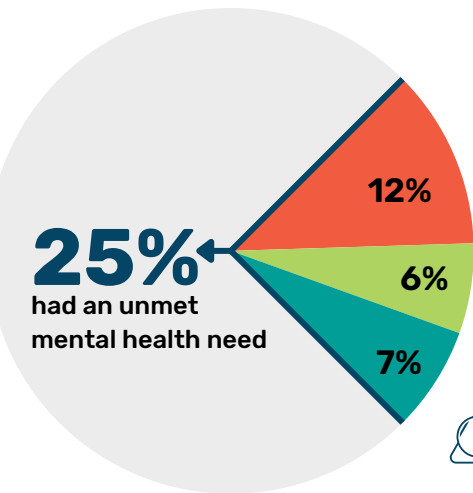


SNAPSHOT OF UNMET MENTAL HEALTH NEEDS in the Maritimes during COVID-19

Unmet mental health needs were high—and varied

There were three types of unmet mental health needs affecting a quarter of participants.



Unsupported

Reported a mental health need, but did not get support



Unsatisfied

Got support for a mental health need, but were not satisfied



Unreported

Did not report a mental health need, but had moderate to severe anxiety and/or depression symptoms



1,195 People

Surveyed in NB (Oct–Nov. 2021), and NS and PEI (Dec. 2021)



2x more

People reported a mental health need but did not get support during the pandemic compared to before COVID-19.



~1 in 4

People who accessed mental health supports during the pandemic were unsatisfied—similar to before the pandemic.



~1 in 4

People with moderate to severe anxiety and/or depression symptoms during the pandemic did not report having a mental health need.

Different factors were associated with each type of unmet mental health need

This suggests who was more or less likely to have a particular type of unmet mental health need. For example, women were more likely than men to report a mental health need but not get help.

Unsupported

Unsatisfied

Unreported

MORE common

- Being a woman
- Living alone
- Living in a rural area

- Being self-employed
- Not have medical insurance for mental health supports

- Being aged 50–69 or 70+
- Living with a partner

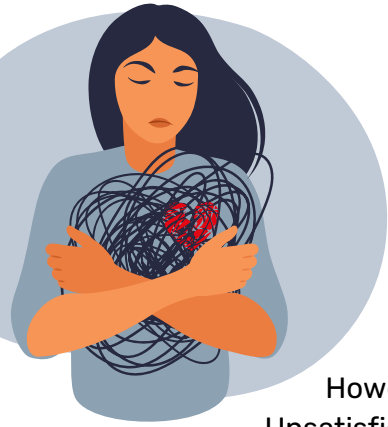
LESS common

- Living with roommates

- Working full- or part-time

- Living with roommates
- Being aged 40–49

These factors have a statistically significant association ($p \leq .05$)

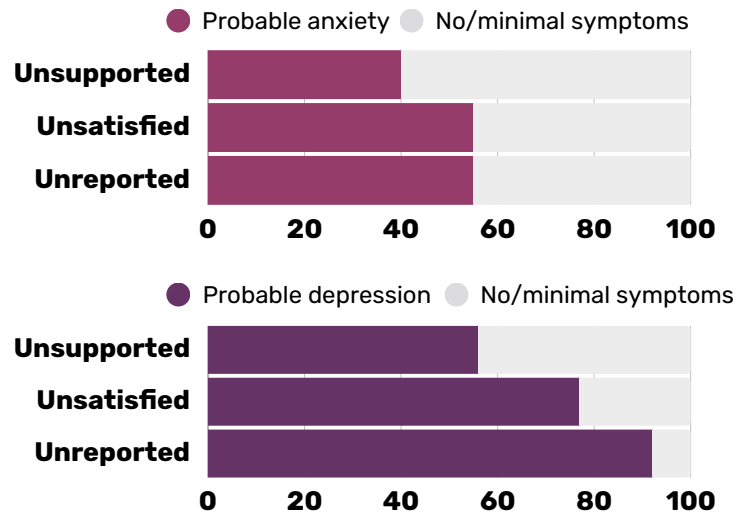


DEPRESSION SYMPTOMS WERE MORE COMMON

Across all three unmet needs groups, a similar proportion of people had moderate to severe anxiety symptoms.

However, more people belonging to the Unsatisfied and Unreported groups had moderate to severe depression symptoms. Symptoms were measured using screening tools, and indicate probable anxiety or depression—not clinical diagnoses.

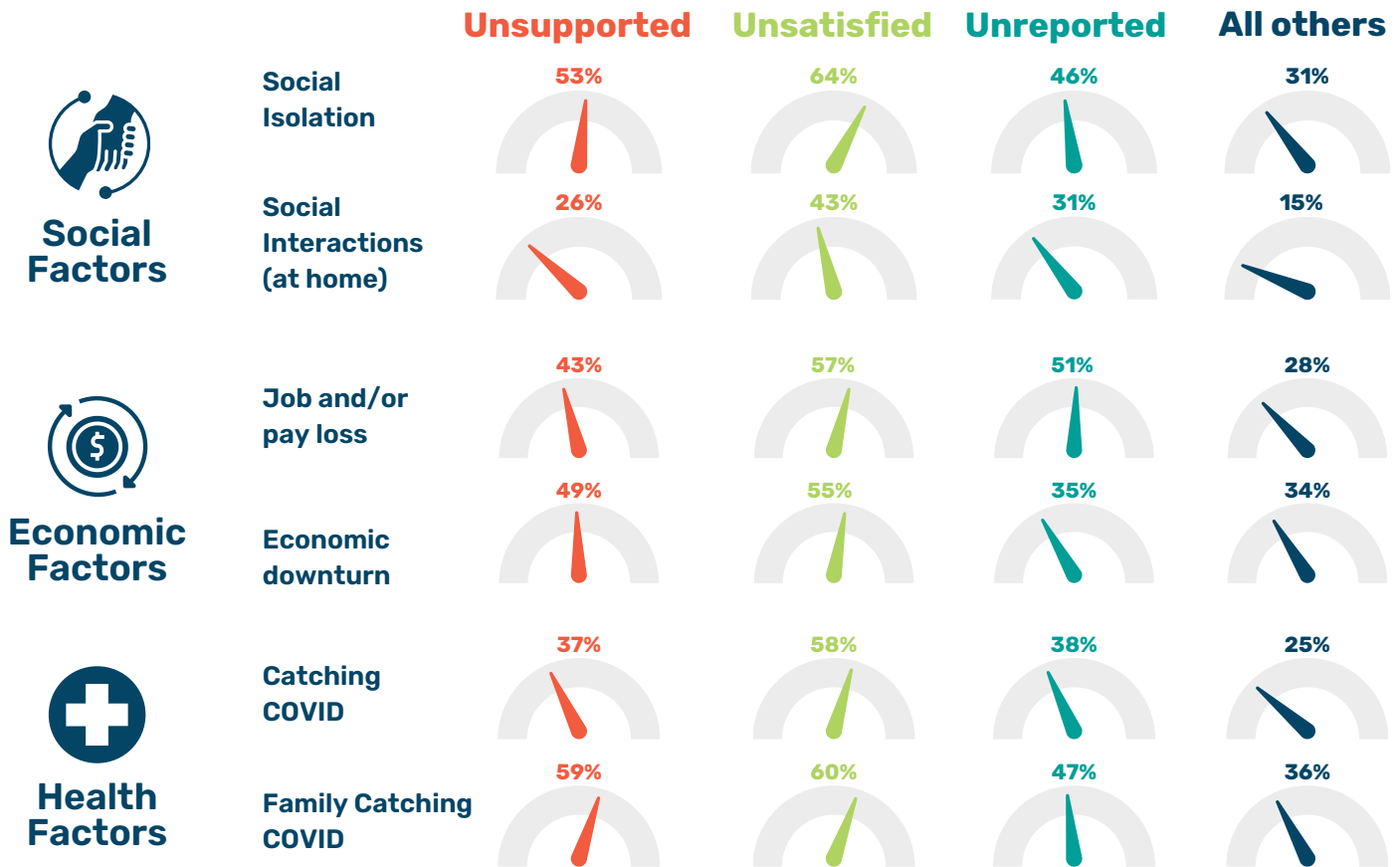
Percentage of people



IMPACTS OF COVID-19 ON MENTAL HEALTH

The pandemic negatively impacted the mental health of people with unmet mental health needs more than others—especially the Unsatisfied group.

Percentage of people reporting negative impacts



These findings provide evidence to support a multi-pronged policy approach and may inform targeted interventions to address unmet mental health needs and planning for future public health emergencies.

Infographic created by: R. Giacomantonio. **Citation:** Standing, M.A., Grant, A., Magalhaes, S., Andreou, P., Keenan, C., Giacomantonio, R., Jones, B., Lappin, E., Bradley, C., Milley, J., Senesi, I. Snapshot of Unmet Mental Health Needs in the Maritimes during the COVID-19 Pandemic [Infographic]. Halifax, Nova Scotia: Maritime SPOR SUPPORT Unit (MSSU); 2024.

Learn more: <https://mssu.ca/research/reports-and-publications/unmet-mental-health-needs/>

