

COVID-19 Experiences and Impact Survey

Voices of Albertans, May-June 2020

COVID-19

Experiences and Impact Survey

Mental health resources

Key findings



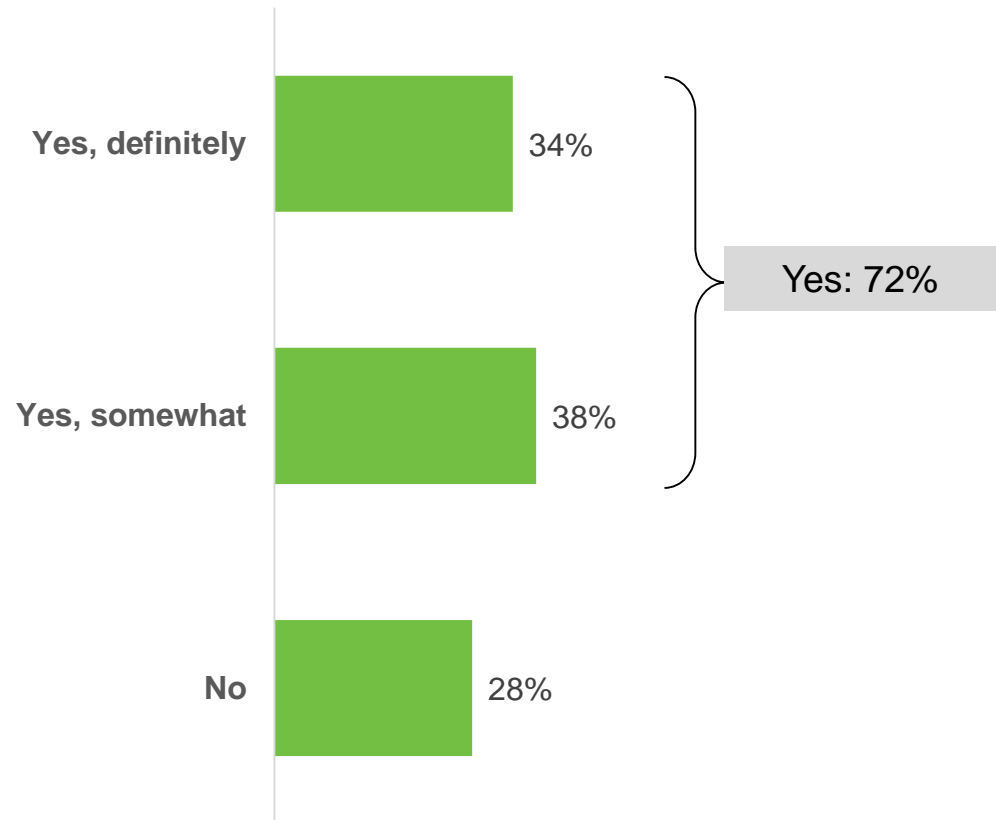
- Nearly three-quarters of Albertans (72%) have experienced stress, anxiety, or depression due to the pandemic
- 19% of those Albertans found help from online resources
- About half (48%) of Albertans are satisfied with their life today

COVID-19

Experiences and Impact Survey

Mental Health Resources Question Level Results

Have you felt stress, anxiety, or depression related to the COVID-19 pandemic which you found difficult to cope with?



Base: All respondents (N=10,294). Bars represent percentage of respondents.

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When you felt stress, anxiety, or depression related to the COVID-19 pandemic, were you able to find help from online resources or other websites supported by the Alberta government?

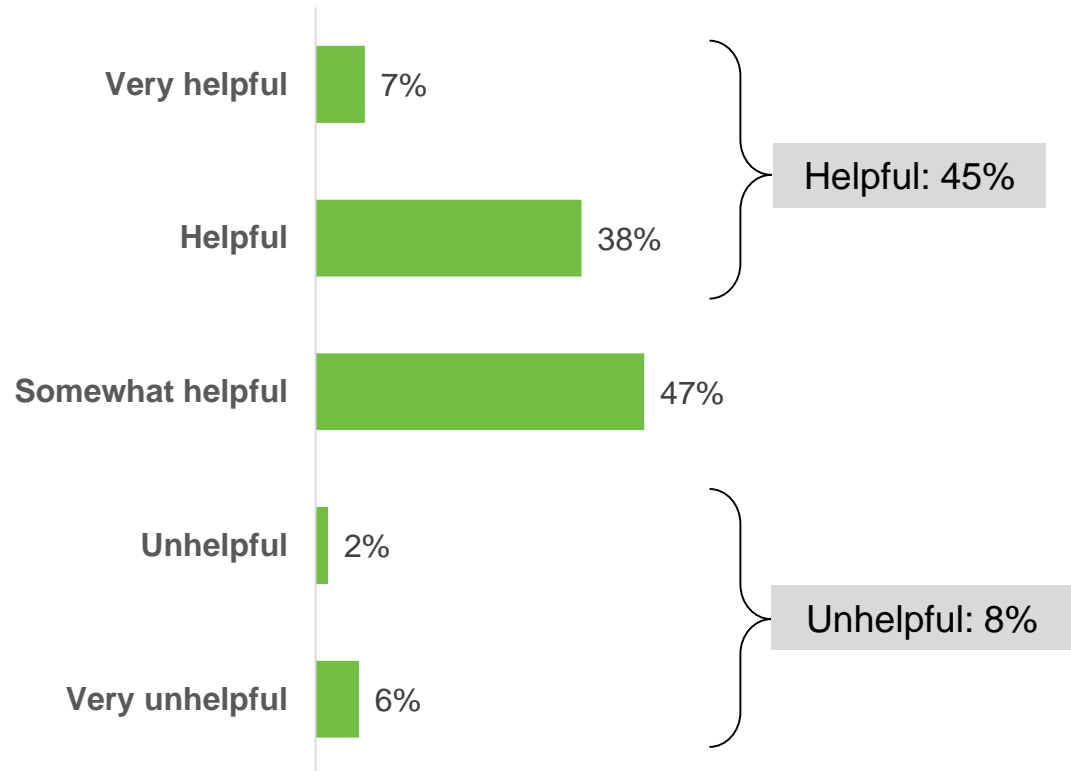


Base: Respondents who felt stress, anxiety, or depression related to COVID-19 (N=7,395). Multiple responses permitted. Bars represent percentage of respondents choosing that response. Totals may not equal 100%.

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Was the help you received from these online resources helpful to you?

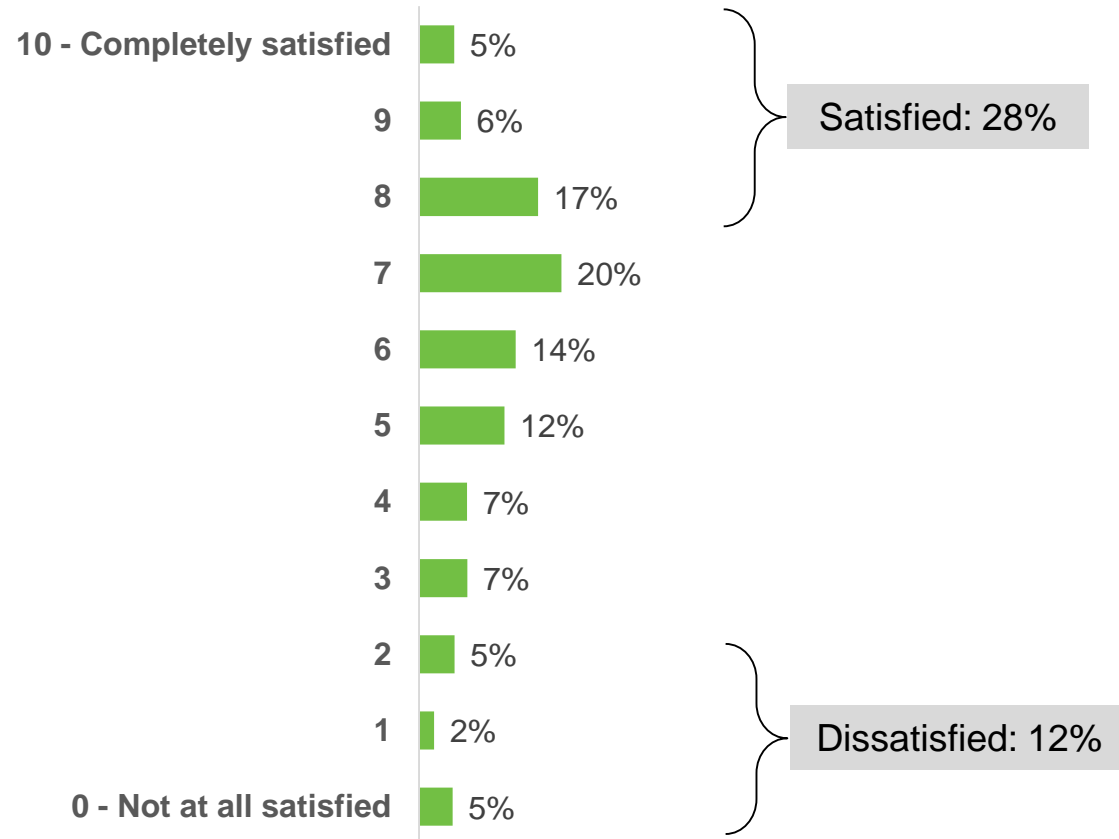


Base: Respondents who received help from online resources (N=1,280). Bars represent percentage of respondents.

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Using any number from 0 to 10, where 0 is not at all satisfied and 10 is completely satisfied, how satisfied are you with your life today?



Base: All respondents (N=10,253). Bars represent percentage of respondents.

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