

Mental Health, Substance Use & Injury Prevention

Survey Results

Public Health Sudbury & Districts
2020



Public Health
Santé publique
SUDBURY & DISTRICTS

Mental Health, Substance Use & Injury Prevention Survey Results

Public Health Sudbury & Districts conducted an online bilingual community survey to understand how COVID-19 is affecting and impacting mental health, substance use and injury prevention. The survey was open and advertised on social media over 11 days from July 2 to July 13, 2020. The results will be used to inform public health planning and service coordination.

Sample

- 564 surveys were completed
- 84% reported residency in Greater Sudbury*
- 16% reported residency in the districts**
- 7% completed the online survey in French
- 83% of the sample identified as female
- 70% of respondents were between the ages of 25 and 54
- 34% responded that they have children living in their household between the ages of 4 and 15
- 68% reported being employed at the time of the survey
- 12% reported living alone
- 5% identified as a member of the 2SLGBTQ+ community
- 6% reported living in poverty and/or experiencing food insecurity
- 18% reported having a chronic (long-term) illness (e.g. asthma, diabetes, cancer, arthritis)
- 3% reported living with a physical, developmental or sensory disability
- 26% reported living with a mental health disorder (e.g. anxiety, depression)

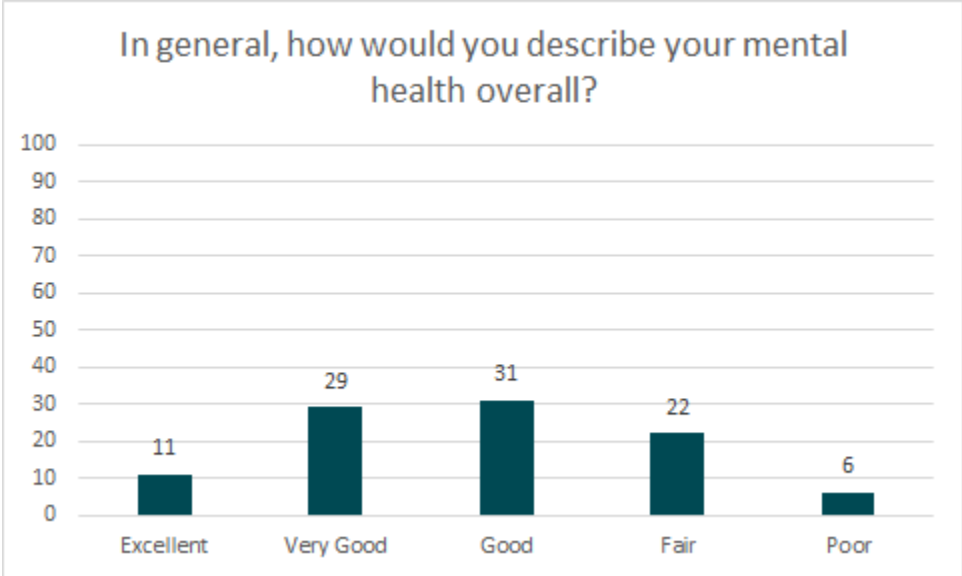
* Greater Sudbury includes Capreol, Coniston, Falconbridge, Garson, Skead, Wahnapiatae, Walden, Lively, Azilda, Chelmsford, Valley East, Onaping Falls and Copper Cliff

**The districts include the Espanola area, Chapleau area, Sudbury East area and Manitoulin Island

Overall mental health

Key Finding:

- 71% of respondents reported their mental health as excellent, very good or good

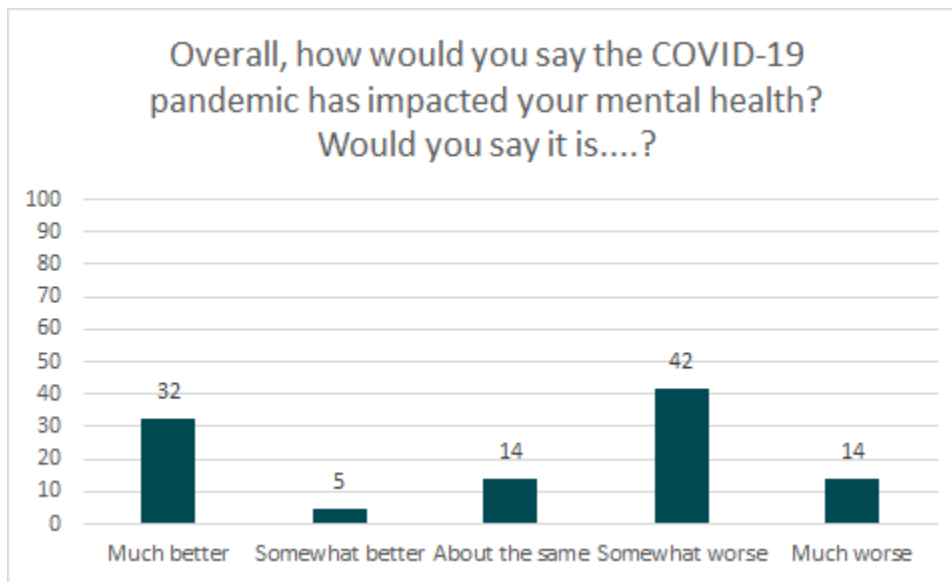


Overall Mental Health	%
Excellent	11
Very Good	29
Good	31
Fair	22
Poor	6

COVID-19 impact on mental health

Key Findings:

- 56% of respondents reported their mental health as ‘somewhat worse’ or ‘much worse’ because of the pandemic.
- 37% of the sample reported their mental health as ‘much better’ or ‘somewhat better’ because of the pandemic.

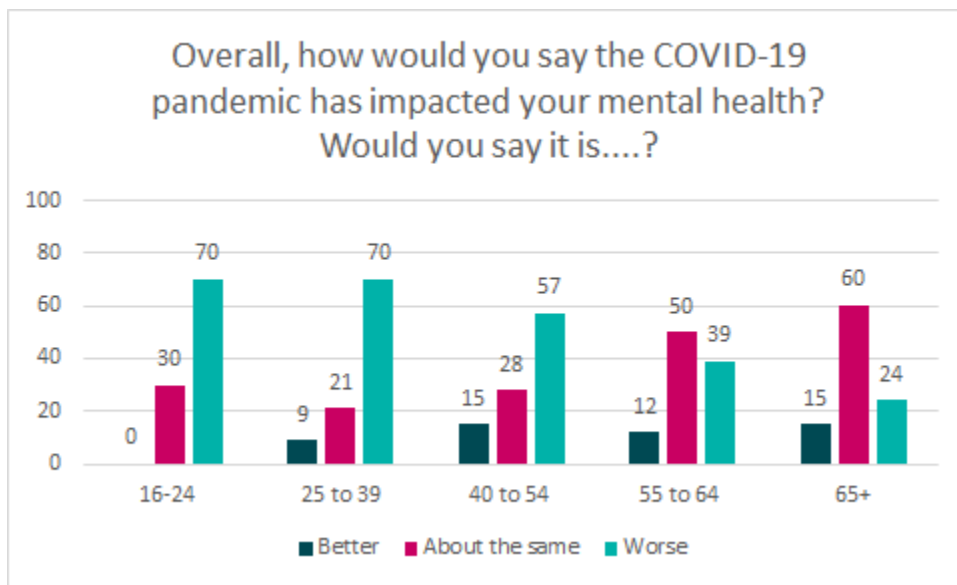


COVID-19 Impact on Mental Health	%
Much better	32
Somewhat better	5
About the same	14
Somewhat worse	42
Much worse	14

COVID-19 impact on mental health by age

Key Findings:

- No respondents aged 16-24 identified their mental health as better because of the pandemic.
- 70% of respondents aged 16-39 reported their mental health as worse because of the pandemic.
- 50% of respondents aged 55-64 and 60% aged 65+ reported their mental health was not impacted by the pandemic.



Age group	COVID-19 impact on mental health	%
16-24 years	Better	0
	About the same	30
	Worse	70
25 to 39	Better	9
	About the same	21
	Worse	70

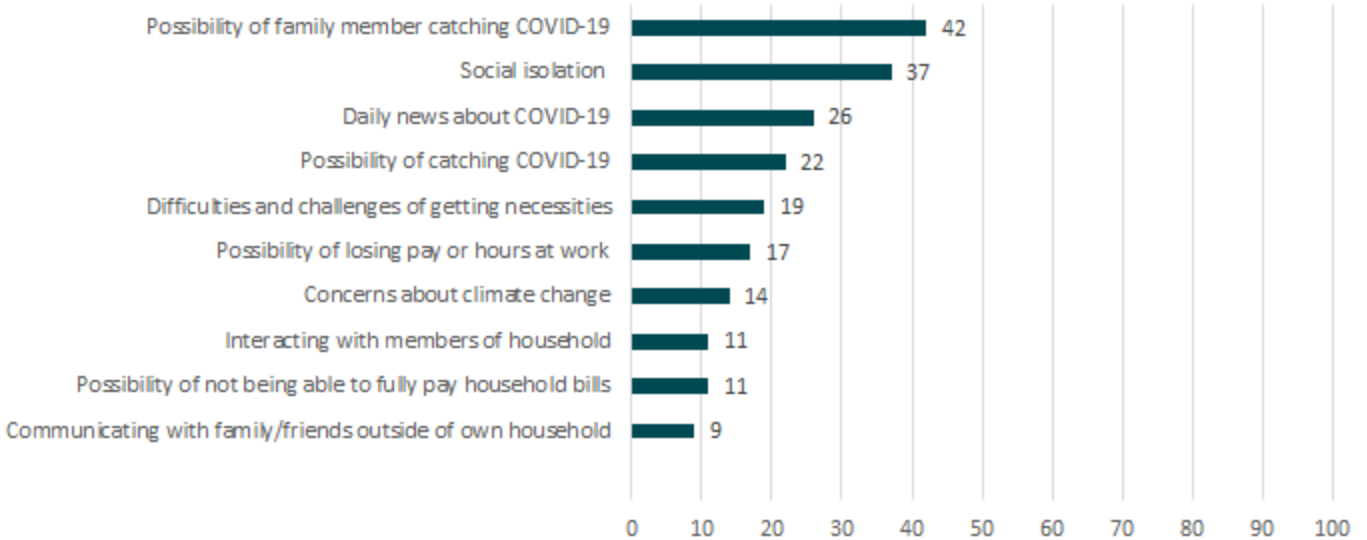
Age group	COVID-19 impact on mental health	%
40 to 54	Better	15
	About the same	28
	Worse	57
55 to 64	Better	12
	About the same	50
	Worse	39
65+	Better	15
	About the same	60
	Worse	24

Factors with a major impact on mental health during the COVID-19 pandemic

Key Findings:

- The top three factors identified as having a major impact on mental health during the pandemic included the possibility of a family member catching COVID-19 (42%), social isolation (37%) and daily news about COVID-19 (26%).
- The factor having the least major impact on mental health during the pandemic was communication with family and/or friends outside of the household (9%).

During the current COVID-19 outbreak, please rate each of the following in terms of the impact they had on your mental health: Major impact

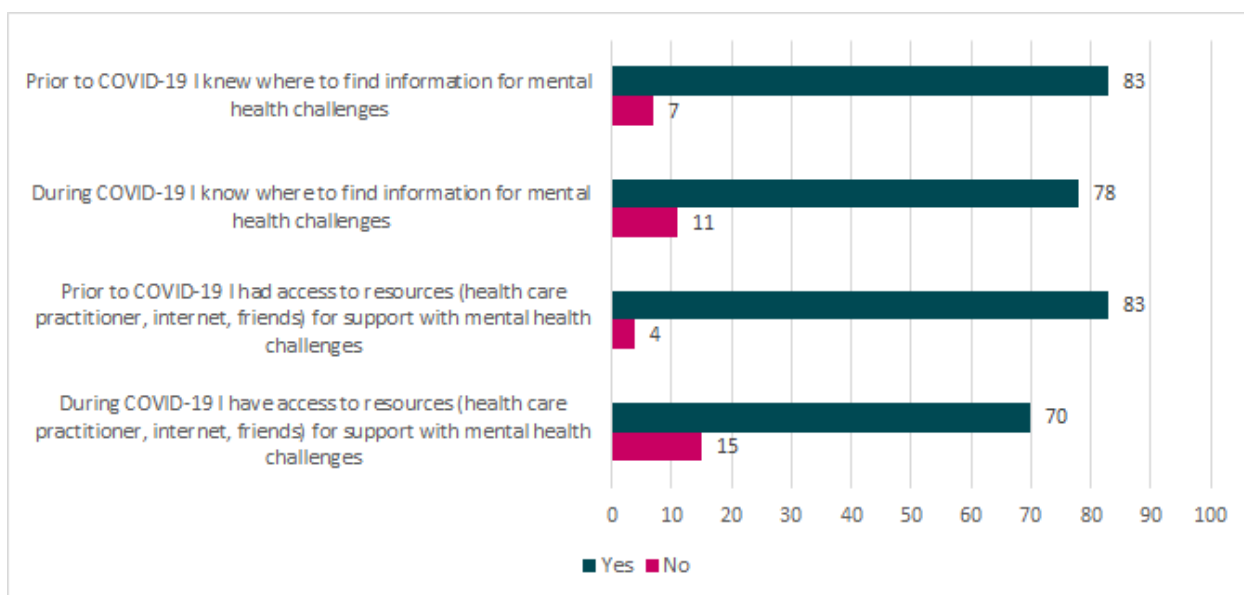


Factors with a major impact on mental health during the pandemic	%
Possibility of family member catching COVID-19	42
Social isolation	37
Daily news about COVID-19	26
Possibility of catching COVID-19	22
Difficulties and challenges of getting necessities	19
Possibility of losing pay or hours at work	17
Concerns about climate change	14
Possibility of not being able to fully pay household bills	11
Interacting with members of household	11
Communicating with family/friends outside of own household	9

Access to mental health supports

Key Findings:

- Prior to the COVID-19 pandemic, 83% of respondents knew where to find information for mental health challenges and 83% reported having access to resources for support with mental health challenges.
- During the COVID-19 pandemic, 78% of respondents knew where to find information for mental health challenges and 70% reported having access to resources for support with mental health challenges.



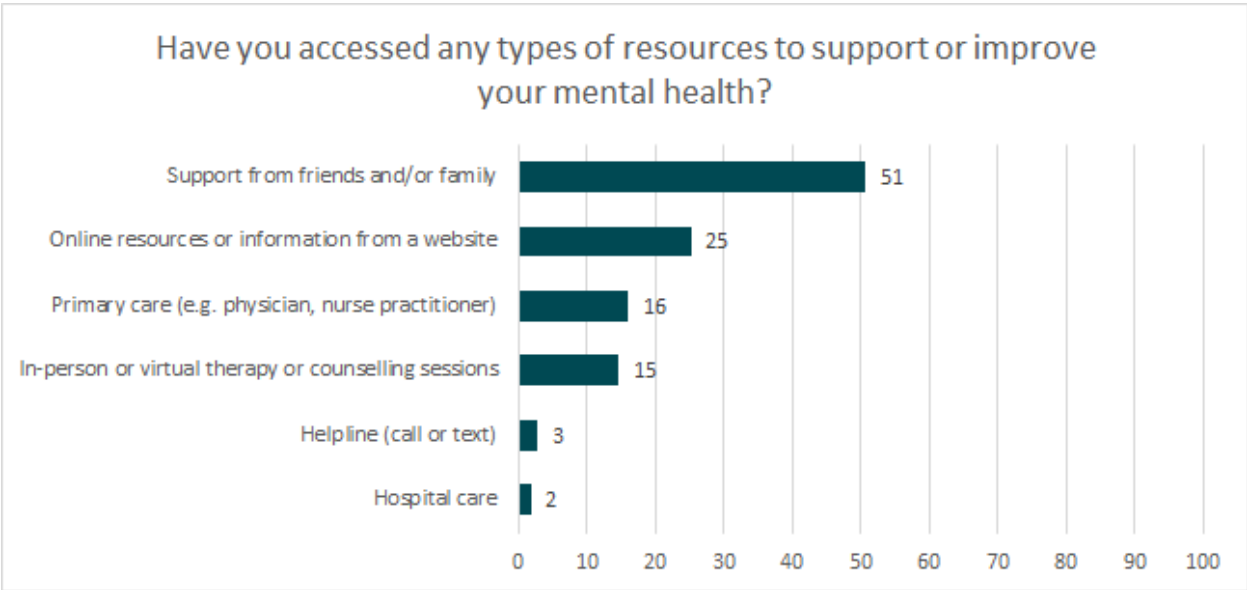
Access to mental health supports	% Yes	% No
Prior to COVID-19 I knew where to find information for mental health challenges	83	7
During COVID-19 I know where to find information for mental health challenges	78	11
Prior to COVID-19 I had access to resources (health care practitioner, internet, friends) for support with mental health challenges	83	4

Access to mental health supports	% Yes	% No
During COVID-19 I have access to resources (health care practitioner, internet, friends) for support with mental health challenges	70	15

Types of resources accessed to support or improve mental health

Key Findings:

- The primary type of resource accessed by respondents to support or improve mental health was support from friends and/or family (51%), followed by online resources or information from a website (24%).
- The least reported types of resources accessed by respondents to support or improve mental health included calling or texting a helpline (3%) and hospital care (2%).

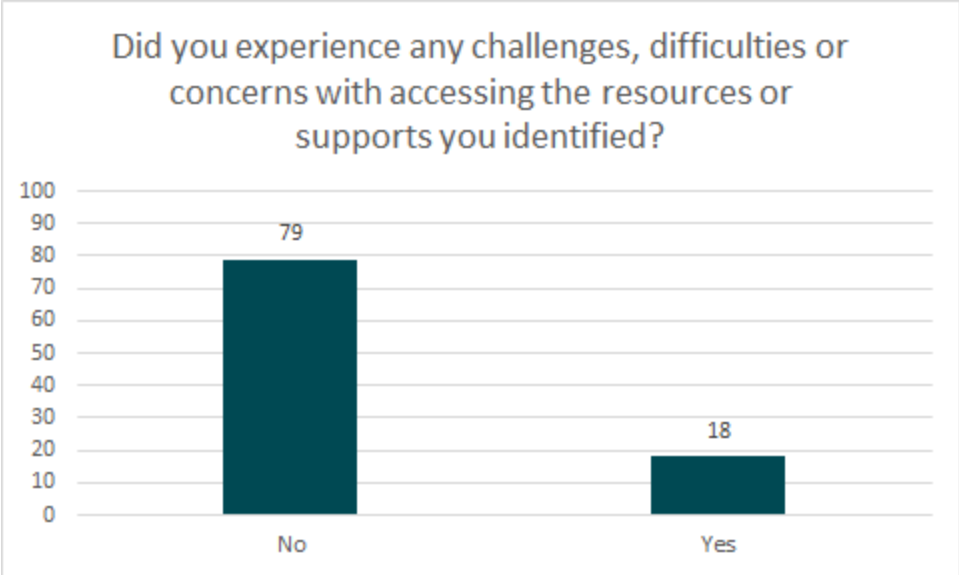


Resources accessed to support or improve mental health	%
Support from friends and/or family	51
Online resources or information from a website	25
Primary care (e.g. physician, nurse practitioner)	16
In-person or virtual therapy or counselling sessions	15
Helpline (call or text)	3
Hospital care	2

Challenges, difficulties or concerns accessing resources or supports

Key Finding:

- 18% of respondents reported they had challenges, difficulties or concerns with accessing resources or supports.

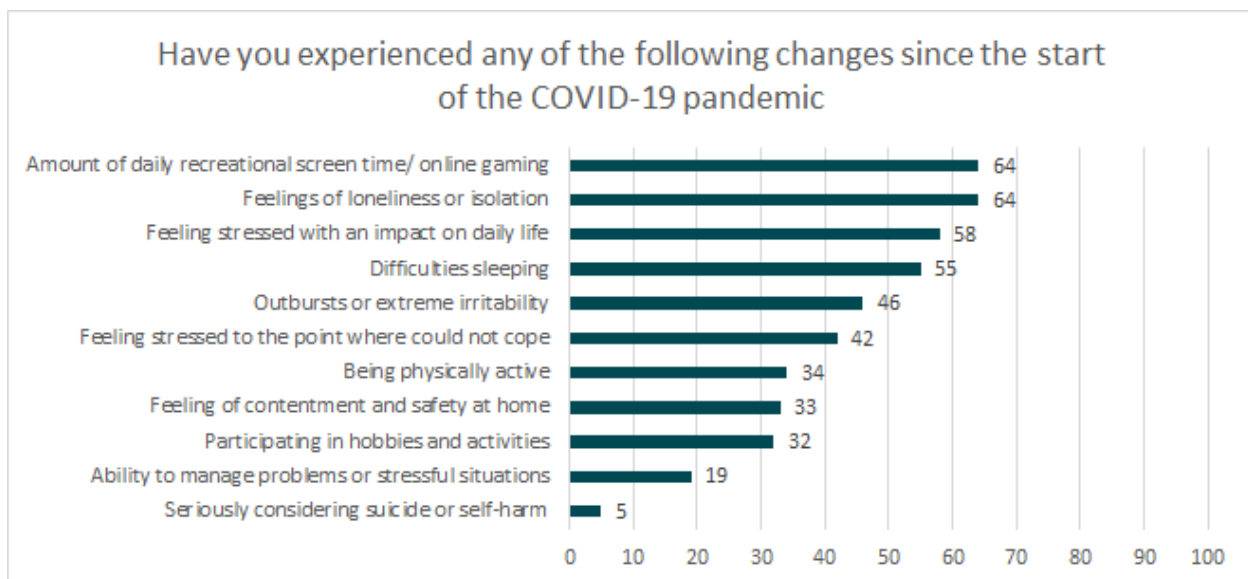


Challenges, difficulties, concerns with accessing resources or supports	%
No	79
Yes	18

Changes experienced since the start of the COVID-19 pandemic

Key Findings:

- 64% of respondents reported increased amounts of daily recreational screen time and/or online gaming and 64% also reported increased feelings of loneliness or isolation since the start of the pandemic.
- 34% of respondents reported increased physical activity and 32% also reported increased participation in hobbies and activities since the start of the pandemic.

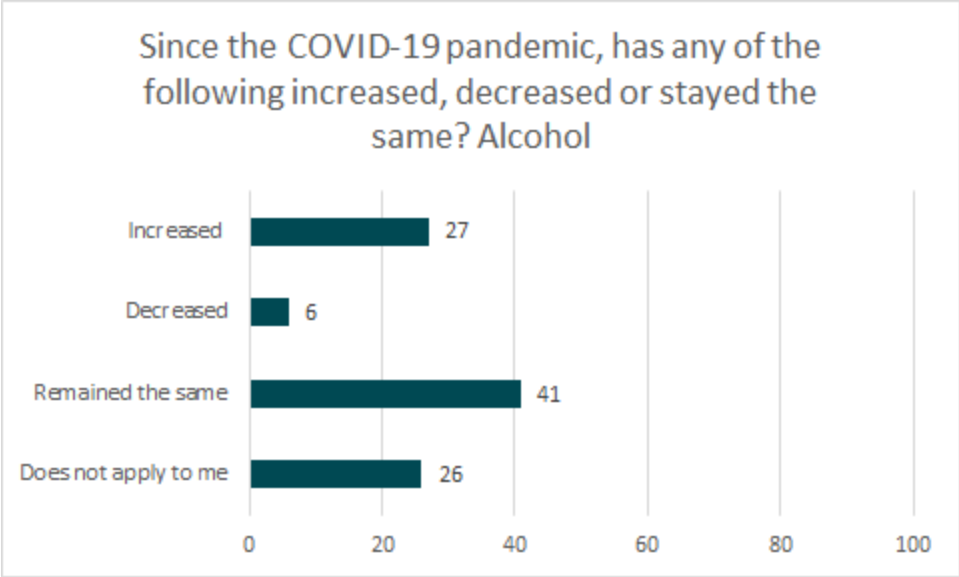


Changes since the start of the COVID-19 pandemic: More often	%
Feelings of loneliness or isolation	64
Amount of daily recreational screen time/ online gaming	64
Feeling stressed with an impact on daily life	58
Difficulties sleeping	55
Outbursts or extreme irritability	46
Feeling stressed to the point where could not cope	42
Being physically active	34
Feeling of contentment and safety at home	33
Participating in hobbies and activities	32
Ability to manage problems or stressful situations	19
Seriously considering suicide or self-harm	5

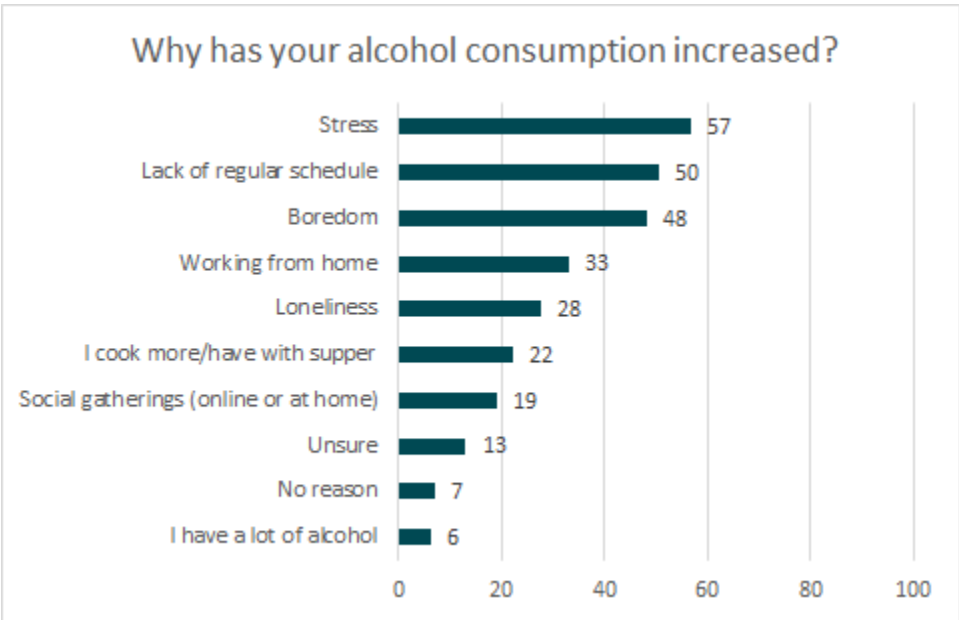
Substance use and addictions since the COVID-19 pandemic - Alcohol

Key Findings:

- 27% of respondents identified that their alcohol consumption increased since the pandemic; conversely, 6% identified that their alcohol consumption decreased since the pandemic.
- The primary reasons for increased alcohol consumption since the pandemic were reported by participants to include stress (57%), lack of regular schedule (50%) and boredom (48%).



Alcohol consumption since the pandemic	%
Increased	27
Decreased	6
Remained the same	41
Does not apply to me	26

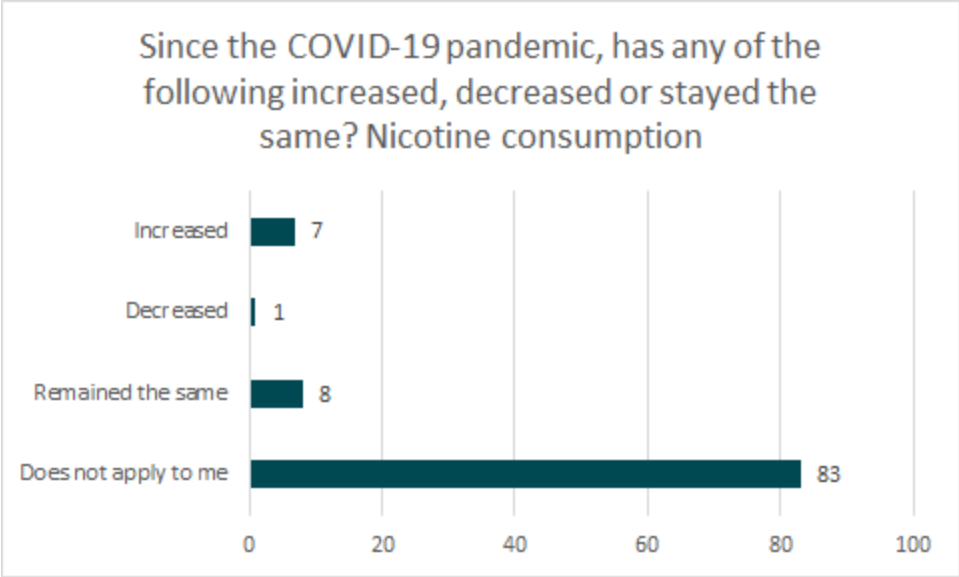


Reasons for increased alcohol consumption	%
Stress	57
Lack of regular schedule	50
Boredom	48
Working from home	33
Loneliness	28
I cook more/have with supper	22
Social gatherings (online or at home)	19
Unsure	13
No reason	7
I have a lot of alcohol	6

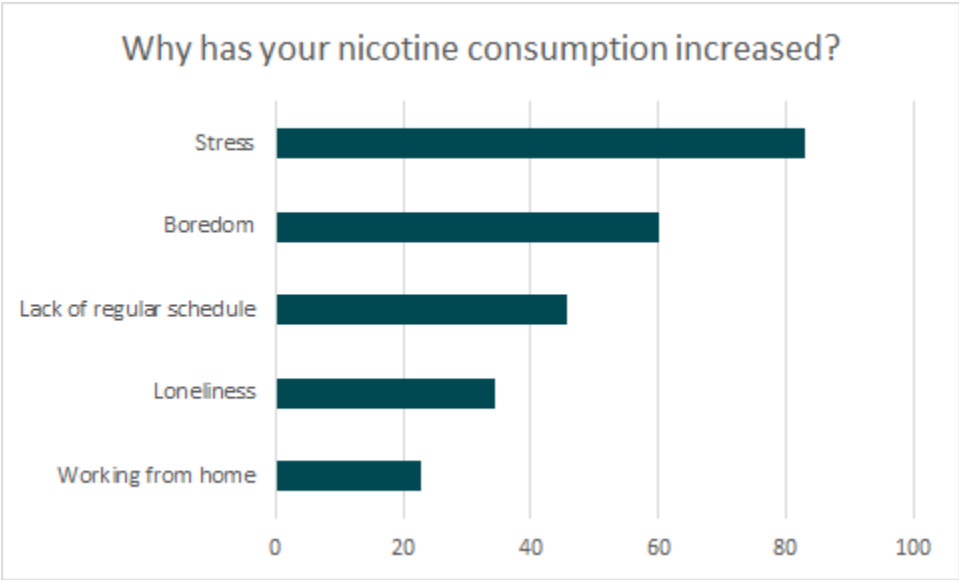
Nicotine

Key Findings:

- 7% of respondents identified that their nicotine consumption increased since the pandemic; conversely, 1% identified that their nicotine consumption decreased since the pandemic.
- The primary reasons for increased nicotine consumption since the pandemic are the same as those reported for increased alcohol consumption: stress (83%), boredom (60%) and lack of regular schedule (46%).



Nicotine consumption since the pandemic	%
Increased	7
Decreased	1
Remained the same	8
Does not apply to me	83

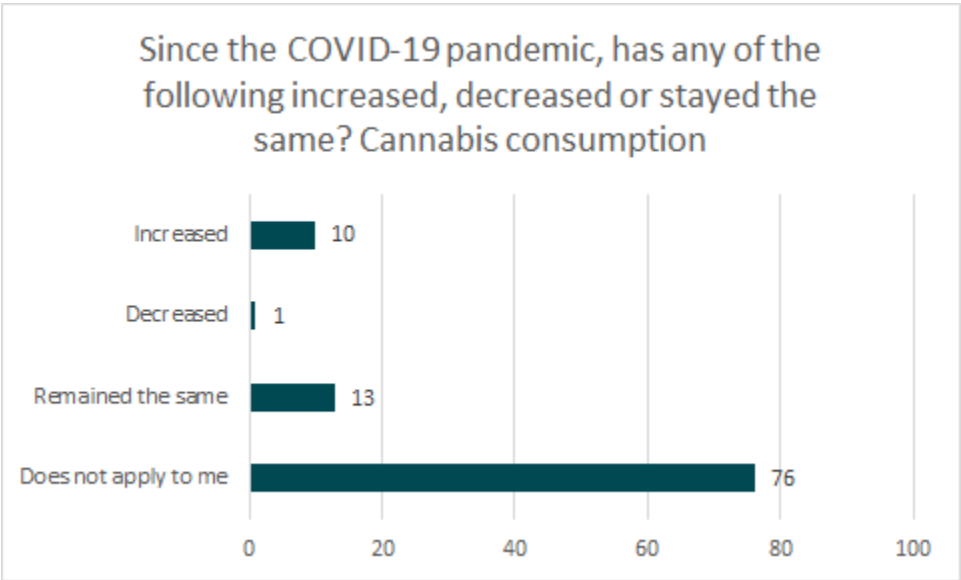


Reasons for increased nicotine consumption	%
Stress	83
Boredom	60
Lack of regular schedule	46
Loneliness	34
Working from home	23

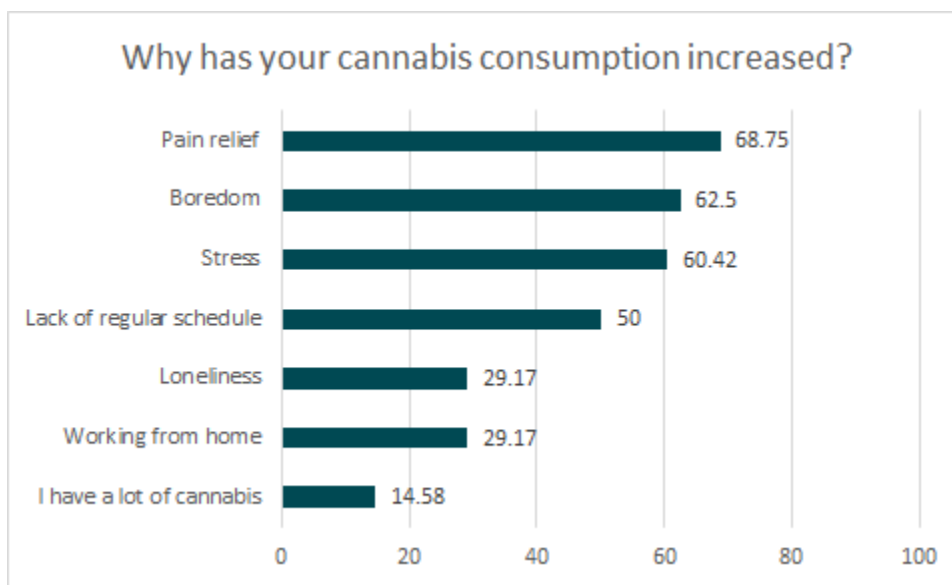
Cannabis

Key Findings:

- 10% of respondents identified that their cannabis consumption increased since the pandemic; conversely, 1% identified that their cannabis consumption decreased since the pandemic.
- The primary reason for increased cannabis consumption since the pandemic was pain relief (69%), followed by the same as those reported for increased alcohol and nicotine consumption: boredom (63%), stress (60%) and lack of regular schedule (50%).



Cannabis consumption since the pandemic	%
Increased	10
Decreased	1
Remained the same	13
Does not apply to me	76



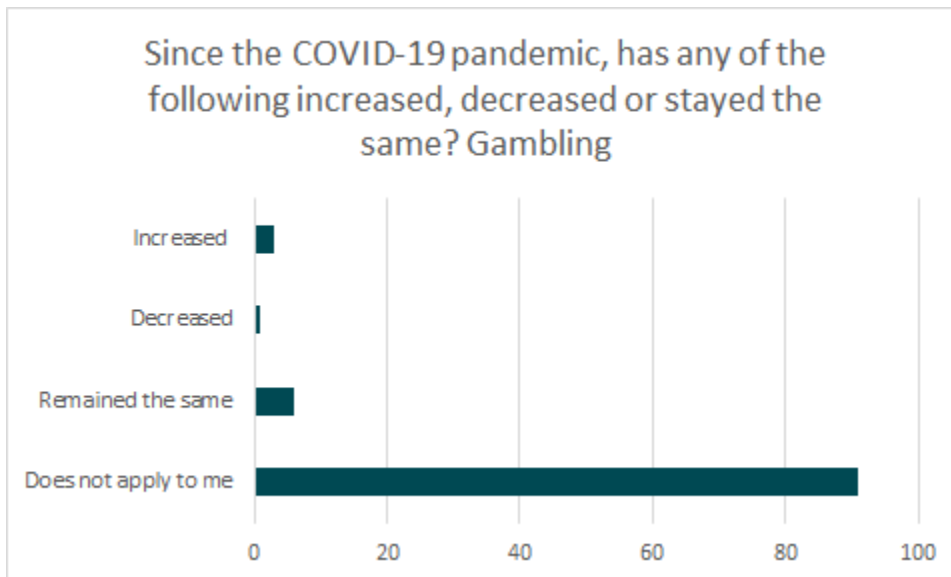
Reasons for increased cannabis consumption	%
Pain relief	69
Boredom	63
Stress	60
Lack of regular schedule	50
Working from home	29
Loneliness	29

Reasons for increased cannabis consumption	%
I have a lot of cannabis	15

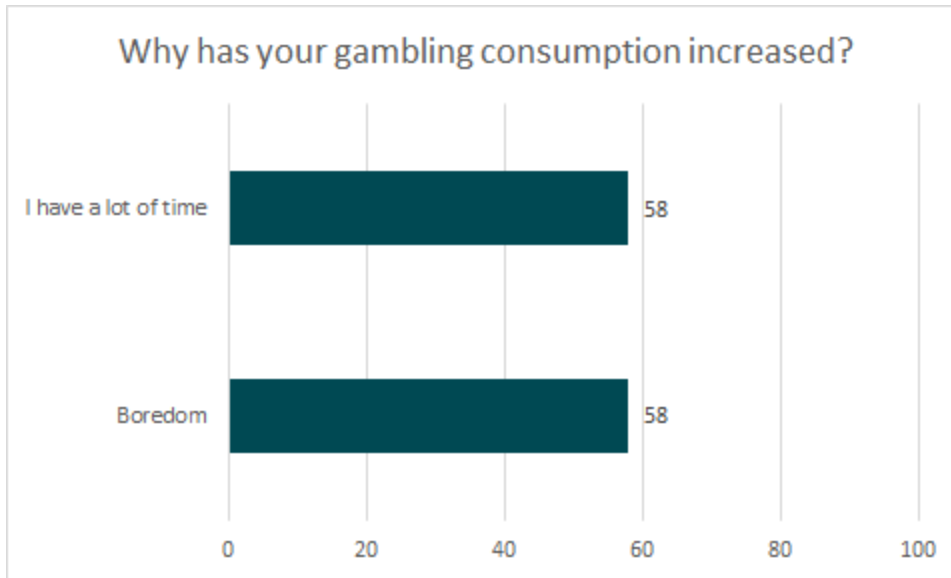
Gambling

Key Findings:

- 3% of respondents identified that their gambling increased since the pandemic; conversely, 1% identified that their gambling decreased since the pandemic.
- The two primary reasons for increased gambling since the pandemic was having a lot of time (58%) and boredom (58%).



Gambling since the pandemic	%
Increased	3
Decreased	1
Remained the same	6
Does not apply to me	91



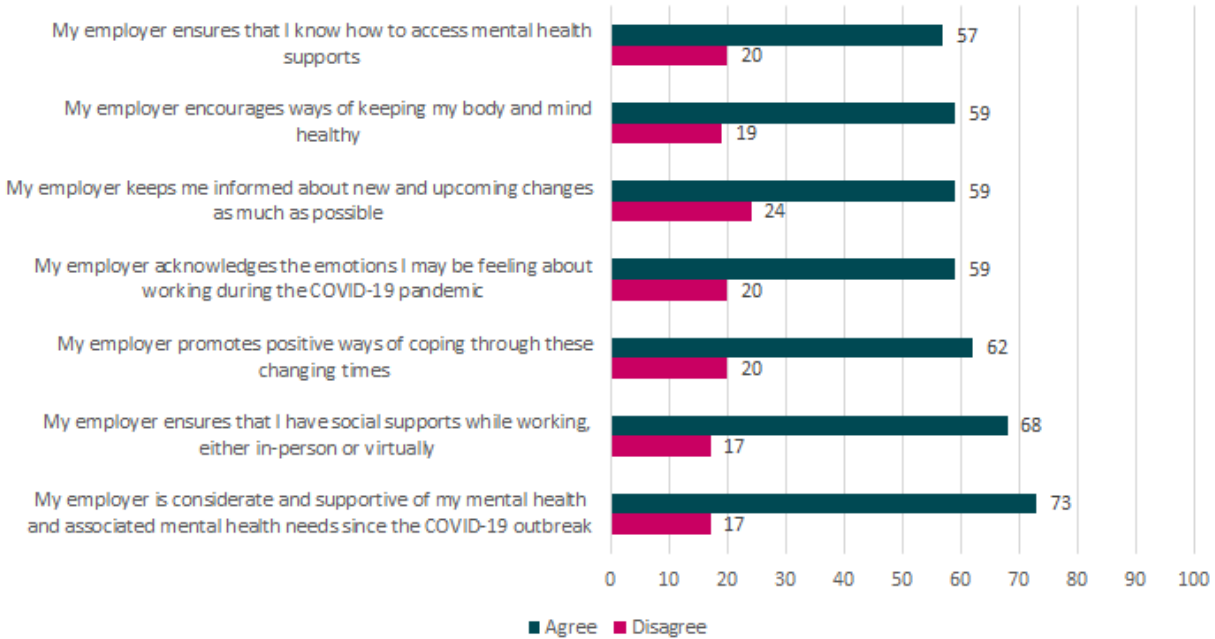
Reasons for increased gambling	%
I have a lot of time	58
Boredom	58

Mental health support from employers during the COVID-19 pandemic

Key Findings:

- 73% of respondents identified that their employer keeps them informed about new and upcoming changes as much as possible.
- 68% of the sample reported that their employer is considerate and supportive of their mental health and associated mental health needs since the start of the pandemic.
- 24% of respondents disagreed that their employer kept them informed about new and upcoming changes as much as possible.

Overall, thinking of your primary place of employment, please rate your employer in terms of the following...



Mental health support from employers during the pandemic	Agree	Disagree
My employer ensures that I know how to access mental health supports	57	20
My employer encourages ways of keeping my body and mind healthy	59	19
My employer keeps me informed about new and upcoming changes as much as possible	59	24
My employer acknowledges the emotions I may be feeling about working during the COVID-19 pandemic	59	20
My employer promotes positive ways of coping through these changing times	62	20
My employer ensures that I have social supports while working, either in-person or virtually	68	17

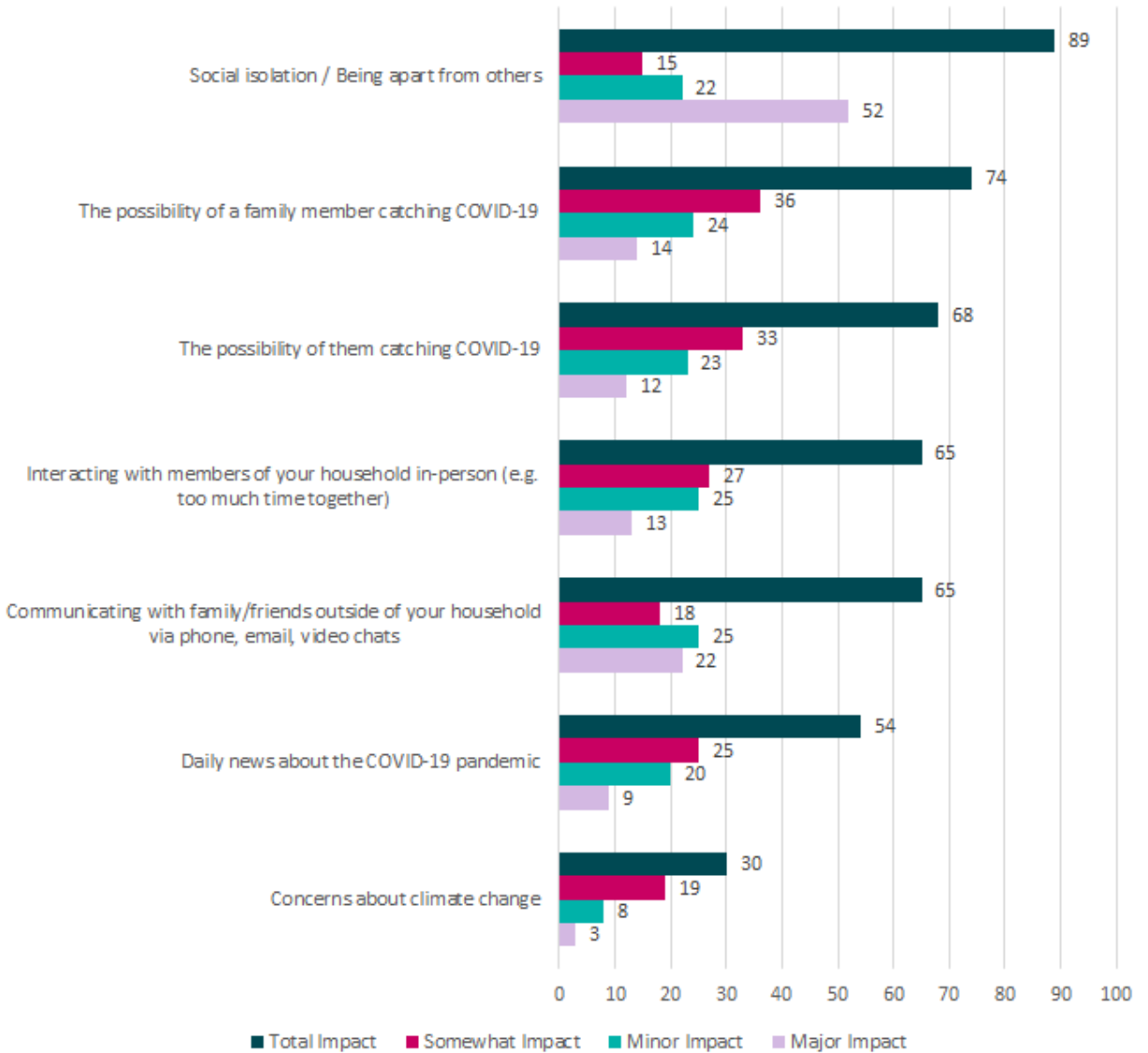
Mental health support from employers during the pandemic	Agree	Disagree
My employer is considerate and supportive of my mental health and associated mental health needs since the COVID-19 outbreak	73	17

Impact of the COVID-19 pandemic on children

Key Findings:

- 89% of respondents reported that social isolation was impacting their child(ren)'s mental health, with 52% reporting it as having a 'major impact'.
- The second highest concern reported by respondents as having a 'major impact' on child mental health was communication with family and/or friends outside of the household (22%).
- Concerns about climate change was reported as having the least impact (30%) on child mental health during the pandemic.

During the current COVID-19 pandemic, please rate each of the following in terms of the impact they are currently having on your child's mental health, if any:



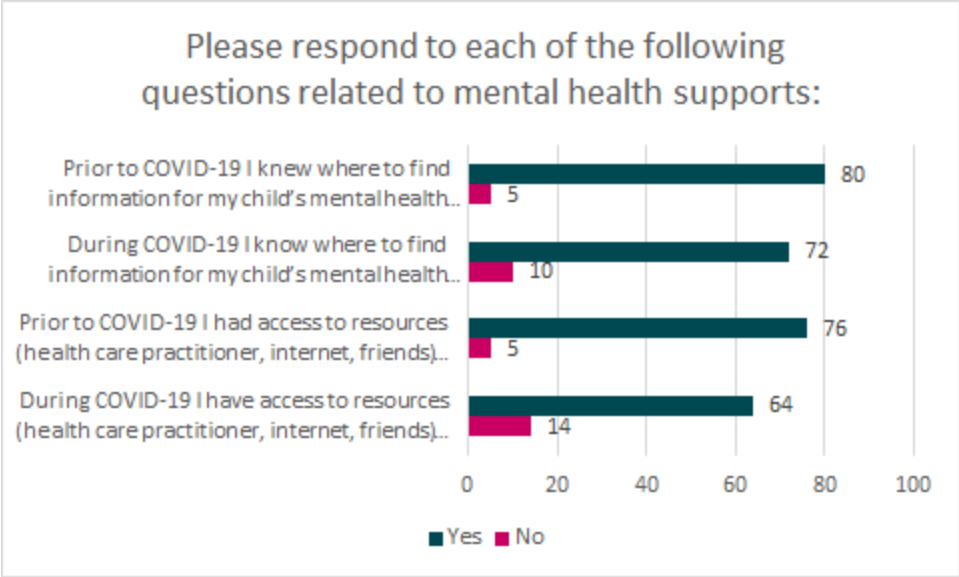
Factors impacting child mental health	Major Impact	Minor Impact	Somewhat Impact	Total Impact
Social isolation / Being apart from others	52	22	15	89
The possibility of a family member catching COVID-19	14	24	36	74

Factors impacting child mental health	Major Impact	Minor Impact	Somewhat Impact	Total Impact
The possibility of them catching COVID-19	12	23	33	68
Communicating with family/friends outside of your household via phone, email, video chats	22	25	18	65
Interacting with members of your household in-person (e.g. too much time together)	13	25	27	65
Daily news about the COVID-19 pandemic	9	20	25	54
Concerns about climate change	3	8	19	30

Access to child mental health supports

Key Findings:

- Prior to the pandemic, 80% of respondents knew where to find information and 76% had access to resources to support their child(ren)’s mental health challenges.
- During the pandemic, 72% of respondents knew where to find information and 64% had access to resources to support their child(ren)’s mental health challenges.

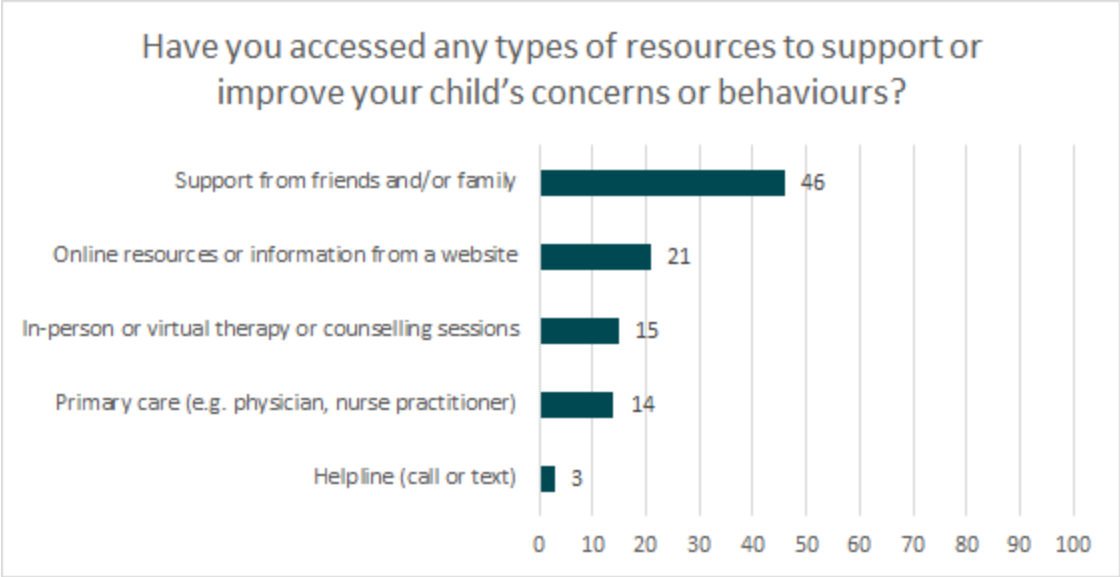


Access to child mental health supports	Yes	No
Prior to COVID-19 I knew where to find information for my child's mental health challenges	80	5
During COVID-19 I know where to find information for my child's mental health challenges	72	10
Prior to COVID-19 I had access to resources (health care practitioner, internet, friends) for support with my child's mental health challenges	76	5
During COVID-19 I have access to resources (health care practitioner, internet, friends) for support with my child's mental health challenges	64	14

Resources accessed to support or improve concerns or behaviours of children

Key Findings:

- The most reported support accessed by respondents to support or improve their child(ren)'s concerns or behaviours was support from friends and/or family (46%).
- The least reported supports accessed by respondents to support or improve their child(ren)'s concerns or behaviours were helplines (3%).



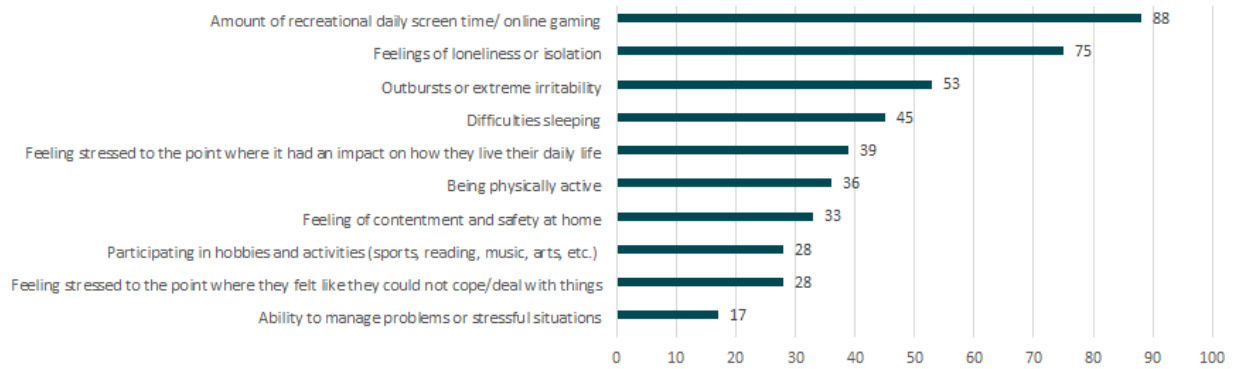
Resources accessed to support or improve concerns or behaviours	%
Support from friends and/or family	46
Online resources or information from a website	21
In-person or virtual therapy or counselling sessions	15
Primary care (e.g. physician, nurse practitioner)	14
Helpline (call or text)	3

Changes in child behaviour since the start of the COVID-19 pandemic

Key Findings:

- 88% of respondents reported their child(ren) increased recreational daily screen time and/or online gaming and 75% had increased feelings of loneliness or isolation since the start of the pandemic.
- 36% of children were reported to have increased their physical activity and 28% were reported to have increased their participation in hobbies and activities since the start of the pandemic.

Has your child's experiences with any of the following changed since the start of the COVID-19 pandemic? Percentage reporting 'more':



Changes in child behaviour since the start of the pandemic	% More
Amount of recreational daily screen time/ online gaming	88
Feelings of loneliness or isolation	75
Outbursts or extreme irritability	53
Difficulties sleeping	45
Feeling stressed to the point where it had an impact on how they live their daily life	39
Being physically active	36
Feeling of contentment and safety at home	33
Feeling stressed to the point where they felt like they could not cope/deal with things	28
Participating in hobbies and activities (sports, reading, music, arts, etc.)	28
Ability to manage problems or stressful situations	17