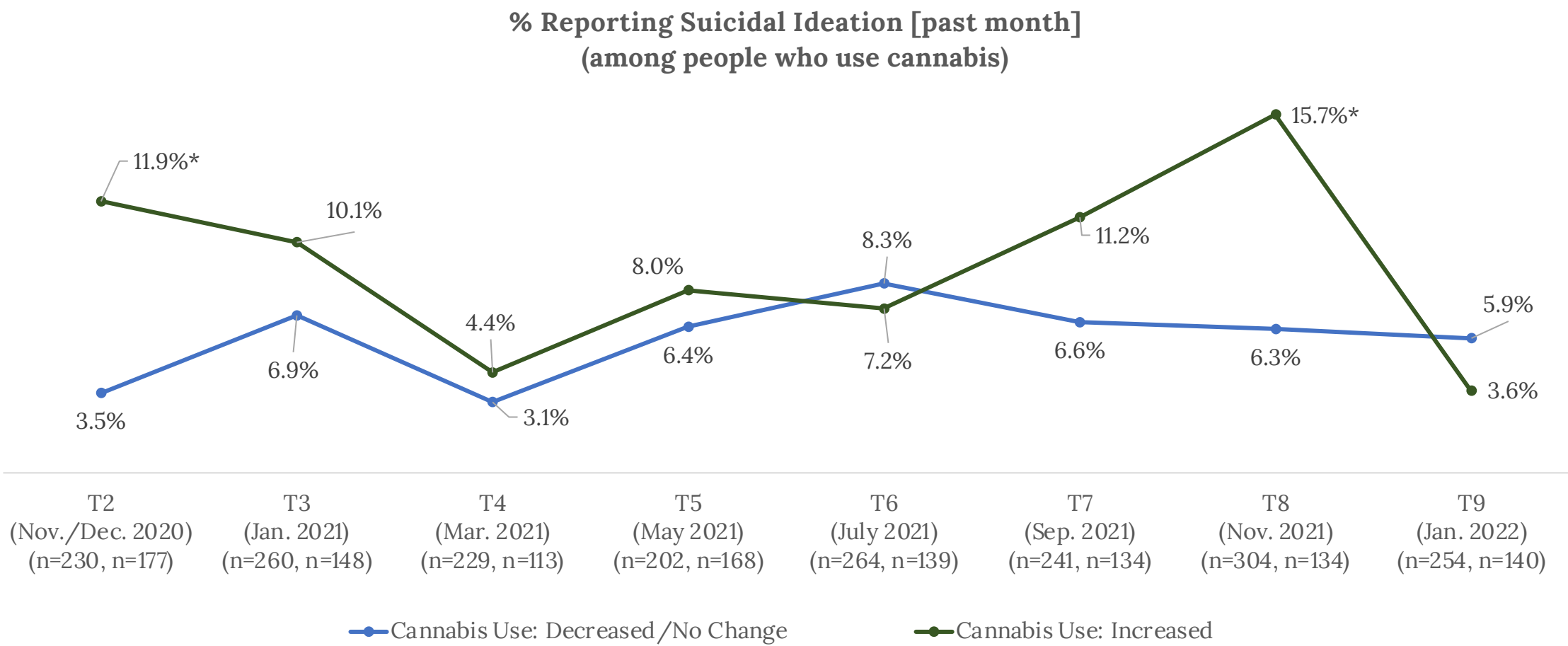
Q11A: Did you contemplate suicide in the past month?
*Statistically significant difference than rest of the sample at 95% confidence interval

Past-month suicidal ideation was higher among people reporting increased alcohol use during the same period of time



Q11A: Did you contemplate suicide in the past month?
*Statistically significant difference than rest of the sample at 95% confidence interval

Past-month suicidal ideation was higher among people reporting increased cannabis use in November 2020 and November 2021



Q11A: Did you contemplate suicide in the past month?

*Statistically significant difference than rest of the sample at 95% confidence interval



PART II

Tracking Survey Indicators Over Time: Trend

Mental health concerns continue to be prevalent among the general population

Fewer than 1 in 5 people with a history of mental health disorders reported strong mental health

Mental Health- Trends

Mental Health Indicators	General Population								Lifetime Mental Health Diagnosis							
	T2	T3	T4	T5	T6	T7	T8	T9	T2	T3	T4	T5	T6	T7	T8	T9
n	1,507	1,502	1,524	1,519	1,543	1,548	1,533	1,530	428	445	430	444	473	499	493	501
Strong mental health	40%	40%	40%	40%	40%	41%	41%	38%	18%	18%	15%	17%	17%	18%	17%	17%
Moderately severe or severe depression	14%	16%	15%	14%	14%	15%	14%	14%	31%	34%	32%	33%	29%	32%	26%	29%
Moderate or severe anxiety	24%	26%	25%	24%	24%	24%	23%	24%	43%	45%	46%	48%	41%	44%	42%	40%
Suicidal ideation (since March 2020)	5%	7%	7%	8%	9%	8%	8%	9%	13%	15%	16%	18%	21%	17%	17%	16%
Suicidal ideation (past month)	3%	4%	3%	4%	5%	5%	4%	3%	7%	9%	8%	11%	12%	12%	9%	7%
Access to mental health services (past month)	11%	12%	12%	13%	14%	12%	13%	13%	30%	28%	30%	31%	31%	28%	27%	29%

PHQ-9 scale, GAD-7 scale, Q7: In general, how would you describe your mental health? Q11: Have you seriously contemplated suicide since the COVID-19 pandemic began? Q44: During the past month, have you accessed formal treatment services to help manage your emotions or mental health?

Less than 1 in 5 people with current mental health symptoms have been accessing mental health services

Mental Health- Trends

Mental Health Indicators	General Population								Current Mental Health Symptoms							
	T2	T3	T4	T5	T6	T7	T8	T9	T2	T3	T4	T5	T6	T7	T8	T9
n	1,507	1,502	1,524	1,519	1,543	1,548	1,533	1,530	883	898	900	874	891	882	841	864
Strong mental health	40%	40%	40%	40%	40%	41%	41%	38%	20%	20%	17%	18%	19%	19%	17%	16%
Moderately severe or severe depression	14%	16%	15%	14%	14%	15%	14%	14%	—	—	—	—	—	—	—	—
Moderate or severe anxiety	24%	26%	25%	24%	24%	24%	23%	24%	—	—	—	—	—	—	—	—
Suicidal ideation (since March 2020)	5%	7%	7%	8%	9%	8%	8%	9%	—	—	—	—	—	—	—	—
Suicidal ideation (past month)	3%	4%	3%	4%	5%	5%	4%	3%	5%	7%	5%	8%	8%	8%	7%	5%
Access to mental health services (past month)	11%	12%	12%	13%	14%	12%	13%	13%	17%	19%	18%	19%	22%	19%	21%	20%

PHQ-9 scale, GAD-7 scale, Q7: In general, how would you describe your mental health? Q11: Have you seriously contemplated suicide since the COVID-19 pandemic began? Q44: During the past month, have you accessed formal treatment services to help manage your emotions or mental health?

Mental health concerns continue to be much more common among individuals with a history of substance use disorders

Mental Health- Trends

Mental Health Indicators	General Population								Lifetime Substance Use Disorder							
	T2	T3	T4	T5	T6	T7	T8	T9	T2	T3	T4	T5	T6	T7	T8	T9
n	1,507	1,502	1,524	1,519	1,543	1,548	1,533	1,530	77	65	67	67	81	69	79	68
Strong mental health	40%	40%	40%	40%	40%	41%	41%	38%	25%	27%	24%	26%	23%	16%	20%	22%
Moderately severe or severe depression	14%	16%	15%	14%	14%	15%	14%	14%	39%	40%	42%	45%	39%	42%	49%	41%
Moderate or severe anxiety	24%	26%	25%	24%	24%	24%	23%	24%	51%	47%	55%	49%	62%	55%	63%	46%
Suicidal ideation (since March 2020)	5%	7%	7%	8%	9%	8%	8%	9%	30%	26%	25%	40%	40%	21%	43%	31%
Suicidal ideation (past month)	3%	4%	3%	4%	5%	5%	4%	3%	13%	17%	11%	26%	22%	14%	25%	10%
Access to mental health services (past month)	11%	12%	12%	13%	14%	12%	13%	13%	39%	29%	39%	39%	36%	36%	52%	32%

PHQ-9 scale, GAD-7 scale, Q7: In general, how would you describe your mental health? Q11: Have you seriously contemplated suicide since the COVID-19 pandemic began? Q44: During the past month, have you accessed formal treatment services to help manage your emotions or mental health?

People with current problematic substance use have consistently been more likely to report mental health concerns

Mental Health- Trends

Mental Health Indicators	General Population								Current Problematic Substance Use							
	T2	T3	T4	T5	T6	T7	T8	T9	T2	T3	T4	T5	T6	T7	T8	T9
n	1,507	1,502	1,524	1,519	1,543	1,548	1,533	1,530	265	264	248	264	264	269	263	255
Strong mental health	40%	40%	40%	40%	40%	41%	41%	38%	30%	31%	26%	26%	27%	30%	29%	28%
Moderately severe or severe depression	14%	16%	15%	14%	14%	15%	14%	14%	29%	35%	34%	29%	31%	26%	29%	24%
Moderate or severe anxiety	24%	26%	25%	24%	24%	24%	23%	24%	41%	44%	44%	42%	45%	42%	42%	36%
Suicidal ideation (since March 2020)	5%	7%	7%	8%	9%	8%	8%	9%	15%	15%	12%	18%	23%	12%	20%	15%
Suicidal ideation (past month)	3%	4%	3%	4%	5%	5%	4%	3%	10%	9%	6%	10%	11%	8%	8%	4%
Access to mental health services (past month)	11%	12%	12%	13%	14%	12%	13%	13%	24%	22%	22%	23%	25%	20%	25%	19%

PHQ-9 scale, GAD-7 scale, Q7: In general, how would you describe your mental health? Q11: Have you seriously contemplated suicide since the COVID-19 pandemic began? Q44: During the past month, have you accessed formal treatment services to help manage your emotions or mental health?

Substance use concerns continue to be prevalent among the general population

Access to substance use services, however, has slightly decreased over time

Substance Use- Trends

Substance Use Indicators	General Population								Lifetime Substance Use Disorder							
	T2	T ₃	T4	T5	T6	T7	T8	T9	T2	T3	T4	T5	T6	T7	T8	T9
n	1,507	1,502	1,524	1,519	1,543	1,548	1,533	1,530	77	65	67	67	81	69	79	68
Slightly or far more alcohol use	28%	30%	29%	26%	28%	29%	22%	26%	45%	42%	51%	41%	60%	63%	42%	47%
AUDIT 8 or more (problematic alcohol use)	22%	22%	21%	20%	22%	21%	20%	19%	83%	76%	73%	69%	72%	80%	84%	76%
Slightly or far more cannabis use	41%	35%	31%	43%	32%	34%	29%	34%	54%	46%	38%	51%	59%	48%	55%	40%
CUDIT-R 8 or more (problematic cannabis use)	37%	38%	36%	39%	37%	38%	36%	39%	76%	53%	60%	75%	83%	60%	72%	73%
Access to substance use services (past month)	7%	7%	6%	5%	6%	5%	5%	5%	46%	29%	21%	37%	38%	26%	41%	38%

AUDIT scale, CUDIT-R scale, Q22r 14, 15: Drinking alcohol (beverages or drinks) or consuming cannabis: During the past month, have you engaged in the following activities more or less since the onset of the COVID-19 pandemic? Q42r 1, 2, 3, 4: During the past month, have you accessed formal treatment services to help manage your use of alcohol, cannabis, prescription psychoactive drugs, or other illegal psychoactive drugs?

Fewer than 1 in 5 people with current problematic substance use are accessing substance use treatment services

Substance Use-Trends

Substance Use Indicators	General Population								Current Problematic Substance Use							
	T2	T3	T4	T5	T6	T7	T8	T9	T2	T3	T4	T5	T6	T7	T8	T9
n	1,507	1,502	1,524	1,519	1,543	1,548	1,533	1,530	265	264	248	264	264	269	263	255
Slightly or far more alcohol use	28%	30%	29%	26%	28%	29%	22%	26%	43%	48%	48%	47%	46%	52%	40%	42%
AUDIT 8 or more (problematic alcohol use)	22%	22%	21%	20%	22%	21%	20%	19%	—	—	—	—	—	—	—	—
Slightly or far more cannabis use	41%	35%	31%	43%	32%	34%	29%	34%	53%	46%	45%	60%	50%	50%	44%	51%
CUDIT-R 8 or more (problematic cannabis use)	37%	38%	36%	39%	37%	38%	36%	39%	—	—	—	—	—	—	—	—
Access to substance use services (past month)	7%	7%	6%	5%	6%	5%	5%	5%	25%	25%	20%	18%	24%	17%	19%	19%

AUDIT scale, CUDIT-R scale, Q22r 14, 15: Drinking alcohol (beverages or drinks) or consuming cannabis: During the past month, have you engaged in the following activities more or less since the onset of the COVID-19 pandemic? Q42r 1, 2, 3, 4: During the past month, have you accessed formal treatment services to help manage your use of alcohol, cannabis, prescription psychoactive drugs, or other illegal psychoactive drugs?

Substance use concerns continue to be higher among people with a history of mental health disorders

Substance Use-Trends

Substance Use Indicators	General Population								Lifetime Mental Health Diagnosis							
	T2	T3	T4	T5	T6	T7	T8	T9	T2	T3	T4	T5	T6	T7	T8	T9
n	1,507	1,502	1,524	1,519	1,543	1,548	1,533	1,530	428	445	430	444	473	499	493	501
Slightly or far more alcohol use	28%	30%	29%	26%	28%	29%	22%	26%	38%	33%	33%	34%	32%	38%	26%	30%
AUDIT 8 or more (problematic alcohol use)	22%	22%	21%	20%	22%	21%	20%	19%	33%	32%	29%	28%	28%	28%	28%	26%
Slightly or far more cannabis use	41%	35%	31%	43%	32%	34%	29%	34%	50%	34%	31%	54%	40%	41%	39%	37%
CUDIT-R 8 or more (problematic cannabis use)	37%	38%	36%	39%	37%	38%	36%	39%	45%	44%	39%	49%	44%	43%	44%	45%
Access to substance use services (past month)	7%	7%	6%	5%	6%	5%	5%	5%	17%	11%	11%	10%	9%	10%	10%	9%

AUDIT scale, CUDIT-R scale, Q22r 14, 15: Drinking alcohol (beverages or drinks) or consuming cannabis: During the past month, have you engaged in the following activities more or less since the onset of the COVID-19 pandemic? Q42r 1, 2, 3, 4: During the past month, have you accessed formal treatment services to help manage your use of alcohol, cannabis, prescription psychoactive drugs, or other illegal psychoactive drugs?

People with current mental health symptoms have also been more likely to report problematic alcohol use, cannabis use, or both

Substance Use-Trends

Substance Use Indicators	General Population								Current Mental Health Symptoms							
	T2	T3	T4	T5	T6	T7	T8	T9	T2	T3	T4	T5	T6	T7	T8	T9
n	1,507	1,502	1,524	1,519	1,543	1,548	1,533	1,530	883	898	900	874	891	882	841	864
Slightly or far more alcohol use	28%	30%	29%	26%	28%	29%	22%	26%	36%	36%	36%	33%	36%	39%	30%	34%
AUDIT 8 or more (problematic alcohol use)	22%	22%	21%	20%	22%	21%	20%	19%	31%	30%	29%	28%	31%	28%	28%	27%
Slightly or far more cannabis use	41%	35%	31%	43%	32%	34%	29%	34%	48%	38%	37%	50%	39%	39%	38%	41%
CUDIT-R 8 or more (problematic cannabis use)	37%	38%	36%	39%	37%	38%	36%	39%	44%	44%	40%	46%	43%	44%	43%	44%
Access to substance use services (past month)	7%	7%	6%	5%	6%	5%	5%	5%	11%	11%	10%	8%	9%	7%	8%	7%

AUDIT scale, CUDIT-R scale, Q22r 14, 15: Drinking alcohol (beverages or drinks) or consuming cannabis: During the past month, have you engaged in the following activities more or less since the onset of the COVID-19 pandemic? Q42r 1, 2, 3, 4: During the past month, have you accessed formal treatment services to help manage your use of alcohol, cannabis, prescription psychoactive drugs, or other illegal psychoactive drugs?



Respondent Profile

T2-T9

Respondent Profile (1 of 4)

	T2 (Nov./ Dec. 2020)	T3 (Jan. 2021)	T4 (Mar. 2021)	T5 (May 2021)	T6 (July 2021)	T7 (Aug./ Sept. 2021)	T8 (Nov. 2021)	T9 (Jan.2022)
n	1,507	1,502	1,524	1,519	1,543	1,548	1,533	1,530
Gender	%	%	%	%	%	%	%	%
Female	51	51	51	51	51	51	51	51
Male	47	48	48	47	47	47	47	47
Other	1	1	1	2	2	1	1	1
Age, years								
16 to 24	13	13	13	13	13	13	13	14
25 to 39	24	24	24	25	23	24	24	24
40 to 64	42	42	42	41	43	42	42	42
65 and older	21	21	21	21	21	21	21	21
2SLGBTQ+								
Yes	10	11	11	11	13	10	11	12
No	89	88	88	88	86	89	88	87

Respondent Profile (2 of 4)

	T2 (Nov./ Dec. 2020)	T3 (Jan. 2021)	T4 (March 2021)	T5 (May 2021)	T6 (July 2021)	T7 (Aug./ Sept. 2021)	T8 (Nov. 2021)	T9 (Jan. 2022)
n	1,507	1,502	1,524	1,519	1,543	1,548	1,533	1,530
Region	%	%	%	%	%	%	%	%
British Columbia	13	13	13	13	13	13	13	13
Alberta	12	12	12	12	12	12	12	12
Saskatchewan	3	3	3	3	3	3	3	3
Manitoba	4	4	4	4	4	4	4	4
Ontario	39	39	39	39	39	39	39	39
Quebec	23	23	23	23	23	23	23	23
Atlantic	7	7	7	7	7	7	7	7
Canadian Status								
Canadian citizen by birth or non-immigrant	79	77	79	80	80	80	81	80
Canadian by naturalization	13	15	12	12	12	13	12	13
Permanent resident	6	6	8	6	6	6	5	5
No status	1	1	1	1	1	1	1	1

Respondent Profile (3 of 4)

	T2 (Nov./ Dec. 2020)	T3 (Jan. 2021)	T4 (March 2021)	T5 (May 2021)	T6 (July 2021)	T7 (Aug./ Sept. 2021)	T8 (Nov. 2021)	T9 (Jan. 2022)
n	1,507	1,502	1,524	1,519	1,543	1,548	1,533	1,530
Ethnicity	%	%	%	%	%	%	%	%
White	76	78	77	77	77	78	78	79
East or Southeast Asian	8	7	8	10	9	8	10	7
Indigenous Peoples (First Nations, Inuk, Métis)	5	5	5	5	5	5	5	5
South Asian	5	4	5	4	4	5	4	4
Black	4	2	2	2	2	3	2	2
Middle Eastern	2	2	2	2	2	1	1	1
Latinx	2	2	1	2	2	1	2	2
Canadian or French Canadian (Non- specified)	<1	<1	1	<1	<1	<1	1	<1

Respondent Profile (4 of 4)

	T2 (Nov./ Dec. 2020)	T3 (Jan. 2021)	T4 (March 2021)	T5 (May 2021)	T6 (July 2021)	T7 (Aug./Sept. 2021)	T8 (Nov. 2021)	T9 (Jan.2022)
n	1,507	1,502	1,524	1,519	1,543	1,548	1,533	1,530
Education	%	%	%	%	%	%	%	%
Less than a high school diploma	3	3	5	3	3	4	4	5
High school diploma or equivalent	21	19	21	19	17	20	22	21
Some college, no degree	29	30	28	27	29	26	19	20
Bachelor's degree	31	32	30	32	31	31	36	38
Master's degree	7	8	9	10	10	10	11	11
Professional degree	6	7	6	6	6	7	5	4
Doctorate	2	1	1	2	2	2	1	1
Employment								
Employed	45	46	45	48	49	46	49	48
Unemployed before COVID	4	4	5	3	4	4	3	3
Unemployed since COVID	5	6	5	5	4	3	2	3
Student	10	9	9	8	8	10	10	8
Retired	26	25	24	24	24	25	27	24
Self-employed	6	6	6	6	5	7	5	7
Unable to work	4	4	4	4	5	4	4	5



Additional Resources

Additional Resources

- [Toolkit for people who have been impacted by a suicide attempt](#)
- [Toolkit for people who have been impacted by a suicide loss](#)
- [How Alcohol and Suicide are connected – A Fact Sheet](#)
- [Managing Stress, Anxiety And Substance Use During Covid-19: A Resource For Healthcare Providers](#)
- [Coping with Stress, Anxiety, and Substance Use During Covid-19: How Animals Can Help](#)
- [Virtual Care for Mental Health and Substance Use During COVID-19](#)
- [Low-Risk Alcohol Drinking Guidelines](#)
- [Canada's Lower-Risk Cannabis Use Guidelines](#)

