

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. 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

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 issues(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

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

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

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.

21. How did you hear about this survey?

1. Facebook
2. Instagram
3. Messenger (on Facebook)