

Early Intervention for Mental Health and Substance Use Among Children and Youth Survey

The Canadian Institute for Health Information (CIHI) is working with federal, provincial and territorial governments to develop and report on indicators related to access to mental health and substance use services across Canada. As a not-for-profit organization, CIHI is working to understand Canadians' opinions about accessing mental health and substance use services and their experiences through self-reported survey data collection. CIHI has engaged the Canadian research firm R.A. Malatest & Associates Ltd. to conduct this survey on its behalf. CIHI provides this information to the provinces and territories so they can improve access to mental health and substance use services throughout Canada.

Participation is completely voluntary, meaning that respondents can choose to take part and can skip any question they do not wish to answer. Individual responses are kept anonymous. This survey does not ask for a health card number or for any information that would identify respondents. Survey responses are combined and are not reported on an individual basis. At the end of the survey, respondents are given the opportunity to enter a draw for a gift card valued at \$100.

Survey questions

Do you have some time to discuss mental health in Canada?

1. Yes
2. No (end survey)

To better understand the similarities and differences in the experiences of mental health and/or substance use among different groups of people, we would like to learn a bit about you.

The first question asks about gender identity. Gender identity refers to your sense of being a woman, a man, both, neither or anywhere along the gender spectrum. What is your gender identity? You can select one or more than one, however many apply.

1. Female
2. Male
3. Non-binary
4. Another gender, please specify: _____
98. Don't know
99. Prefer not to answer



Canadian Institute
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What province or territory do you currently live in?

- | | |
|------------------------------|--------------------------|
| 1. Alberta | 8. Nunavut |
| 2. British Columbia | 9. Ontario |
| 3. Manitoba | 10. Prince Edward Island |
| 4. New Brunswick | 11. Quebec |
| 5. Newfoundland and Labrador | 12. Saskatchewan |
| 6. Northwest Territories | 13. Yukon |
| 7. Nova Scotia | 99. Prefer not to answer |

To know which questions to ask you could you please tell me which age category you fall into:

1. 12 or younger (end survey)
2. 13 (if from Quebec, end survey)
3. 14
4. 15 to 17
5. 18 to 24
6. 25 to 44
7. 45 to 64
8. 65 and older

Survey ending: Thank you for your time today. Unfortunately, you do not qualify to participate in this survey.

The next few questions ask about mental health and substance use. Mental health is our emotional, psychological, and social well-being and it affects how we think, feel, and act. Substance use refers to the use of alcohol or drugs whether they are legal or illegal. Drugs can include cannabis, prescription medication, over-the-counter products, inhalants, and illegal drugs. You can experience issues or concerns with mental health or substance use alone or both at the same time.

If you experience any distress during the survey, you can get help from Wellness Together Canada (online at <https://wellnesstogether.ca>, or by phone at 1-866-585-0445); you can also access crisis support by texting WELLNESS to 686868 (for youth).

1. In the past six months, have there been any issues or concerns in your mental health and/or substance use? Such as changes in your mood, feelings of sadness, anxiety or irritability, or your use of alcohol or drugs

1. Yes
2. No (end survey)
98. Don't know (end survey)
99. Prefer not to answer (end survey)

Survey ending: Thank you for your time today. Unfortunately, you do not qualify to participate in this survey. If you would still like to enter the prize draw, please review the contest rules at the following website to learn how: CIHrules.Malatest.net.

2. Were the mental health or substance use issues or concerns that you experienced over the last six months new*, or were they previous issues or concerns that got worse, got better, or stayed the same? Which category or categories best describe you? You can select one or more than one, however many apply.

1. New issue(s) [*by 'new' we mean something that you are experiencing for the first time or something that you may have experienced before but it went away and came back again.]
2. Previous issue(s) that got worse
3. Previous issue(s) that got better
4. Previous issue(s) that stayed the same
98. Don't know
99. Prefer not to answer

3. How difficult have these issues or concerns made it for you to do your work or school work, take care of things at home, or get along with other people?

1. 0 — Not at all
2. 1 — Somewhat difficult
3. 2 — Very difficult
4. 3 — Extremely difficult
98. Don't know
99. Prefer not to answer

4. In the past 6 months, was there ever a time that you or others felt you might need help to deal with issues or concerns in your mental health and/or substance use?

- 1. Yes
- 2. No
- 98. Don't know
- 99. Prefer not to answer

The next few questions will ask you about whether you accessed services* from someone trained in mental health or substance use in the last six months. *[By "services" we mean getting help from someone whose job it is to help you. You could have received services for one or the other, or you could have received help for both.]

5. For the following questions in this section, please answer "Yes," "No," "Don't know" or "Prefer not to answer."

In the past six month did you access...	Yes	No	Don't Know	Prefer Not To Answer
a. Counseling or therapy (including individual, family, relationship, or group counselling/therapy)?	1.	2.	98.	99.
b. Trained peer support services (including groups and one-on-one support)?	1.	2.	98.	99.
c. Indigenous-focused services, such as Elder-led and land-based care?	1.	2.	98.	99.
d. Culturally-based services for immigrant, refugee, ethno-cultural, and/or racialized individuals?	1.	2.	98.	99.
e. Case management, youth worker, or essential needs services (including education, employment, housing, or career guidance)?	1.	2.	98.	99.
f. School-based services (including from guidance counsellors, social workers, school nurses)?	1.	2.	98.	99.
g. Crisis support services (including telephone lines and mobile outreach teams)?	1.	2.	98.	99.
h. Specialized services (including services for sexual or domestic violence, and gender-affirming care)?	1.	2.	98.	99.
i. Emergency department or urgent care services?	1.	2.	98.	99.
j. Family doctor services?	1.	2.	98.	99.

5k. In the past six months, did you access any services other than the ones already mentioned?

1. Yes (specify) _____
2. No
98. Don't know
99. Prefer not to answer

If ANY answer to questions 5a to k is "Yes," then go to question 6.

If ALL answers to questions 5a to k are "No," "Don't know" or "Prefer not to answer," then go to question 5l.

5l. You did not report accessing services. Were there any mental health or substance use services that you looked for but didn't wind up accessing.

1. Yes (go to question 8)
2. No (go to question 9)
98. Don't know (go to question 9)
99. Prefer not to answer (go to question 9)

6. Thinking of the service or services you received in the past 6 months, were they provided in-person or virtually through a video call (such as Zoom, FaceTime), telephone call, instant messaging or chat?

1. In person only
2. Virtually only
3. Mostly in person, with some virtually
4. Mostly virtually, with some in person
5. About the same amount in person and virtually
98. Don't know
99. Prefer not to answer

7. Thinking of the service or services you received in the past 6 months, how often did you feel it was easy to get help?

1. Always
2. Most of the time
3. Sometimes (approximately half of the time)
4. Rarely
5. Never
98. Don't know
99. Prefer not to answer

8. The next few questions will identify some of the barriers that people encounter that make it difficult for them to get help for their mental health or substance use concerns. We are interested to know if any of them affected you.

Did any of the following make it difficult for you to get help?	Yes	No	Don't Know	Prefer No To Answer
a. Timing (including long wait times and services not provided when you needed them)?	1.	2.	98.	99.
b. Limited choices of where and when to get services (including issues with appointment hours, schedules, and the physical location of the office)?	1.	2.	98.	99.
c. Issues with technology for virtual appointments (this includes having no computer or internet, and needing to download an app)?	1.	2.	98.	99.
d. The cost of services?	1.	2.	98.	99.
e. Limited or no access to providers that share and/or understand your identities (including gender, sexual, ethnic, cultural, and racial identities)?	1.	2.	98.	99.
f. Limited or no availability of culturally competent care/culturally appropriate services?	1.	2.	98.	99.
g. Limited or no availability of services in your preferred language?	1.	2.	98.	99.
h. Having parents or guardians who refused to go or were not supportive?	1.	2.	98.	99.
i. The fear of what others would think (stigma)?	1.	2.	98.	99.
j. Not having a private, safe or judgement-free space to talk?	1.	2.	98.	99.
k. Being misunderstood or dismissed? (this includes the provider not understanding your concerns or being unkind)	1.	2.	98.	99.
l. Feelings of being overwhelmed, uncomfortable or not knowing how to continue?	1.	2.	98.	99.
m. Difficulty in finding age-appropriate services?	1.	2.	98.	99.

8n. Were there *any other barriers*, not already mentioned, that made it difficult for you to get help?

1. Yes (specify) _____ (go to question 10)
2. No (go to question 10)
98. Don't know (go to question 10)
99. Prefer not to answer (go to question 10)

9. You said you did not seek help for your mental health or substance use concerns. What are the reasons you did not seek help. Which category or categories best describe you? You can select one or more than one, however many apply.

1. I thought I could manage it myself
2. Did not get around to it (too busy)
3. Did not know how or where to get help
4. Fear of what others would think (stigma)
5. Limited information available in your preferred language
6. Did not have a private, safe, or judgement-free space to seek help
7. Feelings of being overwhelmed, uncomfortable or not knowing how to continue
8. Cost of services
9. Did not have trust in the system or providers
10. Other, please specify _____
98. Don't know
99. Prefer not to answer

This final set of questions asks about you. This will help us understand how similar or different the experiences of mental health and/or substance use are among different groups of young people. This information can be used to address gaps in care, access and quality of services among people across different population groups and from different backgrounds.

The first two questions ask about your gender identity and assigned sex at birth. A person's gender identity may be the same as, or different from, their assigned sex at birth, and it may change over time. Identifying as a gender that is different from assigned sex at birth can impact how a person interacts with the health system and the quality of care they receive. If you are not comfortable sharing this information, you do not have to answer either or both of these questions.

10. The first question asks about gender identity. Gender identity refers to your sense of being a woman, a man, both, neither or anywhere along the gender spectrum. What is your gender identity? You can select one or more than one, however many apply.

1. Non-binary
2. Female
3. Male
4. Another gender, please specify: _____
98. Don't know
99. Prefer not to answer

11. The next question asks about sex at birth. ‘Sex at birth’ refers to the sex you were assigned at birth, such as what was recorded on your original birth certificate.

What was your sex at birth?

1. Female
2. Male
3. Intersex* [**People who are born intersex have developed characteristics, such as anatomy, chromosomes and hormones, that do not fit a doctor’s expectation of a male or female body.*]
98. Don’t know
99. Prefer not to answer

12. This next question asks about your sexual orientation. ‘Sexual orientation’ refers to how someone thinks of themselves in terms of their emotional, romantic or sexual attraction, desire or affection for another person. What is your sexual orientation?

1. Heterosexual or straight
2. Homosexual, or gay or lesbian
3. Bisexual or pansexual
4. Questioning or don’t know
5. Another sexual orientation, please specify: _____
99. Prefer not to answer

13. In the past 12 months, how often did you or your household have difficulty making ends meet* financially? [By “making ends meet”, we mean earning enough money to provide yourself and your family with essentials like housing, food, clothing, and medicine.*].**

1. Always
2. Usually
3. Sometimes
4. Rarely
5. Never
98. Don’t know
99. Prefer not to answer

There are 2 questions that ask about whether you identify as First Nations, Métis and/or Inuk/In’uit and what racial or ethnic communities you belong to. Choose the option or options that most resonate with you, even though they may not exactly match how you would describe yourself. In accordance with CIHI’s policy, Indigenous-identifiable data is not released for public use or disclosed without approval from appropriate Indigenous authorities.

14. Do you identify as First Nations, Métis and/or Inuk/Inuit? Which category or categories best describe you? You can select one or more than one, however many apply.

1. Yes, First Nations
2. Yes, Inuk/Inuit
3. Yes, Métis
4. Another Indigenous identity, please specify: _____
5. No
98. Don't know
99. Prefer not to answer

15. In our society, people are often described by their race or racial background. These are not based in science, but our race may influence the way we are treated by individuals and institutions, and this may affect our health. Which category or categories best describe you? You can select one or more than one, however many apply.

1. Black (for example, African, Afro-Caribbean, African Canadian descent)
2. East Asian (for example, Chinese, Korean, Japanese, Taiwanese descent)
3. Indigenous (for example, First Nations, Métis, Inuk/Inuit descent)
4. Latin American (for example, Latino/Latina/Latinx, Hispanic descent)
5. Middle Eastern (for example, Arab, Persian, West Asian descent such as Afghan, Egyptian, Iranian, Lebanese, Turkish, Kurdish)
6. South Asian (for example, South Asian descent such as Indian, Pakistani, Bangladeshi, Sri Lankan, Indo-Caribbean)
7. Southeast Asian (for example, Filipino, Vietnamese, Cambodian, Thai, Indonesian or other Southeast Asian descent)
8. White (for example, European descent)
9. Another race category, please specify: _____
10. Do not know
11. Prefer not to answer

16. What language do you speak most often at home?

1. English
2. French
3. Other, please specify: _____
98. Don't know
99. Prefer not to answer

17. Were you born in Canada?

1. Yes (go to question 19)
2. No
98. Don't know (go to question 19)
99. Prefer not to answer (go to question 19)

18. How many years have you lived in Canada?

1. 0 to 5 years
2. 6 to 10 years
3. 11 or more years
98. Don't know
99. Prefer not to answer

19. What is the highest level of education you have completed?

1. Elementary school
2. Some high school, but have not graduated/did not graduate
3. High school or high school equivalency certificate
4. College, CEGEP or non-university certificate or diploma
5. Undergraduate degree or some university
6. Post-graduate degree or professional designation
98. Don't know
99. Prefer not to answer

20. How would you describe the community you live in?

1. Rural (fewer than 1,000 people)
2. Small population centre (1,000 to 29,999 people)
3. Medium population centre (30,000 to 99,999 people)
4. Large population centre (100,000 to 999,999 people)
5. Urban centre (1 million people or more)

21. How did you hear about this survey?

1. Facebook
2. Instagram
3. Messenger (on Facebook)
4. Stories (on Facebook or Instagram)
5. Twitter
6. TikTok
7. Snapchat
8. Other, please specify: _____

Thank you for your time. Your responses will not identify you in any way and will be used to inform improvements to mental health and/or substance use services.

Results based on the survey are available in the [Your Health System: In Brief](#) web tool. If you have questions about the survey, please email indicators@cihi.ca.

If you are experiencing any distress after the survey, you can get help from Wellness Together Canada (online at <https://wellnesstogether.ca>, or by phone at 1-866-585-0445); you can access crisis support by texting WELLNESS to 741741 (for adults) OR 686868 (for youth).