



The Mental Health Outcomes in

Saskatchewan During the first 16 months of Covid-19 (March 2020 - June 2021)




A HIGH PROPORTION OF SASKATCHEWAN ADULTS REPORTED POOR MENTAL HEALTH SINCE COVID


 **60%**
of respondents reported anxiety


 **45%**
of respondents reported depression

Visible minorities and immigrants were harder hit with 10-20% more people reporting severe anxiety and depression

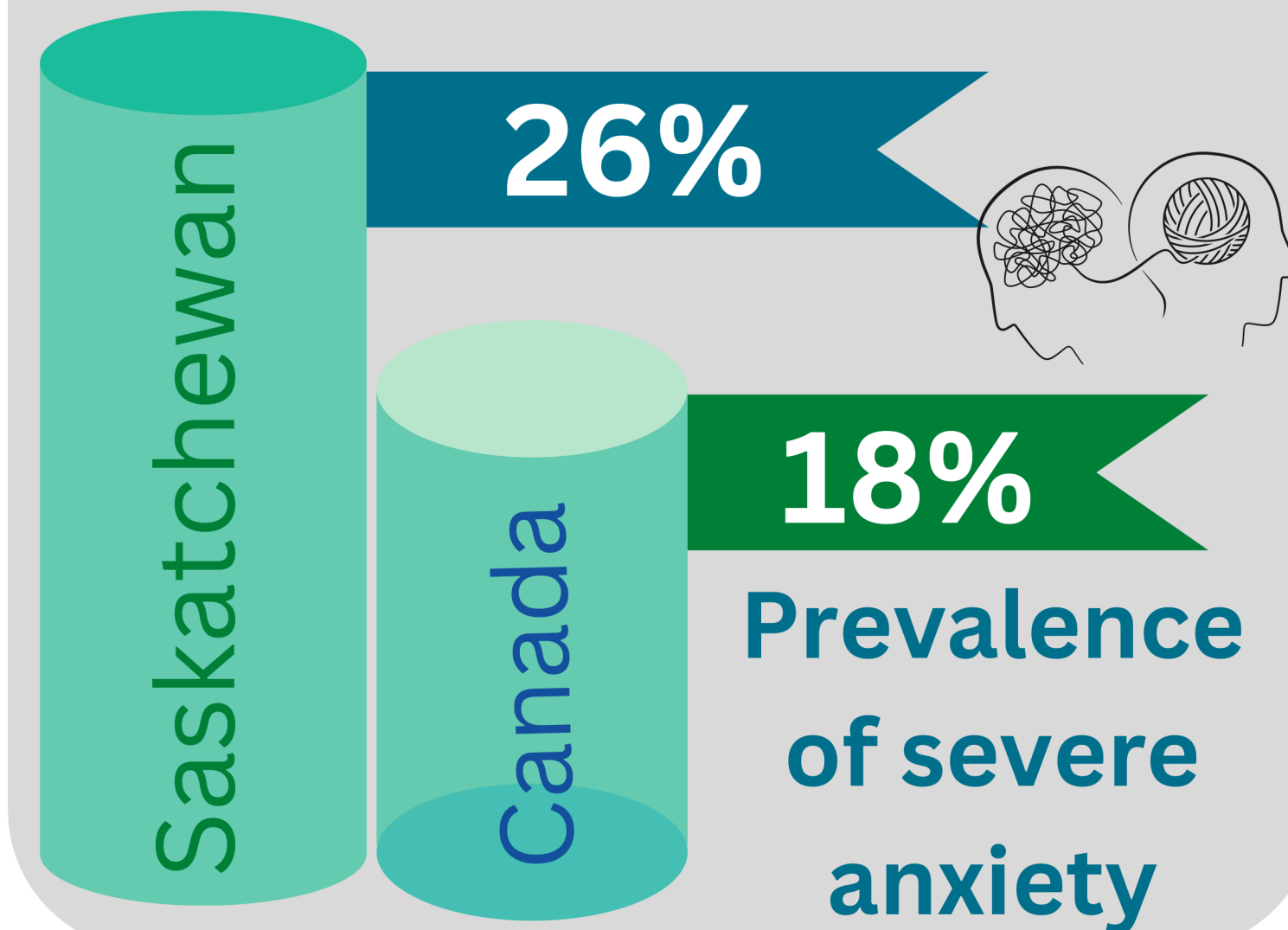
GROUPS WHO WERE HIT THE HARDEST

 **Non-minority younger adults** were 2-4 times more likely to report severe anxiety and depression, respectively

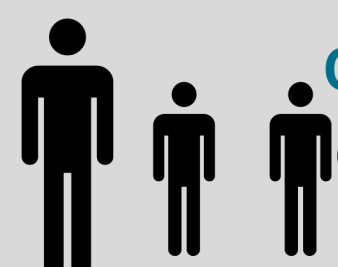
 **Visible minority aged 30 or older** reported the highest probability (20-25%) of severe depression


 **People with lower household income** (\$49K/year or less) were 7-9 times more likely to report severe depression

THE HIGHEST SEVERE ANXIETY WAS REPORTED DURING ALPHA WAVE (FEB 2021)



SUPPORT SERVICES DID NOT MEET THE NEED

 **ONE in three people** who needed help did not access mental health support during the pandemic

 **Older adults** (50 years and above) reported the highest proportion of unmet need

PROTECTIVE FACTORS?

- Retired people
- Students
- Low education (born in Canada only)



RISK FACTORS?

- Women
- Aged 30-49 years old
- Low household income

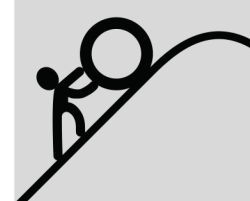


WHAT NEEDS TO BE DONE?

World Cafe Dialogue



Break down governmental silos (e.g., between departments) and between the government, health system, and communities.



Recognize and sustain the innovative partnerships that arose during the pandemic to overcome some of the barriers and challenges.



Promote 'flexibility' and 'innovation' as key elements of any service re-design or reform to ensure the right service at the right time.



Shift the current agency/provider focus to client/user focus to address the unequal impacts of the pandemic.