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)

- Saskatchewan: 26%
- Canada: 18%

Prevalence of severe anxiety

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

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.

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

RISK FACTORS?
- Women
- Aged 30-49 years old
- Low household income