

**MAJORITY OF PARENTS SAY
PANDEMIC HAS HAD IMPACTS ON
THEIR CHILDREN'S MENTAL
HEALTH**

**ONLY A QUARTER OF PARENTS
SAY THEY'VE RECEIVED
ADEQUATE SUPPORT FROM
GOV'TS THROUGHOUT PANDEMIC**

**BROAD LEVEL OF SUPPORT FOR
GOV'T ACTION FOR
CHILDREN/FAMILY SUPPORT**

ABACUS DATA

DETAILED RESULTS

CHILD AND YOUTH WELLBEING DURING THE PANDEMIC CONDUCTED FOR CHILDREN'S HEALTHCARE CANADA

RESEARCH AND ANALYSIS FROM CANADA'S LEADING PUBLIC
AFFAIRS AND MARKET RESEARCH EXPERTS



METHODOLOGY

The survey was conducted with 2,000 Canadians, with 456 parents of children under 18, from May 26 to 28, 2021. A random sample of panelists were invited to complete the survey from a set of partner panels based on the Lucid exchange platform. These partners are typically double opt-in survey panels, blended to manage out potential skews in the data from a single source.

The margin of error for a comparable probability-based random sample of the same size is +/- 2.17% and 4.58% respectively, 19 times out of 20.

The data were weighted according to census data to ensure that the sample matched Canada's population according to age, gender, educational attainment, and region. Totals may not add up to 100 due to rounding.



KEY FINDINGS

- 1. 62% of parents say the pandemic has exacerbated the mental health challenges of at least one of their children. 48% say it's introduced new mental health challenges for at least one child.**
- 2. Only 25% would consider government support (from all levels) during the pandemic to be adequate. The remaining 75% either say they've received some, but it hasn't been enough (42%), or they say they haven't received any support at all (33%).**
- 3. 61% of parents expect residual effects of the pandemic on their children's mental health, even after the pandemic is over. 17% expect these impacts will be long term.**
- 4. Demand for children's mental health services is likely to see a surge, if they haven't already. 54% of parents plan to access more professional mental health services for their children.**

KEY FINDINGS

5. There is wide-spread support for a variety of the policy solutions presented to address children's and youth's mental health and wellbeing.

- **79% support more federal and provincial funding for child/youth mental health support services.**
 - Support is strongest among women, those in Atlantic Canada and Quebec, and LPC voters. Support is consistent between those who are parents and those who are not.
- **71% support keeping youth programs open throughout the remainder of the pandemic.**
 - Again, support is higher among women, much higher in Quebec, and fairly equal among those who are parents and those who are not. A notable increase in support among BQ voters but consistent amongst other voters.
- **70% support more federal and provincial financial supports.**
 - Again, support is higher among women than men, and higher support in Atlantic Canada. There is also strong support in Alberta. Support also diverges between parents and not (among parents, its much higher), and age (young Canadians are much more supportive).
- **54% support keeping schools open through the remainder of the pandemic.**
 - There is fairly equal support among gender, but divergences based on province. QC residents are much more supportive than all. BC and Alberta show moderate support. Support is lowest in AB, the Prairies, and Atlantic Canada. Support is also much stronger among parents, than those who aren't parents, and stronger among those over 29 years old (less support among 18-29).

PARENTS

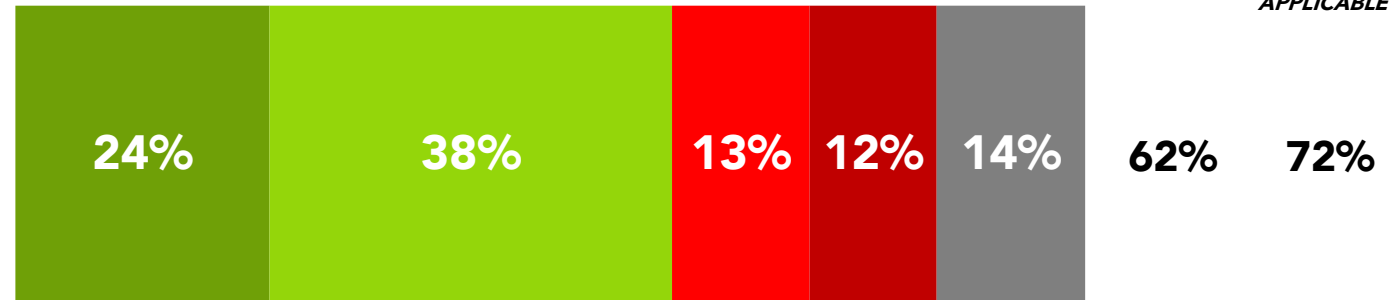
N=456

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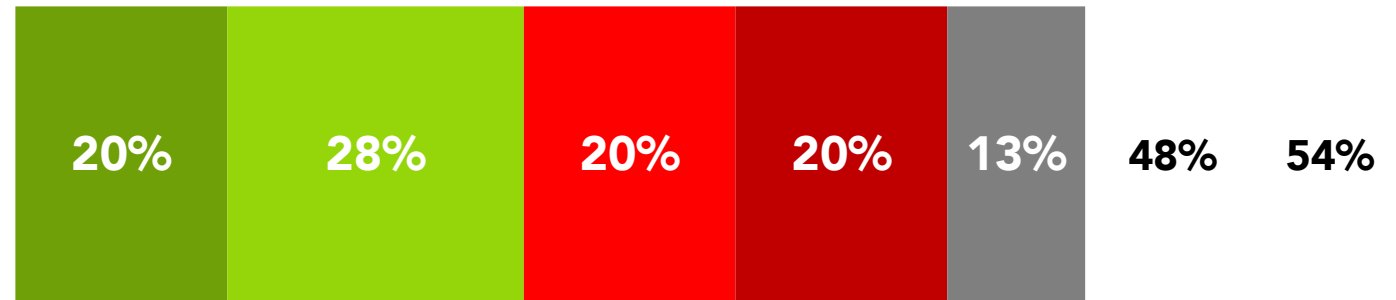


A MAJORITY OF PARENTS SAY THE PANDEMIC HAS WORSENERED PRE-EXISTING MENTAL HEALTH CHALLENGES FOR THEIR CHILDREN, HALF SAY IT'S BROUGHT ON NEW MENTAL HEALTH CHALLENGES

The pandemic has exacerbated mental health challenges my child/at least one of my children had prior to the pandemic (e.g. worsened their anxiety, exacerbated learning differences, etc.)



The pandemic has caused my child/at least one of my children to experience mental health struggles they did not experience prior to the pandemic (i.e. you've noticed them experiencing symptoms of depression/anxiety for the first time)

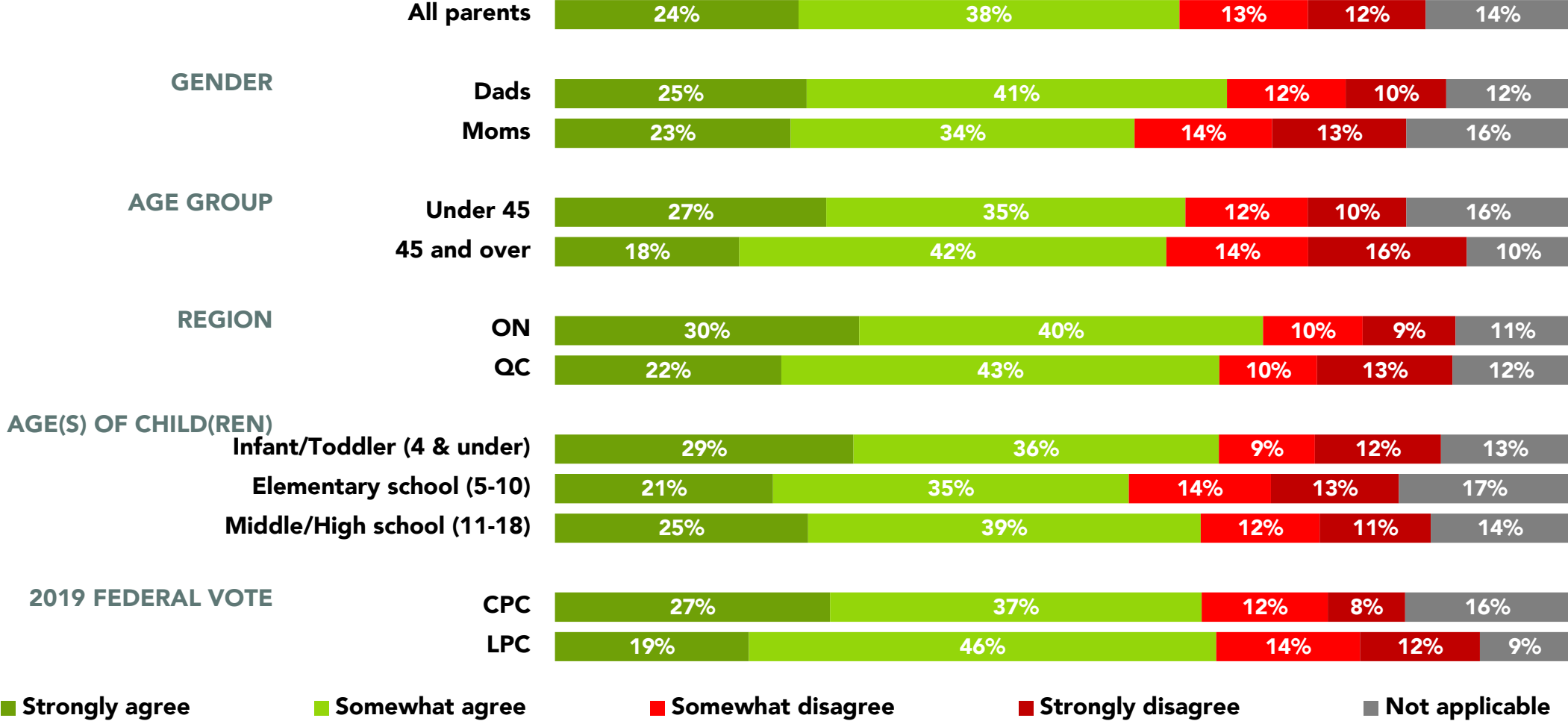


■ Strongly agree
 ■ Somewhat agree
 ■ Somewhat disagree
 ■ Strongly disagree
 ■ Not applicable



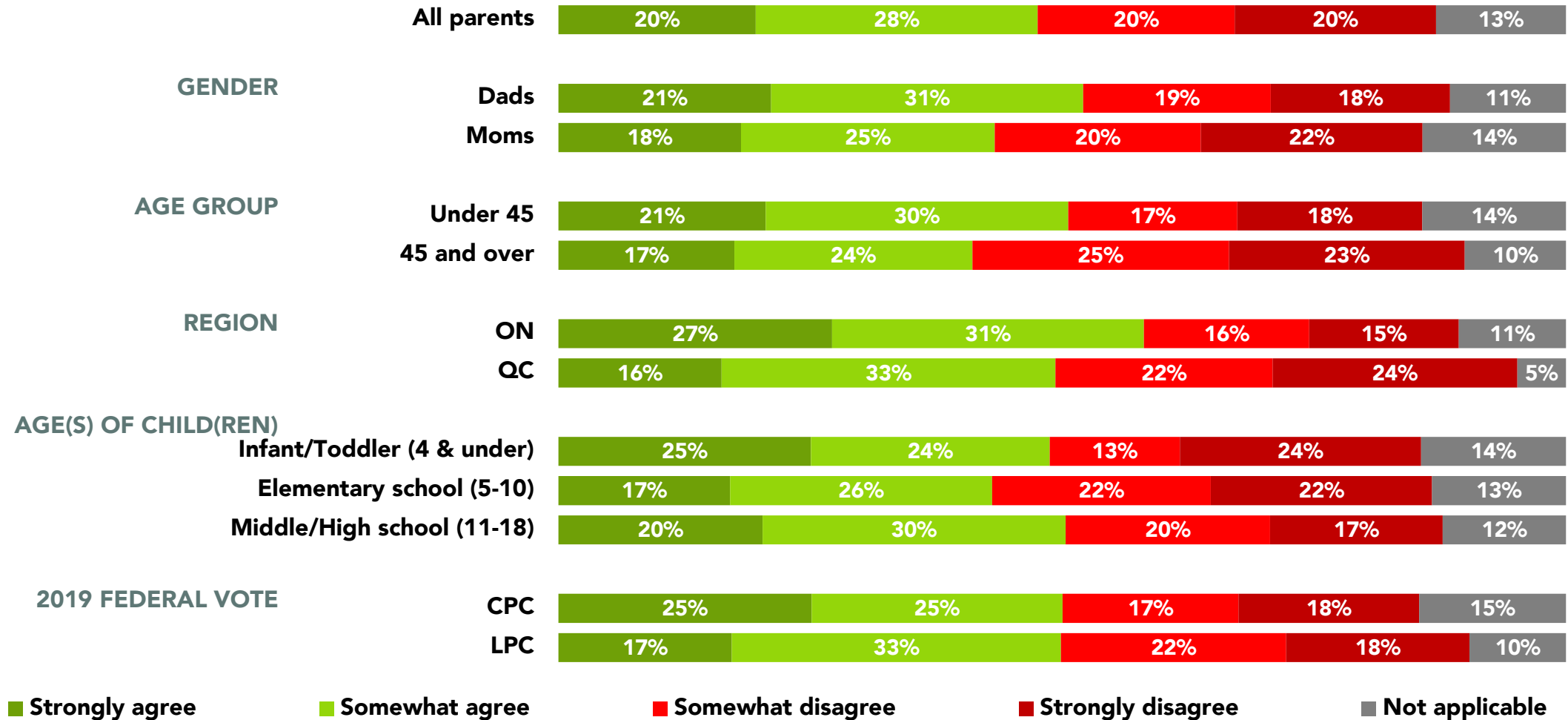
Do you agree or disagree with the following statements? [Parents, n=456]

THE PANDEMIC HAS EXACERBATED MENTAL HEALTH CHALLENGES MY CHILD/AT LEAST ONE OF MY CHILDREN HAD PRIOR TO THE PANDEMIC



Do you agree or disagree with the following statements? [Parents, n=456]

THE PANDEMIC HAS CAUSED MY CHILD/AT LEAST ONE OF MY CHILDREN TO EXPERIENCE MENTAL HEALTH STRUGGLES THEY DID NOT EXPERIENCE PRIOR TO THE PANDEMIC



Do you agree or disagree with the following statements? [Parents, n=456]

SUPPORT FROM GOVERNMENT FOR FAMILY & CHILDREN THROUGHOUT THE PANDEMIC

Throughout the pandemic, governments of all levels adequately supported my family and my children where possible (e.g. prioritizing school opening, addressing impacts of isolation, etc.).

25%

Throughout the pandemic, I've received support for my family and my children from at least some levels of government (things like prioritizing school opening, addressing impacts of isolation, etc.) but it hasn't been enough.

42%

I don't feel like I've received any support from any level of government for my family and my children (e.g. they haven't prioritized schools, addressed impacts of isolation, etc.).

33%

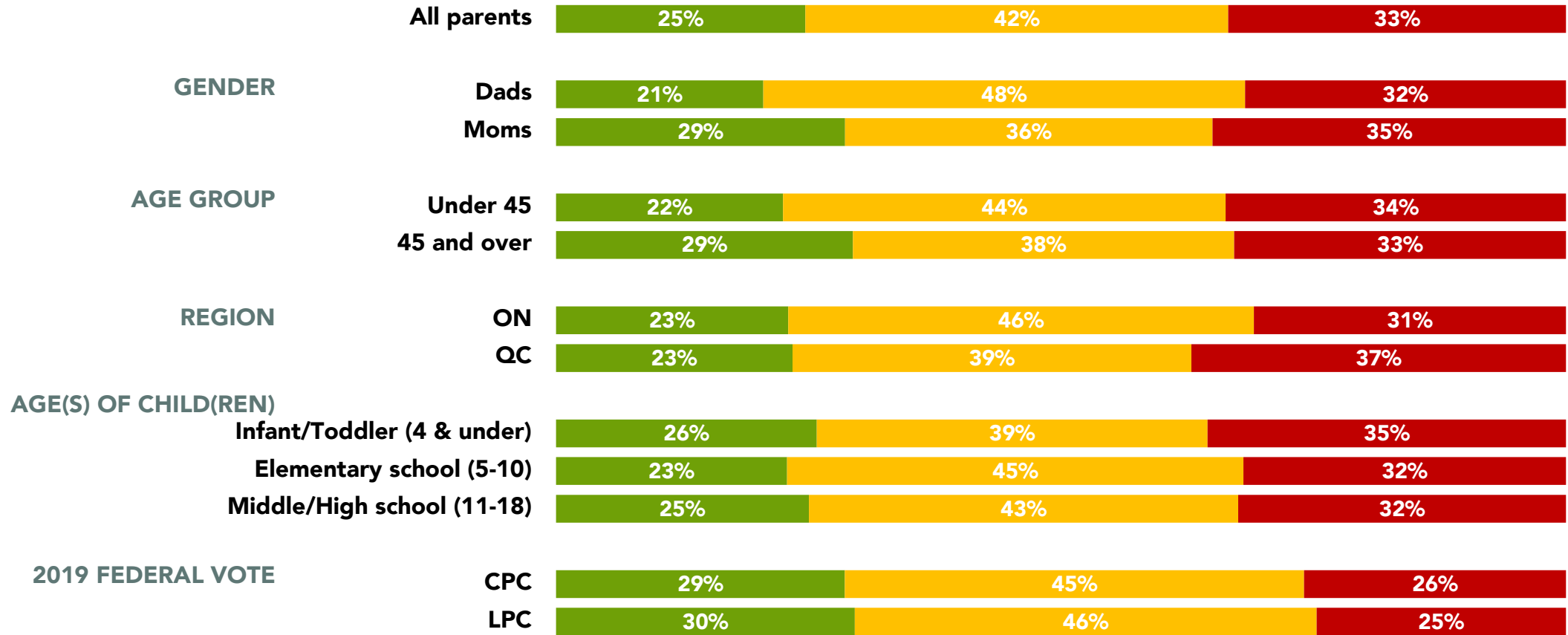
75%

of parents feel they have not received adequate support from all levels of government throughout the pandemic.

Which of the following do you agree with most? [Parents, n=456]

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SUPPORT FROM GOVERNMENT FOR FAMILY & CHILDREN THROUGHOUT THE PANDEMIC



- Throughout the pandemic, governments of all levels adequately supported my family and my children where possible
- Throughout the pandemic, I've received support for my family and my children from at least some levels of government but it hasn't been enough
- I don't feel like I've received any support from any level of government for my family and my children

EXPECTED IMPACT OF PANDEMIC ON CHILDS' MENTAL HEALTH

Once the pandemic is over, I don't expect the experiences my child/at least one of my children have had this past year to impact their mental health

39%

Once the pandemic is over, I expect the experiences my child/at least one of my children have had this past year to have short-term impacts on their mental health

44%

Once the pandemic is over, I expect the experiences my child/at least one of my children have had this past year to have long-term impacts on their mental health

17%

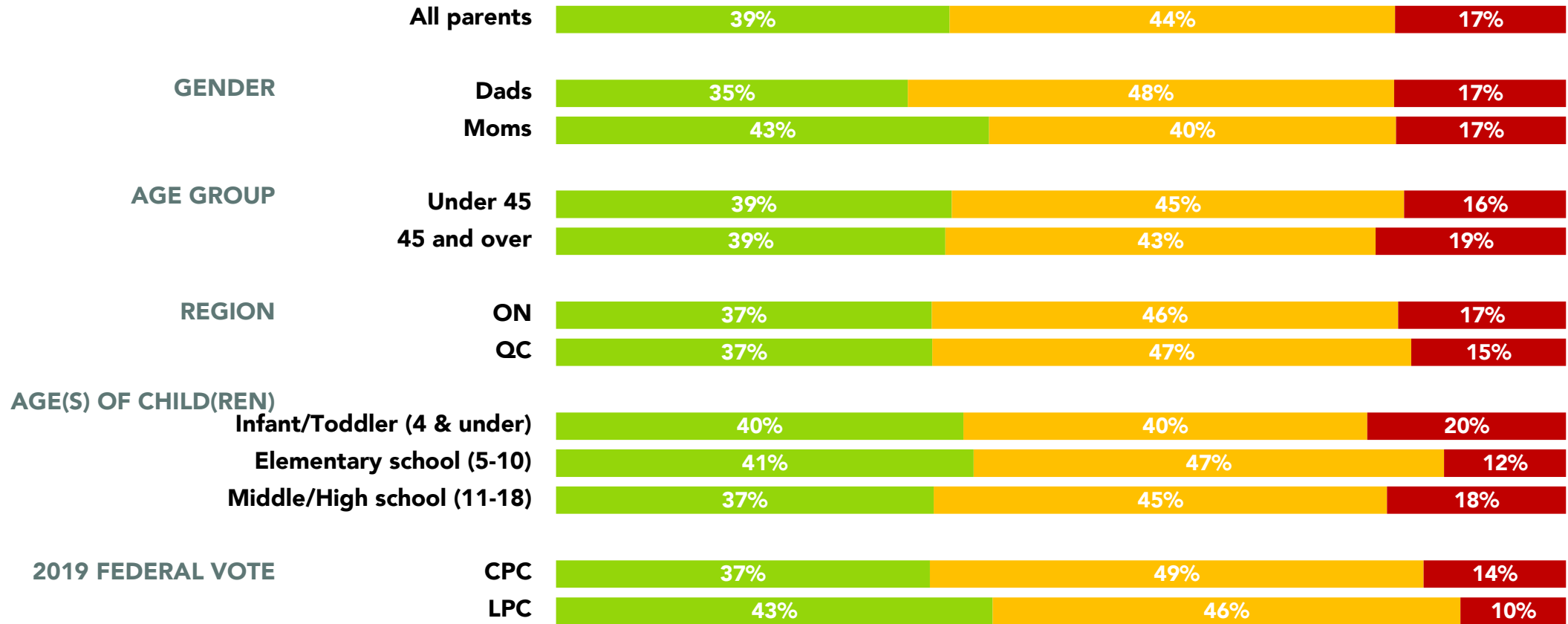
61%

of parents expect residual effects of the pandemic on their children's mental health, even after the pandemic is over. 17% expect these impacts will be long term.

Which of the following do you agree with most? [Parents, n=456]

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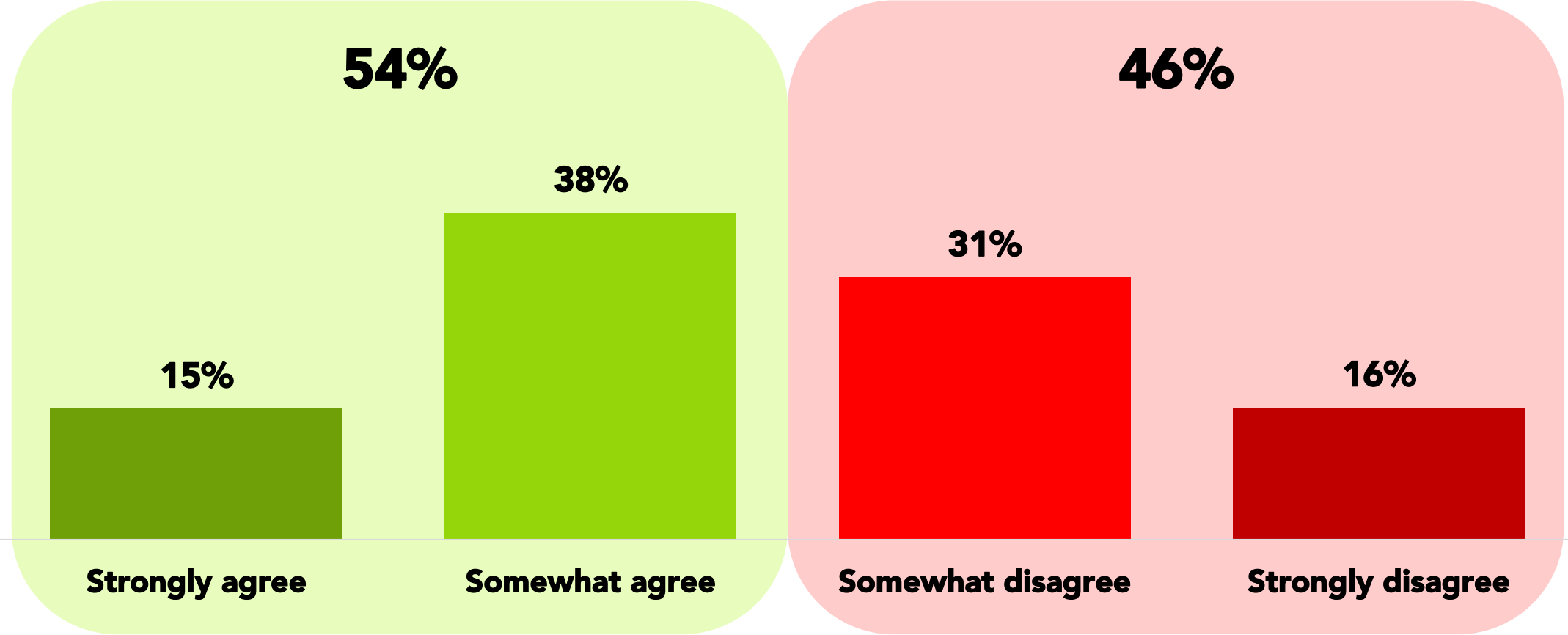
EXPECTED IMPACT OF PANDEMIC ON CHILDS' MENTAL HEALTH



- Once the pandemic is over, I don't expect the experiences my child/at least one of my children have had this past year to impact their mental health
- Once the pandemic is over, I expect the experiences my child/at least one of my children have had this past year to have short-term impacts on their mental health
- Once the pandemic is over, I expect the experiences my child/at least one of my children have had this past year to have long-term impacts on their mental health

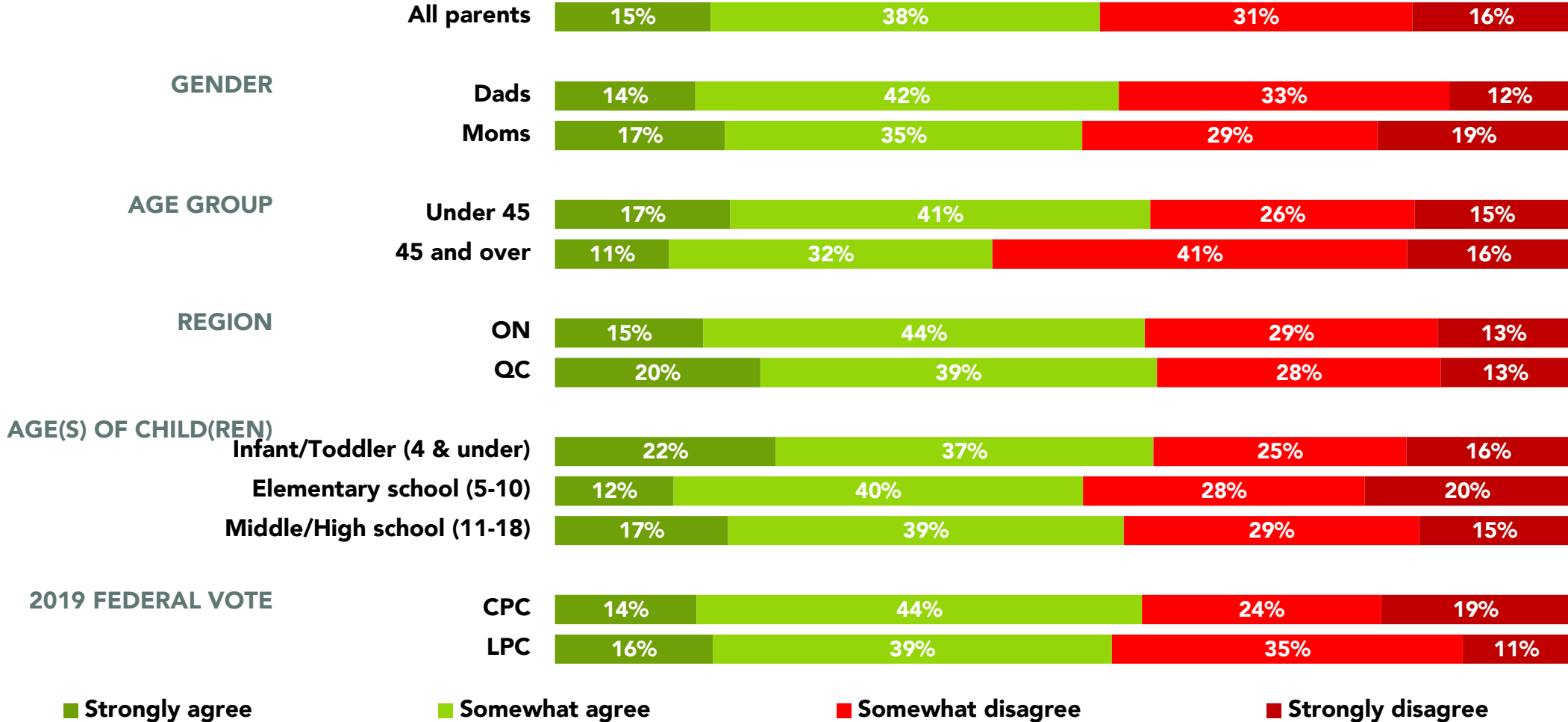
SPLIT INTENTION AMONG PARENTS TO SEEK PROFESSIONAL SUPPORT PROGRAMS

"I plan on trying to access more professional support programs and services for my child's/at least one of my children's mental health, more so than before the pandemic."



Do you agree or disagree with the following statement? [Parents, n=456]

SPLIT INTENTION AMONG PARENTS TO SEEK PROFESSIONAL SUPPORT PROGRAMS



Do you agree or disagree with the following statement? [Parents, n=456]

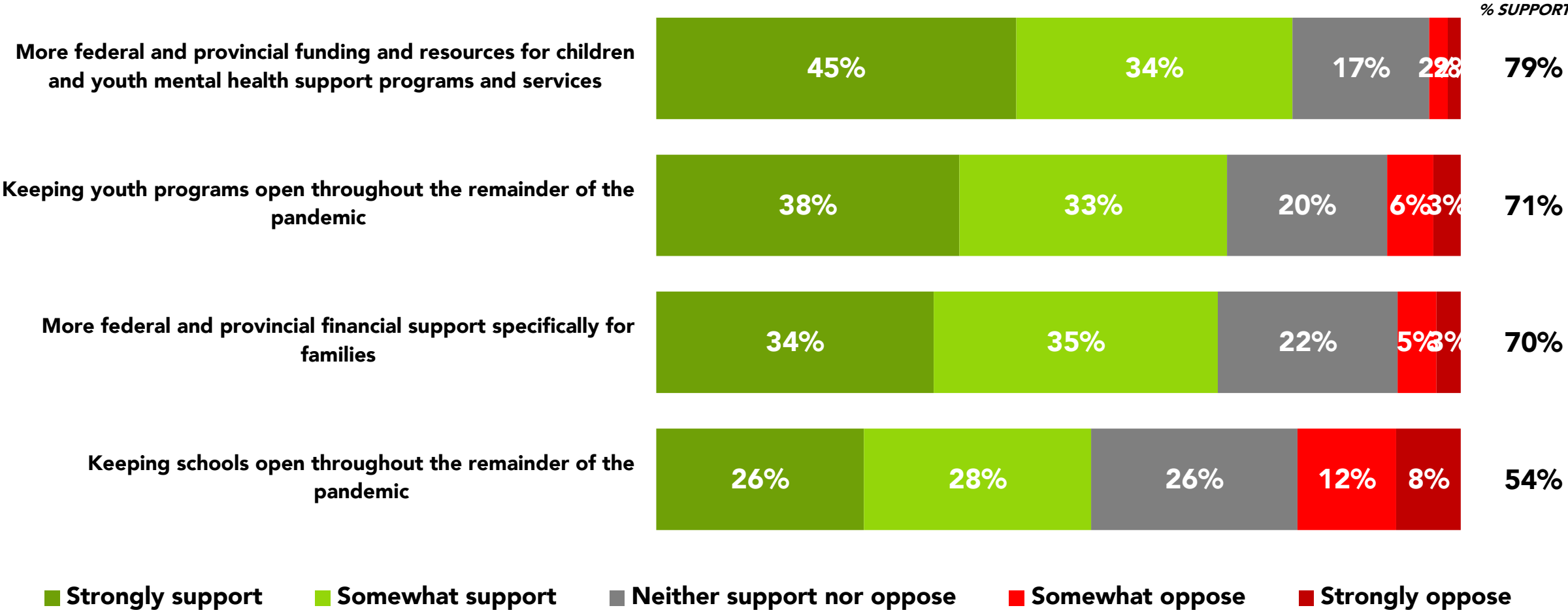
GEN POP

N=2,000

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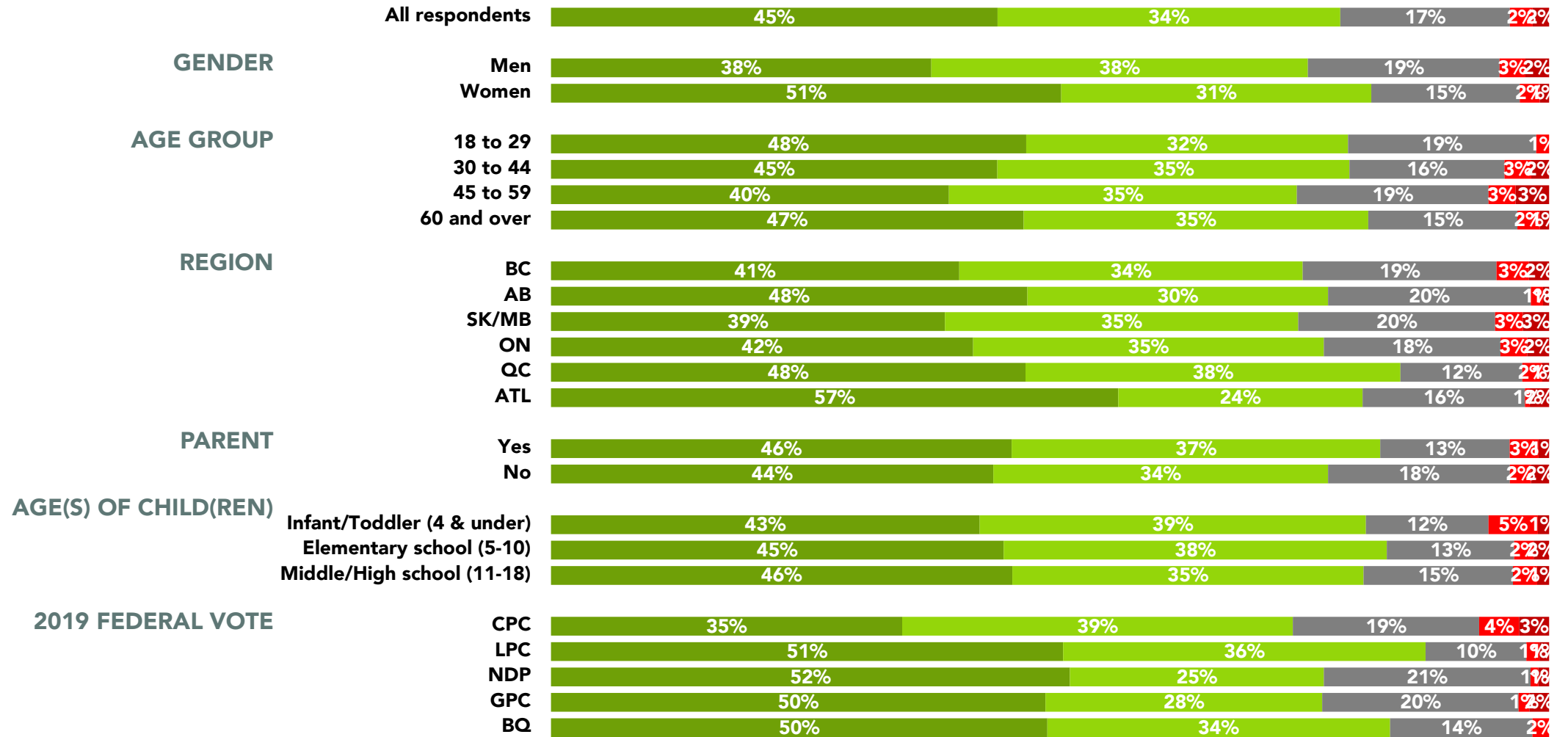
STRONG SUPPORT FOR GOVERNMENT INITIATIVES



Do you support or oppose the government doing the following to address children’s and youth’s mental health and wellbeing?



MORE FEDERAL AND PROVINCIAL FUNDING AND RESOURCES FOR CHILDREN AND YOUTH MENTAL HEALTH SUPPORT PROGRAMS AND SERVICES

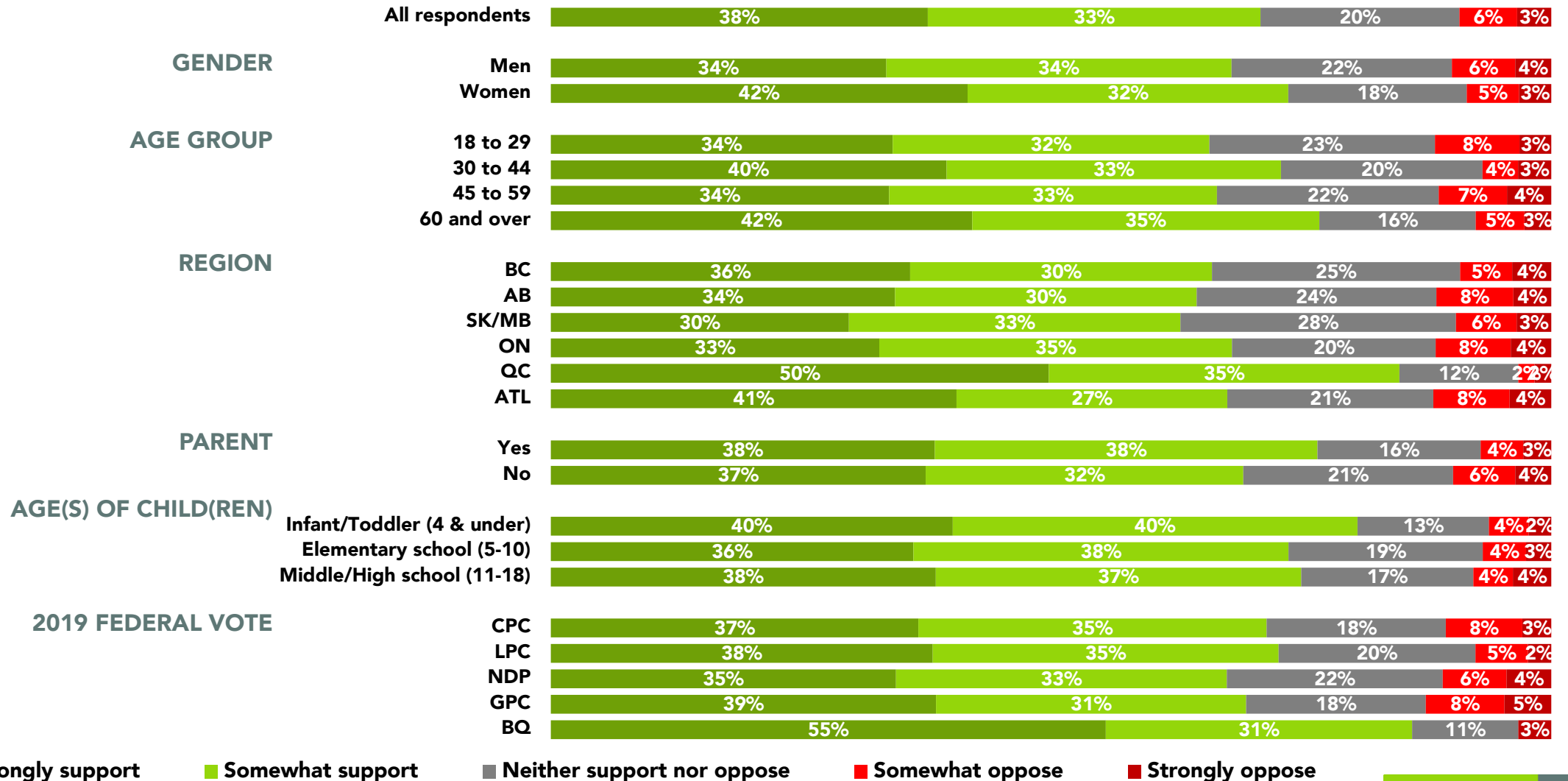


■ Strongly support
 ■ Somewhat support
 ■ Neither support nor oppose
 ■ Somewhat oppose
 ■ Strongly oppose



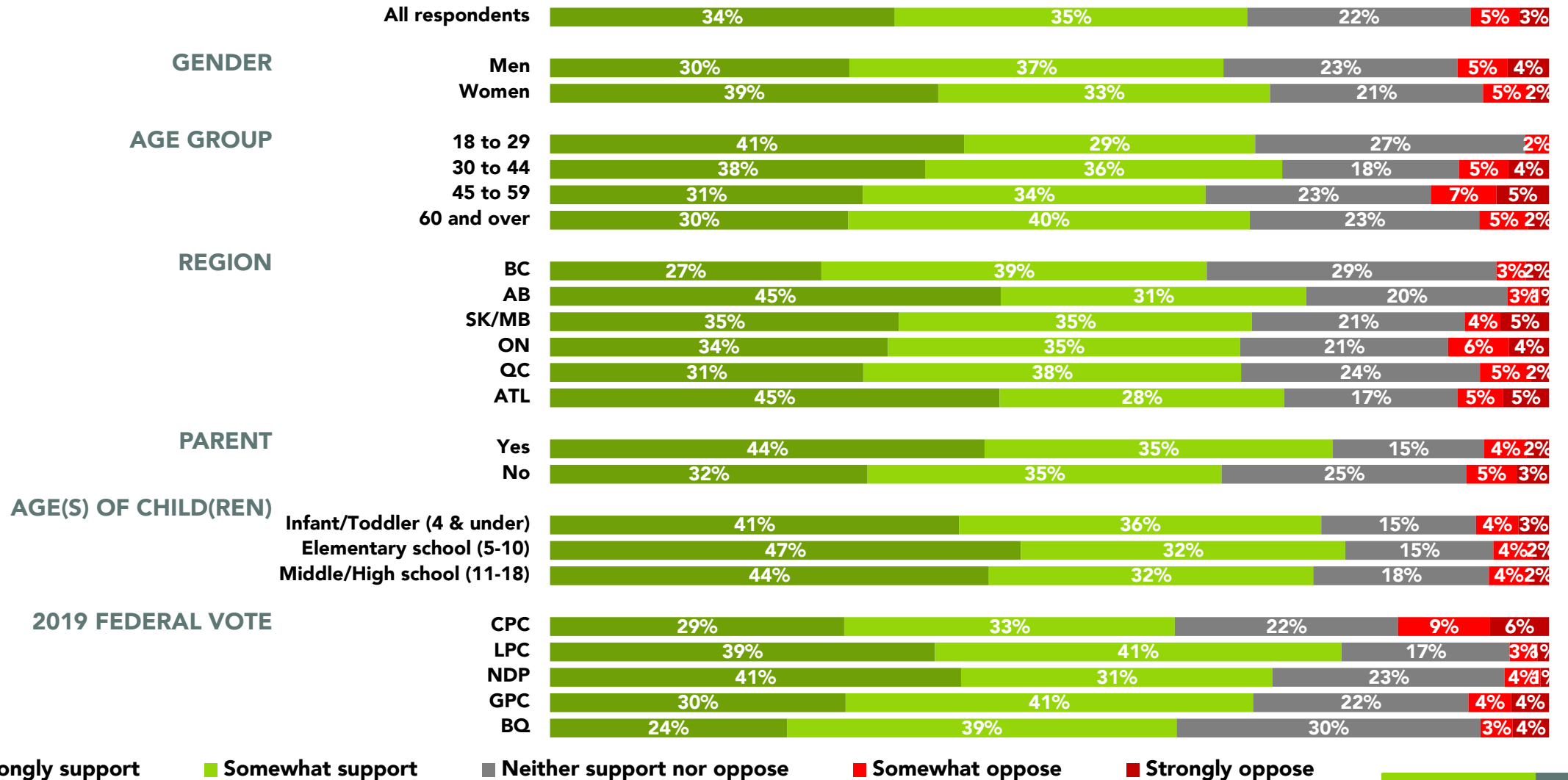
Do you support or oppose the government doing the following to address children's and youth's mental health and wellbeing?

KEEPING YOUTH PROGRAMS OPEN THROUGHOUT THE REMAINDER OF THE PANDEMIC



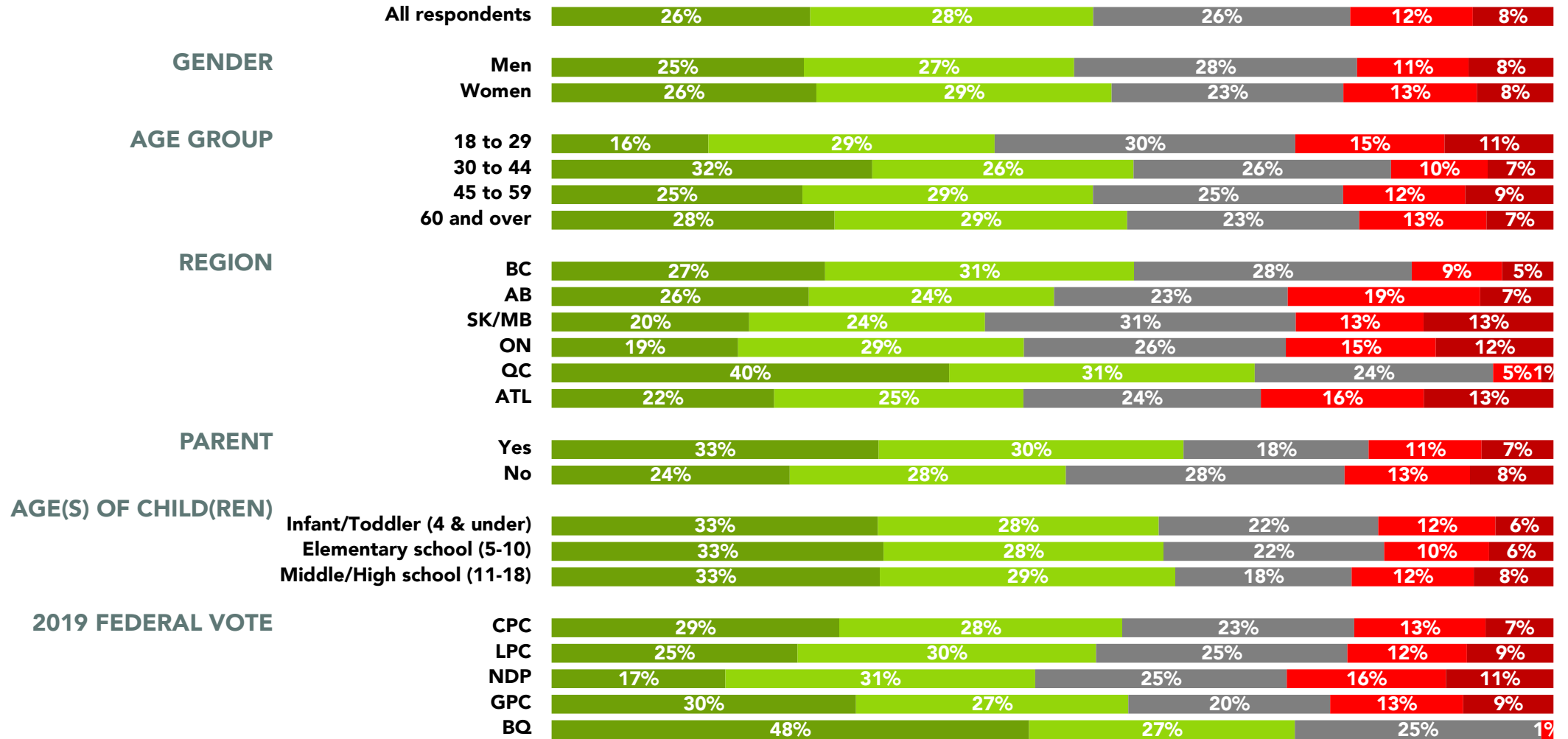
Do you support or oppose the government doing the following to address children's and youth's mental health and wellbeing?

MORE FEDERAL AND PROVINCIAL FINANCIAL SUPPORT SPECIFICALLY FOR FAMILIES



Do you support or oppose the government doing the following to address children's and youth's mental health and wellbeing?

KEEPING SCHOOLS OPEN THROUGHOUT THE REMAINDER OF THE PANDEMIC



■ Strongly support
 ■ Somewhat support
 ■ Neither support nor oppose
 ■ Somewhat oppose
 ■ Strongly oppose



Do you support or oppose the government doing the following to address children's and youth's mental health and wellbeing?