

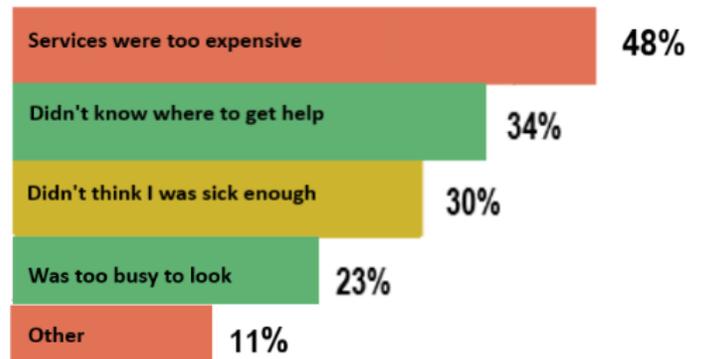
# Canadians need more from their mental health system

## They say it's time we all had free, publicly funded mental health care

The Canadian Mental Health Association (CMHA) polled Canadians about their mental health care for **Mental Health Week**, May 2023. Here's what we heard:

- 87% of Canadians think that we should all have access to free, publicly funded mental health care that meets all of our needs
- 69% think that Canada is in a mental health crisis
- 82% think that the government is not doing enough to address the crisis

### Why Canadians don't seek help for their mental health?



More people in Alberta, Saskatchewan and Manitoba were likely to report that mental healthcare services are too expensive (64% compared to 48% of all of Canada).

More people in Atlantic Canada were likely to report that they didn't know where to get help (59% compared to 34% of all of Canada).

### They want mental health and substance use health care in their communities

57% of Canadians would be more likely to access mental health care through a community organization with free programs than through a family physician or hospital.



Key findings presented here are from the Access to Mental Health Support, an online survey commissioned by CMHA and conducted by Pollara with 1,626 adult Canadians from Thursday, April 6th to Monday, April 10th, 2023. Results from a random sample of this size are considered accurate to within  $\pm 2.5\%$ . 19 times out of 20. Results have been weighted by gender, age and region, using the latest census data, to be representative of the population as a whole.

