



# 3rd Annual Federal-Provincial Mental Health & Substance Use Health Report Card



CANADIAN ALLIANCE  
ON MENTAL ILLNESS  
AND MENTAL HEALTH



ALLIANCE CANADIENNE  
POUR LA MALADIE MENTALE  
ET LA SANTÉ MENTALE



January 2025

# Methodology

## CAMIMH

The Canadian Alliance on Mental Illness and Mental Health is the national voice for mental health in Canada. Established in 1998, CAMIMH is a member-driven alliance of 18 mental health and substance use health organizations comprised of people with lived or living experience, their families and caregivers, and health care providers. For more information, please go to [www.CAMIMH.ca](http://www.CAMIMH.ca).

## MHRC

Mental Health Research Canada is a national charity working toward a Canada with better mental health for all through seed funding research awards, national data collection and collaborative partnerships. We continue to improve mental health practices where Canadians connect, live and work:—notably by leading, seeding and influencing. For more information visit [www.mhrc.ca](http://www.mhrc.ca).

## Pollara

Founded in 1980, Pollara Strategic Insights is one of Canada’s premier full-service research firms – a collaborative team of senior research veterans who are passionate about conducting research through hands-on creativity and customized solutions. For more information, please visit [www.pollara.ca](http://www.pollara.ca).

## STUDY METHODOLOGY

This study was conducted by Pollara Strategic Insights with an online sample of 8,211 adult Canadians from October 24<sup>th</sup> to November 12<sup>th</sup>, 2024. Results from a probability sample of this size could be considered accurate to within ±1.1 percentage points, 19 times out of 20. National results have been weighted by the most current census data in terms of gender, age and region to ensure the total sample is representative of the Canadian population.

## GRADES

Respondents were asked to respond using a 1 to 10 scale (1 being low, 10 being high). Those scores were averaged and then converted to grades using the following scoring:

GRADE: A+ (9-10) A (8) B (7) C (6) D (5) F (1-4)





## FAMILIAR VS NON-FAMILIAR

In the interest of understanding if people who were more familiar with mental health services scored differently than those with less familiarity, we coded those who indicated either a mental health diagnosis or having accessed a service in the past year as "familiar" and all others as "non-familiar".

# Methodology

## How To Read The Data: A Universal Legend

Throughout this report, a set of symbols are used to highlight differences in the data:

 = Score increased since 2023	 = Score higher than comparative groups
 = Score decreased since 2023	 = Score lower than comparative groups

### Measuring Alcohol Use

The Alcohol Use Disorders Identification Test (AUDIT) is used in this report to explore drinking patterns and behaviours, assessing alcohol intake, consequences as a result of alcohol consumption, and potential for dependence. This screener is validated for use in self-reported contexts.

Scores on this 10-item questionnaire range between 0 and 40, with scores higher than 15 indicating dependent behaviours.

Low Risk

1 - 7

Harmful

8 - 14

Dependent

15 or more

### Measuring Cannabis Use

The Cannabis Use Disorder Test (CUDIT-r) is used in this report to identify individuals who have been using cannabis in harmful or problematic ways in the last six months. This screener is validated for use in self-reported contexts

Scores on this 8-item questionnaire range between 0 to 31, with scores above 12 indicating dependent behaviours.

Normal

0 - 7

Hazardous

8 - 11

Disorder

12 or more

### Measuring Gambling Behaviour

The Problem Gambling Severity Index (PGSI) questionnaire is used in this report to explore severity of gambling behaviours.

Scores on this 9-item questionnaire range between 0 to 27, with scores above 3 indicating moderate risk gambling behaviours.

Not a gambler

n/a

Non-problem

0

Low Risk

1 - 2

Moderate Risk

3 - 7

Dependence Likely

8 or more

## Key Findings

- **Overall, Canada’s mental health grades have seen little change over the past year, with six of nine provinces and the federal government receiving the same failing grade of F as in November 2023.** Only British Columbia, Manitoba and Ontario received a (marginally) passing grade of **D**.
  - **Some areas of improvement:** Compared to last year, the biggest improvement in both mental health and substance use health scores was in those with a likely substance use disorder, with significantly higher scores across all subcategories, particularly for cannabis use disorder.
- **As with last year, Canadians grade substance use health services slightly more positively than mental health care services, with the average overall score of D.** Only New Brunswick and Newfoundland getting **F**s. Nova Scotia barely passed – scoring on the line between **D** and **F**.
  - **Some areas of improvement:** Similar to findings for the mental health scores, the biggest improvement in substance use health scores compared to last year was in those with a likely substance use disorder, with significantly higher scores across all subcategories, particularly for alcohol use disorder.

## Key Findings – cont'd

- **Timely access to mental health supports is more important to Canadians than timely access to substance use health services.** Nine-in-ten (90%) of Canadians consider timely access to mental health supports to be important, while only eight-in-ten (75%) said the same for timely access to substance use health services.
- **Different groups of Canadians offer different perspectives.** Certain populations scored mental health care and substance use health services higher (i.e., more positively) than others. Particularly, younger Canadians (18 to 34 years old), men, visible minorities, non-2SLGBTQ2S+ and those with higher risk alcohol, cannabis or gambling dependencies.
- **Familiar vs unfamiliar:** Canadians familiar with the mental health and substance use health systems (defined as having a diagnosis, a close family member with a diagnosis or accessing services) provided scores only slightly higher than those unfamiliar. This year, the rating gaps between those familiar and unfamiliar is smaller.



# Federal-Provincial Mental Health System Grades



CANADIAN ALLIANCE  
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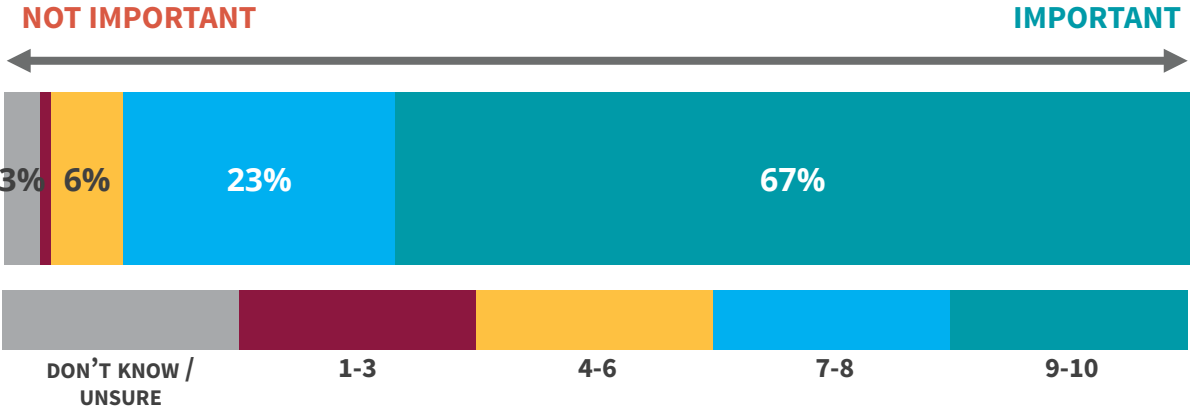
ALLIANCE CANADIENNE  
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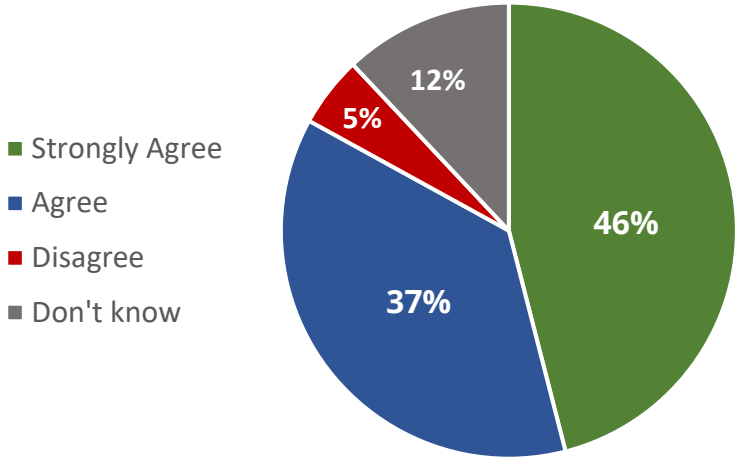
# Access to mental health care services is very important to Canadians

- Canadians’ opinions on the importance of timely access to mental health care services and prioritizing more mental healthcare workers remains relatively unchanged from last year.
- **Nine-in-ten (90%) of Canadians consider timely access to mental health supports to be important**, with two-thirds saying this is very important (67% rating it 9-10). Results are consistent with the last years findings (Poll 18 – 90% important, 66% very important).
- More than four-fifths (83%) agree that the provincial government should hire more mental health providers to improve the access to this care, with 46% agreeing strongly and only 5% disagreeing. This is also consistent with last year’s findings (Poll 18 – 83% agree, 48% strongly agree).

### IMPORTANCE OF ACCESS TO TIMELY MENTAL HEALTH SERVICES



### AGREEMENT THAT PROVINCIAL GOVT SHOULD HIRE MORE MENTAL HEALTH PROVIDERS



E1. How important do you think it is for Canadians to have timely access to mental health care services? E5. Do you think your provincial government needs to hire more mental health/ care providers to improve access to care? Base: (Total n= 3,207)

# Governments continue to fail Canadians when it comes to mental health care services

- **Overall, Canada’s mental health grades have seen little change over the past year, with six of nine provinces and the federal government receiving the same failing grades as November 2023.** Only British Columbia, Manitoba and Ontario received (marginally) passing grades overall.
- Four subfactors were scored with *Access*, *Satisfaction* and *Effectiveness* receiving an F, and *Public Confidence* receiving a D.
- Compared to 2023, there were some regional differences:
  - In British Columbia, satisfaction scores improved slightly from **F** to **D** when it comes to provincial and federal government commitments to providing access to services for all residents.
  - Alberta gave access to mental health care services a lower grade (from **D** to **F**), particularly when comparing it to accessible physical care services.
  - In Saskatchewan, public confidence rose slightly, pushing it from **F** to **D**.
  - In Manitoba, satisfaction scores improved slightly when it comes to the Federal government’s focus on improving access, moving from **F** to **D**.
  - Scores in Ontario have seen some improvement, raising their overall score to **D**. This year, Ontarians are also more positive about both levels of government, with scores increasing from **F**s to **D**s. Particularly, access to mental health care and public confidence both improved from **F** to **D**.
  - Residents of Quebec were slightly more positive in finding mental health care services in a timely manner (from **F** to **D**).
  - New Brunswick residents feel much more negatively about their ability to access publicly-funded mental health care services this year, with their overall score falling from **C** to **F**.
  - Newfoundland also saw declining scores, from **D** to **F**, when it comes to public confidence and satisfaction.



# Mental health care services receive failing grades across Canada

↑ = Score increased since 2023

↓ = Score decreased since 2023

	Total	BC	AB	SK	MB	ON	QC	NS	NB	NL	Familiar*
Base Size	8211	4552	545	207	212	1430	925	126	90	78	2455
<b>Access – Total Score</b>	<b>F</b>	<b>F</b>	<b>F ↓</b>	<b>F</b>	<b>F</b>	<b>D ↑</b>	<b>F</b>	<b>F</b>	<b>F</b>	<b>F</b>	<b>F</b>
Canadians' overall ability to access publicly-funded mental health care services	D	D	D	D	D	D	D ↑	D ↑	F ↓	F ↓	D
Current wait times to access publicly-funded mental health care services	F	F	F	F	F	F	F	F	F	F	F
Province in providing similar/equal access to mental health services compared to physical health care	F	F	F ↓	F ↓	F	F	F	F	F	F	F
<b>Public Confidence – Total Score</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D ↑</b>	<b>D</b>	<b>D</b>	<b>D ↑</b>	<b>F</b>	<b>D</b>	<b>F ↓</b>	<b>D</b>
Confidence that you would be able to find the mental health care service(s) you need in a timely manner	D	D	D ↓	D	D	D	D ↑	F	D	F ↓	D
Belief that all governments are serious about improving access to mental health care services in the future	F	D	F ↓	F	D	D ↑	F	F	F	F	F
<b>Satisfaction – Total Score</b>	<b>F</b>	<b>D ↑</b>	<b>F</b>	<b>F</b>	<b>D ↑</b>	<b>F</b>	<b>F</b>	<b>F</b>	<b>F</b>	<b>F</b>	<b>F</b>
Satisfaction that your provincial government is focused on providing access to mental health care services to all residents	F	D ↑	F ↓	F	D	D ↑	F	F	F	F	F ↓
Satisfaction with your provincial government when it comes to accessing a mental health care provider	F	D ↑	F	F	D	F	F	F	F	F	F ↓
Satisfaction that the federal government is focused on improving access to mental health care services for all	F	D	F	F	D ↑	D ↑	F	F	F ↓	F	F ↓
<b>Effectiveness – Total Score</b>	<b>F</b>	<b>F</b>	<b>F</b>	<b>F</b>	<b>F</b>	<b>F</b>	<b>F</b>	<b>F</b>	<b>F</b>	<b>F</b>	<b>F</b>
Thinks that governments are doing enough to evaluate if mental health care services are working	F	F	F	F	F	F	F	F	F	F	F
<b>TOTAL MENTAL HEALTH SCORE</b>	<b>F</b>	<b>D ↑</b>	<b>F</b>	<b>F</b>	<b>D ↑</b>	<b>D ↑</b>	<b>F</b>	<b>F</b>	<b>F ↓</b>	<b>F</b>	<b>F</b>

\*Familiar – those with a person or family mental health diagnosis or who have accessed support in the past year

GRADE: A+ (9-10) A (8) B (7) C (6) D (5) F (1-4)

E2: How would you rate Canadians' overall ability to access publicly-funded mental health care services (i.e., a service in which you do not have to pay for) in your province? E3: How would you rate current wait times to access publicly-funded mental health care services? E4: How would you rate your province in providing similar or equal access to mental health services compared to physical health care? E6: If you needed help, how confident are you that you would be able to find the mental health care service(s) you need in a timely manner? E7: Do you believe that all governments are serious about improving access to mental health care services in the future? E8: How satisfied are you that your provincial government is focused on providing access to mental health care services to all residents? E9: How satisfied are you with your provincial government when it comes to accessing a mental health care provider? E10: How satisfied are you that the federal government is focused on improving access to mental health care services for all? E11: Do you think that governments are doing enough to evaluate if mental health care services are working?

# Different populations have different perspectives on mental health care services

- Certain populations scored mental health care services higher (i.e., more positively) than others:
  - Younger people (18 to 34 years old)
  - Men
  - Visible Minorities
  - Non-2SLGBTQ2S+
  - Those with likely alcohol, cannabis use disorders or gambling addiction
- **This year, those most familiar (4.9) with mental health and substance use systems** (defined as having a diagnosis, a close family member with a diagnosis or accessing services) **are only slightly more likely to rate mental health systems higher (i.e. more positively) than those unfamiliar (4.8).**
  - In 2023, the gap between *familiar* (4.8) and *unfamiliar* (4.2) was larger. (+0.6 gap). In 2024, this gap is smaller (+0.1 gap), as a result of *unfamiliar* respondents rating the mental health system more positively compared to last year.

# Younger Canadians and Men feel more positively about mental health care services

↑ = Score increased since 2023        = Score higher than comparative groups  
↓ = Score decreased since 2023        = Score lower than comparative groups

Base Size

	Total	16-17	18-34	35-54	55+	Male	Female
<b>Access – Total Score</b>	<b>4.7 ↑</b>	<b>4.7 ↓</b>	<b>5.3 ↑</b>	<b>4.6</b>	<b>4.3 ↑</b>	<b>5.1 ↑</b>	<b>4.3 ↑</b>
Canadians’ overall ability to access publicly-funded mental health care services	5.4	5.8	5.8	5.2	5.3	5.8	5.0
Current wait times to access publicly-funded mental health care services	4.1	3.9	4.8	4.1	3.6	4.6	3.7
Province in providing similar/equal access to mental health services compared to physical health care	4.6	4.5	5.4	4.6	4.1	5.0	4.2
<b>Public Confidence – Total Score</b>	<b>5.3 ↑</b>	<b>4.9 ↓</b>	<b>5.6 ↑</b>	<b>5.2 ↑</b>	<b>5.2 ↑</b>	<b>5.7 ↑</b>	<b>5.0 ↑</b>
Confidence that you would be able to find the mental health care service(s) you need in a timely manner	5.6	5.6	5.9	5.5	5.5	5.9	5.3
Belief that all governments are serious about improving access to mental health care services in the future	4.9	3.9	5.3	4.8	4.7	5.3	4.5
<b>Satisfaction – Total Score</b>	<b>4.8 ↑</b>	<b>5.1 ↓</b>	<b>5.4 ↑</b>	<b>4.7 ↑</b>	<b>4.5 ↑</b>	<b>5.2 ↑</b>	<b>4.5 ↑</b>
Satisfaction that your provincial government is focused on providing access to mental health care services to all residents	4.9	5.1	5.5	4.7	4.6	5.3	4.5
Satisfaction with your provincial government when it comes to accessing a mental health care provider	4.8	5.0	5.3	4.7	4.4	5.2	4.4
Satisfaction that the federal government is focused on improving access to mental health care services for all	4.8	5.1	5.6	4.7	4.4	5.1	4.5
<b>Effectiveness – Total Score</b>	<b>4.5 ↑</b>	<b>4.6 ↓</b>	<b>5.2 ↑</b>	<b>4.5 ↑</b>	<b>4.1 ↑</b>	<b>4.9 ↑</b>	<b>4.2 ↑</b>
Thinks that governments are doing enough to evaluate if mental health care services are working	4.5	4.6	5.2	4.5	4.1	4.9	4.2
<b>TOTAL MENTAL HEALTH SCORE</b>	<b>4.9 ↑</b>	<b>4.8 ↓</b>	<b>5.4 ↑</b>	<b>4.8 ↑</b>	<b>4.5</b>	<b>5.3 ↑</b>	<b>4.5 ↑</b>

GRADE: A+ (9-10) A (8) B (7) C (6) D (5) F (1-4)

*E2: How would you rate Canadians’ overall ability to access publicly-funded mental health care services (i.e., a service in which you do not have to pay for) in your province? E3: How would you rate current wait times to access publicly-funded mental health care services? E4: How would you rate your province in providing similar or equal access to mental health services compared to physical health care? E6: If you needed help, how confident are you that you would be able to find the mental health care service(s) you need in a timely manner? E7: Do you believe that all governments are serious about improving access to mental health care services in the future? E8: How satisfied are you that your provincial government is focused on providing access to mental health care services to all residents? E9: How satisfied are you with your provincial government when it comes to accessing a mental health care provider? E10: How satisfied are you that the federal government is focused on improving access to mental health care services for all? E11: Do you think that governments are doing enough to evaluate if mental health care services are working? Base: (Poll 18: n= 3,207)*

# While visible minorities feel more positively about mental health care services, 2SLGBTQ+ do not

↑ = Score increased since 2023         = Score higher than comparative groups  
↓ = Score decreased since 2023         = Score lower than comparative groups

	Total	Visible Minority	Not Vis/Min	2SLGBTQ+	Not 2SLGBTQ+
	8211	1545	6524	574	7495
<b>Access – Total Score</b>	<b>4.7 ↓</b>	<b>5.5 ↑</b>	<b>4.6 ↑</b>	<b>4.2 ↑</b>	<b>4.8 ↑</b>
Canadians’ overall ability to access publicly-funded mental health care services	5.4	6.0	5.3	4.8	5.5
Current wait times to access publicly-funded mental health care services	4.1	5.0	3.9	3.6	4.1
Province in providing similar/equal access to mental health services compared to physical health care	4.6	5.4	4.5	4.2	4.7
<b>Public Confidence – Total Score</b>	<b>5.3 ↑</b>	<b>5.7 ↑</b>	<b>5.2 ↑</b>	<b>4.6</b>	<b>5.4 ↑</b>
Confidence that you would be able to find the mental health care service(s) you need in a timely manner	5.6	6.0	5.5	5.1	5.7
Belief that all governments are serious about improving access to mental health care services in the future	4.9	5.5	4.8	4.0	5.0
<b>Satisfaction – Total Score</b>	<b>4.8 ↑</b>	<b>5.5 ↑</b>	<b>4.7 ↑</b>	<b>4.3</b>	<b>4.9 ↑</b>
Satisfaction that your provincial government is focused on providing access to mental health care services to all residents	4.9	5.5	4.8	4.3	4.9
Satisfaction with your provincial government when it comes to accessing a mental health care provider	4.8	5.5	4.6	4.1	4.8
Satisfaction that the federal government is focused on improving access to mental health care services for all	4.8	5.6	4.7	4.5	4.8
<b>Effectiveness – Total Score</b>	<b>4.5 ↑</b>	<b>5.2 ↑</b>	<b>4.4 ↑</b>	<b>4.0 ↓</b>	<b>4.6 ↑</b>
Thinks that governments are doing enough to evaluate if mental health care services are working	4.5	5.2	4.4	4.0	4.6
<b>TOTAL MENTAL HEALTH SCORE</b>	<b>4.9 ↑</b>	<b>5.5 ↑</b>	<b>4.7 ↑</b>	<b>4.3</b>	<b>4.9 ↑</b>

GRADE: A+ (9-10) A (8) B (7) C (6) D (5) F (1-4)

*E2: How would you rate Canadians’ overall ability to access publicly-funded mental health care services (i.e., a service in which you do not have to pay for) in your province? E3: How would you rate current wait times to access publicly-funded mental health care services? E4: How would you rate your province in providing similar or equal access to mental health services compared to physical health care? E6: If you needed help, how confident are you that you would be able to find the mental health care service(s) you need in a timely manner? E7: Do you believe that all governments are serious about improving access to mental health care services in the future? E8: How satisfied are you that your provincial government is focused on providing access to mental health care services to all residents? E9: How satisfied are you with your provincial government when it comes to accessing a mental health care provider? E10: How satisfied are you that the federal government is focused on improving access to mental health care services for all? E11: Do you think that governments are doing enough to evaluate if mental health care services are working? Base: (Poll 18: n= 3,207)*

# Those likely to have alcohol or cannabis dependencies score mental health care services more positively

↑ = Score increased since 2023         = Score higher than comparative groups  
↓ = Score decreased since 2023         = Score lower than comparative groups

	Base Size	Alcohol Dependency			Cannabis Dependency			
		Total	None	Harmful	Dependent	Normal	Hazardous	Disorder
<b>Access – Total Score</b>		8211	6769	723	577	7165	299	600
		<b>4.7 ↑</b>	<b>4.5</b>	<b>5.1 ↑</b>	<b>6.2 ↑</b>	<b>4.6 ↑</b>	<b>4.9 ↓</b>	<b>6.3 ↑</b>
Canadians' overall ability to access publicly-funded mental health care services		5.4	5.3	5.5	6.4	5.3	5.7	6.5
Current wait times to access publicly-funded mental health care services		4.1	3.9	4.7	6	3.9	4.3	6.1
Province in providing similar/equal access to mental health services compared to physical health care		4.6	4.4	5.1	6.2	4.5	4.8	6.3
<b>Public Confidence – Total Score</b>		<b>5.3 ↑</b>	<b>5.2 ↑</b>	<b>5.6 ↑</b>	<b>6.2 ↑</b>	<b>5.2 ↑</b>	<b>5.2</b>	<b>6.3 ↑</b>
Confidence that you would be able to find the mental health care service(s) you need in a timely manner		5.6	5.5	5.8	6.4	5.6	5.5	6.5
Belief that all governments are serious about improving access to mental health care services in the future		4.9	4.8	5.3	6.1	4.8	5	6.2
<b>Satisfaction – Total Score</b>		<b>4.8 ↑</b>	<b>4.7 ↑</b>	<b>5.3 ↑</b>	<b>6.2 ↑</b>	<b>4.7 ↑</b>	<b>4.8 ↑</b>	<b>6.4 ↑</b>
Satisfaction that your provincial government is focused on providing access to mental health care services to all residents		4.9	4.7	5.3	6.4	4.7	5	6.5
Satisfaction with your provincial government when it comes to accessing a mental health care provider		4.8	4.6	5.2	6.2	4.6	4.8	6.3
Satisfaction that the federal government is focused on improving access to mental health care services for all		4.8	4.7	5.3	6.1	4.7	4.8	6.3
<b>Effectiveness – Total Score</b>		<b>4.5 ↑</b>	<b>4.4 ↑</b>	<b>5.1 ↑</b>	<b>6.0 ↑</b>	<b>4.4 ↑</b>	<b>4.6</b>	<b>6.1 ↑</b>
Thinks that governments are doing enough to evaluate if mental health care services are working		4.5	4.4	5.1	6.0	4.4	4.6	6.1
<b>TOTAL MENTAL HEALTH SCORE</b>		<b>4.9 ↑</b>	<b>4.7 ↑</b>	<b>5.2 ↑</b>	<b>6.2 ↑</b>	<b>4.7</b>	<b>4.9</b>	<b>6.3 ↑</b>

GRADE: A+ (9-10) A (8) B (7) C (6) D (5) F (1-4)

E2: How would you rate Canadians' overall ability to access publicly-funded mental health care services (i.e., a service in which you do not have to pay for) in your province? E3: How would you rate current wait times to access publicly-funded mental health care services? E4: How would you rate your province in providing similar or equal access to mental health services compared to physical health care? E6: If you needed help, how confident are you that you would be able to find the mental health care service(s) you need in a timely manner? E7: Do you believe that all governments are serious about improving access to mental health care services in the future? E8: How satisfied are you that your provincial government is focused on providing access to mental health care services to all residents? E9: How satisfied are you with your provincial government when it comes to accessing a mental health care provider? E10: How satisfied are you that the federal government is focused on improving access to mental health care services for all? E11: Do you think that governments are doing enough to evaluate if mental health care services are working? Base: (Poll 18: n= 3,207)

# Those with Moderate-Risk to Problem Gambling score mental health care services higher

○ = Score higher than comparative groups  
 ○ = Score lower than comparative groups

	Base Size	Type of Gambler					
		Total	Not a gambler	Non-problem	Low-risk	Moderate-risk	Problem gambler
<b>Access – Total Score</b>		8211	4468	2164	381	340	716
		<b>4.7</b>	<b>4.4</b>	<b>4.5</b>	<b>4.8</b>	<b>5.4</b>	<b>6.7</b>
Canadians' overall ability to access publicly-funded mental health care services		5.4	5.1	5.4	5.8	6.1	6.9
Current wait times to access publicly-funded mental health care services		4.1	3.7	3.8	4.0	4.8	6.6
Province in providing similar/equal access to mental health services compared to physical health care		4.6	4.3	4.4	4.6	5.4	6.6
<b>Public Confidence – Total Score</b>		<b>5.3</b>	<b>5.1</b>	<b>5.2</b>	<b>5.3</b>	<b>5.8</b>	<b>6.7</b>
Confidence that you would be able to find the mental health care service(s) you need in a timely manner		5.6	5.5	5.5	5.7	6.1	6.7
Belief that all governments are serious about improving access to mental health care services in the future		4.9	4.6	4.8	4.9	5.4	6.7
<b>Satisfaction – Total Score</b>		<b>4.8</b>	<b>4.6</b>	<b>4.6</b>	<b>5.0</b>	<b>5.6</b>	<b>6.6</b>
Satisfaction that your provincial government is focused on providing access to mental health care services to all residents		4.9	4.6	4.7	5.2	5.7	6.7
Satisfaction with your provincial government when it comes to accessing a mental health care provider		4.8	4.5	4.6	5.0	5.5	6.6
Satisfaction that the federal government is focused on improving access to mental health care services for all		4.8	4.6	4.5	4.9	5.5	6.6
<b>Effectiveness – Total Score</b>		<b>4.5</b>	<b>4.3</b>	<b>4.2</b>	<b>4.8</b>	<b>5.0</b>	<b>6.5</b>
Thinks that governments are doing enough to evaluate if mental health care services are working		4.5	4.3	4.2	4.8	5.0	6.5
<b>TOTAL MENTAL HEALTH SCORE</b>		<b>4.9</b>	<b>4.6</b>	<b>4.6</b>	<b>5.0</b>	<b>5.5</b>	<b>6.7</b>

GRADE: A+ (9-10) A (8) B (7) C (6) D (5) F (1-4)

E2: How would you rate Canadians' overall ability to access publicly-funded mental health care services (i.e., a service in which you do not have to pay for) in your province? E3: How would you rate current wait times to access publicly-funded mental health care services? E4: How would you rate your province in providing similar or equal access to mental health services compared to physical health care? E6: If you needed help, how confident are you that you would be able to find the mental health care service(s) you need in a timely manner? E7: Do you believe that all governments are serious about improving access to mental health care services in the future? E8: How satisfied are you that your provincial government is focused on providing access to mental health care services to all residents? E9: How satisfied are you with your provincial government when it comes to accessing a mental health care provider? E10: How satisfied are you that the federal government is focused on improving access to mental health care services for all? E11: Do you think that governments are doing enough to evaluate if mental health care services are working? Base: (Poll 18: n= 3,207)

# Those who are familiar with mental health care services score wait times, access to physical health care and ability to find care more positively

○ = Score higher than comparative groups  
○ = Score lower than comparative groups

↑ = Score increased since 2023  
↓ = Score decreased since 2023

	Total	Familiar*	Not Familiar
Base Size	8211	2455	5614
<b>Access – Total Score</b>	<b>4.7 ↑</b>	<b>4.8 ↑</b>	<b>4.6 ↑</b>
Canadians’ overall ability to access publicly-funded mental health care services	5.4	5.4	5.4
Current wait times to access publicly-funded mental health care services	4.1	4.3	4.0
Province in providing similar/equal access to mental health services compared to physical health care	4.6	4.8	4.5
<b>Public Confidence – Total Score</b>	<b>5.3 ↑</b>	<b>5.3 ↑</b>	<b>5.3 ↑</b>
Confidence that you would be able to find the mental health care service(s) you need in a timely manner	5.6	5.8	5.6
Belief that all governments are serious about improving access to mental health care services in the future	4.9	4.9	4.9
<b>Satisfaction – Total Score</b>	<b>4.8 ↑</b>	<b>4.9 ↑</b>	<b>4.8 ↑</b>
Satisfaction that your provincial government is focused on providing access to mental health care services to all residents	4.9	4.9	4.8
Satisfaction with your provincial government when it comes to accessing a mental health care provider	4.8	4.8	4.8
Satisfaction that the federal government is focused on improving access to mental health care services for all	4.8	4.9	4.8
<b>Effectiveness – Total Score</b>	<b>4.5 ↑</b>	<b>4.6 ↑</b>	<b>4.5 ↑</b>
Thinks that governments are doing enough to evaluate if mental health care services are working	4.5	4.6	4.5
<b>TOTAL MENTAL HEALTH SCORE</b>	<b>4.9 ↑</b>	<b>4.9 ↑</b>	<b>4.8 ↑</b>

\*Familiar – those with a person or family mental health diagnosis or who have accessed support in the past year

GRADE: A+ (9-10) A (8) B (7) C (6) D (5) F (1-4)

E2: How would you rate Canadians’ overall ability to access publicly-funded mental health care services (i.e., a service in which you do not have to pay for) in your province? E3: How would you rate current wait times to access publicly-funded mental health care services? E4: How would you rate your province in providing similar or equal access to mental health services compared to physical health care? E6: If you needed help, how confident are you that you would be able to find the mental health care service(s) you need in a timely manner? E7: Do you believe that all governments are serious about improving access to mental health care services in the future? E8: How satisfied are you that your provincial government is focused on providing access to mental health care services to all residents? E9: How satisfied are you with your provincial government when it comes to accessing a mental health care provider? E10: How satisfied are you that the federal government is focused on improving access to mental health care services for all? E11: Do you think that governments are doing enough to evaluate if mental health care services are working? Base: (Poll 18: n= 3,207)



# Federal-Provincial Substance Use Health System Grades



CANADIAN ALLIANCE  
ON MENTAL ILLNESS  
AND MENTAL HEALTH



ALLIANCE CANADIENNE  
POUR LA MALADIE MENTALE  
ET LA SANTÉ MENTALE

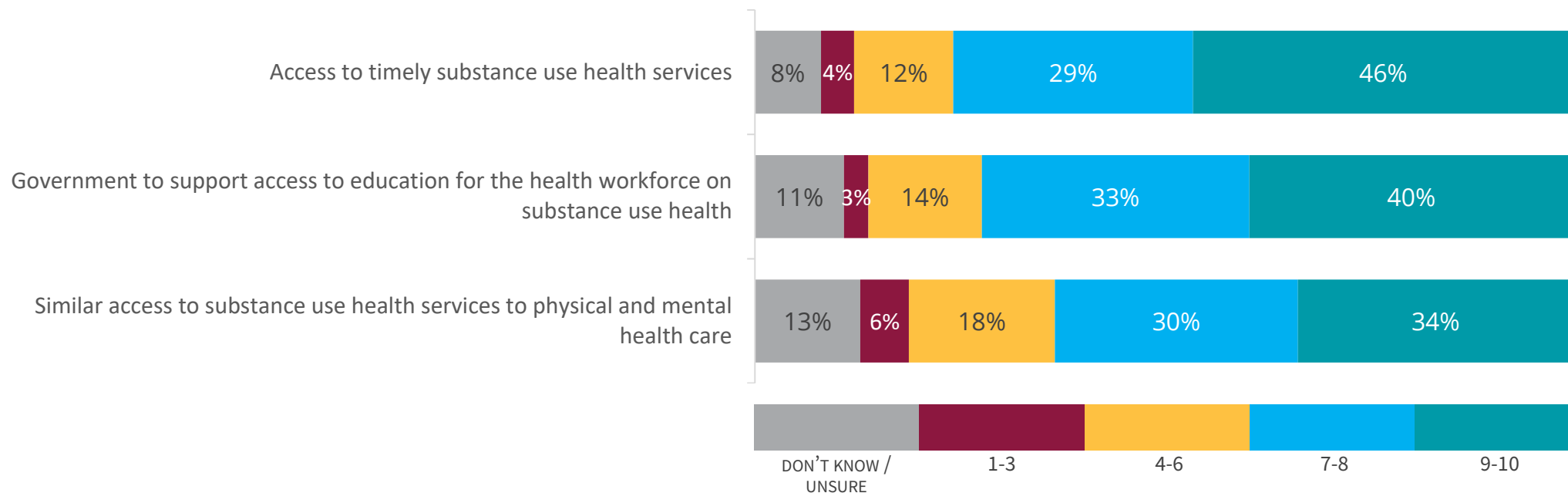




# Access to substance use health services is important to Canadians, up slightly from 2023

- Three-quarters (75%) of Canadians believe it is important to have access to timely substance use health services, with 46% finding this to be very important (+2% compared to 2023).
- A similar proportion believes it is important for government to support access to education for the health workforce on substance use health (73%) (+1% compared to 2023).
- Three-fifths (64%) of Canadians believe access to substance use health services should be similar or equal to access to physical or mental health services (+3% compared to 2023).

## IMPORTANCE OF SUBSTANCE USE HEALTH SERVICES



E12. How important do you think it is for Canadians to have timely access to substance use health services? E14: How important do you think it is for Canadians to have similar or equal access to Substance Use Health services compared to physical health and mental health care? E16: How important do you think it is for all levels of government to support access to education for the health workforce on substance use health? Base: (Total n=8211)

# Governments continue to receive poor or failing grades when it comes to substance use health services

- As with last year, Canadians grade Substance Use health services slightly higher than Mental Health care services, with the average overall score of **D**, with only New Brunswick and Newfoundland getting **F**s. Nova Scotia barely passed – scoring on the line between **D** and **F**.
- While nearly half (46%) of Canadians view timely access to substance use help as extremely important, this is significantly lower than the proportion who said the same about mental health care (67%).
- As observed in scores for Mental Health, *Effectiveness* was the lowest scoring subcategory, suggesting people have little belief that substance use services are being evaluated for effectiveness.

# Substance use health services receive poor or failing grades across Canada

↑ = Score increased since 2023  
 ↓ = Score decreased since 2023

	Total	BC	AB	SK	MB	ON	QC	NS	NB	NL	Familiar*
Base Size	7898	4370	526	200	206	1370	899	117	88	78	2421
<b>Access – Total Score</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b> ↑	<b>F</b> ↓	<b>F</b> ↓	<b>D</b>
Rating of Canadians’ overall ability to access to publicly-funded substance use health services	D	D	D	D	D	D	D	D	F	F	F
Confidence that you would be able to find a health service in your province for your Substance Use Health concerns	D	D	D	D	D	D	D	D	F	F	D
<b>Public Confidence – Total Score</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b> ↑	<b>D</b>	<b>F</b> ↓	<b>D</b>
Confidence that you would be able to find the substance use health service(s) you needed in a timely manner	D	D	D	D	D	D	D	D	D	F	D
<b>Satisfaction – Total Score</b>	<b>D</b> ↑	<b>D</b> ↑	<b>F</b> ↓	<b>F</b>	<b>D</b>	<b>D</b> ↑	<b>D</b> ↑	<b>F</b>	<b>F</b>	<b>F</b> ↓	<b>D</b>
Satisfaction with your provincial government when it comes to accessing substance use health services	D	D	F	F	D	D	D	F	F	F	D
<b>Effectiveness – Total Score</b>	<b>F</b>	<b>D</b> ↑	<b>F</b> ↓	<b>F</b>	<b>D</b> ↑	<b>D</b> ↑	<b>F</b>	<b>F</b>	<b>F</b>	<b>F</b> ↓	<b>D</b> ↑
Thoughts that governments are doing enough to evaluate if Substance Use Health services are working	F	D	F	F	D	D	F	F	F	F	D
<b>TOTAL SUBSTANCE USE HEALTH SCORE</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b> ↑	<b>F</b> ↓	<b>F</b> ↓	<b>D</b>

\*Familiar – those with a person or family mental health diagnosis or who have accessed support in the past year

GRADE: A+ (9-10) A (8) B (7) C (6) D (5) F (1-4)

E12: How important do you think it is for Canadians to have timely access to substance use health services? E13: How would you rate Canadians’ overall ability to access to publicly-funded substance use health services (i.e., a service in which you do not have to pay for) in your province? E14: How important do you think it is for Canadians to have similar or equal access to Substance Use Health services compared to physical health and mental health care? E15: If you do not have a mental health problem, how confident are you that you would be able to find a health service in your province for your Substance Use Health concerns? E16: How important do you think it is for all levels of government to support access to education for the health workforce on substance use health? E17: If you needed help, how confident are you that you would be able to find the substance use health service(s) you needed in a timely manner? E18: How satisfied are you with your provincial government when it comes to accessing substance use health services? E19: Do you think that governments are doing enough to evaluate if Substance Use Health services are working?

## Different populations have different perspectives on substance use health services

- Similar to findings for mental health, Canadians scored substance use health services higher, though with smaller gaps between these populations and other groups:
  - Younger people (18 to 34)
  - Men
  - Visible minorities
  - Non-LGBTQ2S+
  - Those with likely alcohol and cannabis use disorders
- **Compared to last year, the biggest improvement in scores was in those with a likely cannabis use disorder, with significantly higher scores across all subcategories.**
- The biggest decline was among women respondents and those with no likely alcohol use disorder.

# Women are more critical of substance use health services

↑ = Score increased since 2023      ○ = Score higher than comparative groups  
↓ = Score decreased since 2023      ○ = Score lower than comparative groups

	Total	16-17	18-34	35-54	55+	Male	Female
Base Size	7898	101	2024	2706	3067	3963	3885
<b>Access – Total Score</b>	<b>5.5 ↑</b>	<b>5.7 ↓</b>	<b>6.0 ↑</b>	<b>5.5 ↑</b>	<b>5.2 ↑</b>	<b>5.9 ↑</b>	<b>5.1 ↑</b>
Rating of Canadians’ overall ability to access to publicly-funded substance use health services	5.4	5.8	6.0	5.4	4.9	5.8	5.0
Confidence that you would be able to find a health service in your province for your Substance Use Health concerns	5.7	5.6	6.1	5.6	5.4	6.0	5.3
<b>Public Confidence – Total Score</b>	<b>5.7 ↑</b>	<b>5.8 ↓</b>	<b>6.1 ↑</b>	<b>5.7 ↑</b>	<b>5.4 ↑</b>	<b>6.1 ↑</b>	<b>5.3 ↑</b>
Confidence that you would be able to find the substance use health service(s) you needed in a timely manner	5.7	5.8	6.1	5.7	5.4	6.1	5.3
<b>Satisfaction – Total Score</b>	<b>5.1 ↑</b>	<b>5.1 ↓</b>	<b>5.7 ↑</b>	<b>5.0 ↑</b>	<b>4.7 ↑</b>	<b>5.5 ↑</b>	<b>4.6 ↑</b>
Satisfaction with your provincial government when it comes to accessing substance use health services	5.1	5.1	5.7	5.0	4.7	5.5	4.6
<b>Effectiveness – Total Score</b>	<b>4.9 ↑</b>	<b>4.6 ↓</b>	<b>5.6 ↑</b>	<b>4.9 ↑</b>	<b>4.5 ↑</b>	<b>5.3 ↑</b>	<b>4.5 ↑</b>
Thoughts that governments are doing enough to evaluate if Substance Use Health services are working	4.9	4.6	5.6	4.9	4.5	5.3	4.5
<b>TOTAL SUBSTANCE USE HEALTH SCORE</b>	<b>5.4 ↑</b>	<b>5.4 ↓</b>	<b>5.9 ↑</b>	<b>5.3 ↑</b>	<b>5.0 ↑</b>	<b>5.8 ↑</b>	<b>4.9 ↑</b>

GRADE: A+ (9-10) A (8) B (7) C (6) D (5) F (1-4)

*E12: How important do you think it is for Canadians to have timely access to substance use health services? E13: How would you rate Canadians’ overall ability to access to publicly-funded substance use health services (i.e., a service in which you do not have to pay for) in your province? E14: How important do you think it is for Canadians to have similar or equal access to Substance Use Health services compared to physical health and mental health care? E15: If you do not have a mental health problem, how confident are you that you would be able to find a health service in your province for your Substance Use Health concerns? E16: How important do you think it is for all levels of government to support access to education for the health workforce on substance use health? E17: If you needed help, how confident are you that you would be able to find the substance use health service(s) you needed in a timely manner? E18: How satisfied are you with your provincial government when it comes to accessing substance use health services? E19: Do you think that governments are doing enough to evaluate if Substance Use Health services are working? Base: (Poll 18: n= 3,207)*

# 2SLGBTQ+ feel less positively, whereas visible minorities feel more positively about all aspects of substance use health services

↑ = Score increased since 2023  
↓ = Score decreased since 2023

○ = Score higher than comparative groups  
○ = Score lower than comparative groups

	Base Size	Total	Visible Minority	Not Vis/Min	2SLGBTQ+	Not 2SLGBTQ+
<b>Access – Total Score</b>		7898	1509	6389	570	7328
Rating of Canadians’ overall ability to access to publicly-funded substance use health services		5.4	6.0	5.3	5.0	5.4
Confidence that you would be able to find a health service in your province for your Substance Use Health concerns		5.7	6.1	5.6	5.4	5.7
<b>Public Confidence – Total Score</b>		5.7	6.1	5.6	5.3	5.7
Confidence that you would be able to find the substance use health service(s) you needed in a timely manner		5.7	6.1	5.6	5.3	5.7
<b>Satisfaction – Total Score</b>		5.1	5.7	5.0	4.5	5.1
Satisfaction with your provincial government when it comes to accessing substance use health services		5.1	5.7	5.0	4.5	5.1
<b>Effectiveness – Total Score</b>		4.9	5.6	4.8	4.4	5.0
Thoughts that governments are doing enough to evaluate if Substance Use Health services are working		4.9	5.6	4.8	4.4	5.0
<b>TOTAL SUBSTANCE USE HEALTH SCORE</b>		5.4	5.9	5.2	4.9	5.4

GRADE: A+ (9-10) A (8) B (7) C (6) D (5) F (1-4)

E12: How important do you think it is for Canadians to have timely access to substance use health services? E13: How would you rate Canadians’ overall ability to access to publicly-funded substance use health services (i.e., a service in which you do not have to pay for) in your province? E14: How important do you think it is for Canadians to have similar or equal access to Substance Use Health services compared to physical health and mental health care? E15: If you do not have a mental health problem, how confident are you that you would be able to find a health service in your province for your Substance Use Health concerns? E16: How important do you think it is for all levels of government to support access to education for the health workforce on substance use health? E17: If you needed help, how confident are you that you would be able to find the substance use health service(s) you needed in a timely manner? E18: How satisfied are you with your provincial government when it comes to accessing substance use health services? E19: Do you think that governments are doing enough to evaluate if Substance Use Health services are working? Base: (Poll 18: n= 3,207)

# Those with alcohol or cannabis dependency feel more positively about substance use health services

↑ = Score increased since 2023      ○ = Score higher than comparative groups  
↓ = Score decreased since 2023      ○ = Score lower than comparative groups

	Total	Alcohol Dependency			Cannabis Dependency		
		None	Harmful	Dependent	Normal	Hazardous	Disorder
	7898	6613	718	567	7001	297	595
<b>Access – Total Score</b>	<b>5.5 ↑</b>	<b>5.4 ↑</b>	<b>5.8 ↑</b>	<b>6.5 ↑</b>	<b>5.4 ↑</b>	<b>5.4 ↓</b>	<b>6.6 ↑</b>
Rating of Canadians’ overall ability to access to publicly-funded substance use health services	5.4	5.3	5.7	6.4	5.3	5.3	6.5
Confidence that you would be able to find a health service in your province for your Substance Use Health concerns	5.7	5.5	6.0	6.6	5.6	5.5	6.7
<b>Public Confidence – Total Score</b>	<b>5.7 ↑</b>	<b>5.6 ↑</b>	<b>6.0 ↑</b>	<b>6.4 ↑</b>	<b>5.6 ↑</b>	<b>5.9 ↑</b>	<b>6.6 ↑</b>
Confidence that you would be able to find the substance use health service(s) you needed in a timely manner	5.7	5.6	6.0	6.4	5.6	5.9	6.6
<b>Satisfaction – Total Score</b>	<b>5.1 ↑</b>	<b>4.9 ↑</b>	<b>5.4 ↑</b>	<b>6.2 ↑</b>	<b>5.0 ↑</b>	<b>5.1 ↑</b>	<b>6.5 ↑</b>
Satisfaction with your provincial government when it comes to accessing substance use health services	5.1	4.9	5.4	6.2	5.0	5.1	6.5
<b>Effectiveness – Total Score</b>	<b>4.9 ↑</b>	<b>4.8 ↑</b>	<b>5.3 ↑</b>	<b>6.3 ↑</b>	<b>4.8 ↑</b>	<b>5.0 ↑</b>	<b>6.5 ↑</b>
Thoughts that governments are doing enough to evaluate if Substance Use Health services are working	4.9	4.8	5.3	6.3	4.8	5.0	6.5
<b>TOTAL SUBSTANCE USE HEALTH SCORE</b>	<b>5.4 ↑</b>	<b>5.2 ↑</b>	<b>5.7 ↑</b>	<b>6.4 ↑</b>	<b>5.2 ↑</b>	<b>5.4 ↑</b>	<b>6.6 ↑</b>

GRADE: A+ (9-10) A (8) B (7) C (6) D (5) F (1-4)

*E12: How important do you think it is for Canadians to have timely access to substance use health services? E13: How would you rate Canadians’ overall ability to access to publicly-funded substance use health services (i.e., a service in which you do not have to pay for) in your province? E14: How important do you think it is for Canadians to have similar or equal access to Substance Use Health services compared to physical health and mental health care? E15: If you do not have a mental health problem, how confident are you that you would be able to find a health service in your province for your Substance Use Health concerns? E16: How important do you think it is for all levels of government to support access to education for the health workforce on substance use health? E17: If you needed help, how confident are you that you would be able to find the substance use health service(s) you needed in a timely manner? E18: How satisfied are you with your provincial government when it comes to accessing substance use health services? E19: Do you think that governments are doing enough to evaluate if Substance Use Health services are working? Base: (Poll 18: n= 3,207)*



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