

Uplifting Statistics

During Covid-19

Current Mental Health Needs Being Met

Participants with Pre-existing MH Conditions who report satisfaction with their current sources of support

66%

65%

63%

52%

75%

65%

are satisfied with the level of support from their

General Practitioner

Counsellor/ Psychologist

Psychiatrist

Community Mental Health Team

Inpatient Medical Team

Religious/ Spiritual Leader

7%

of participants with a pre-existing mental health condition report that their **mental health improved** since the start of the COVID-19 outbreak

Well-Adjusted Folks

68% of participants do not meet the criteria for a depression disorder or an anxiety disorder

56% of participants report feeling confident in their ability to cope during the current situation.

Among the participants who report feeling confident in their ability to cope:

56% are religious

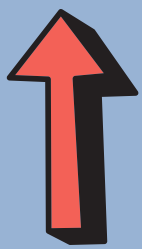
44% feel supported by their employer

82% of those who work are not worried about losing their job

Healthy Coping

Percent of participants who report an increase of activities since the start of the COVID-19 outbreak

30%



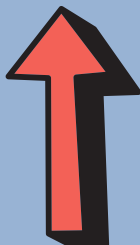
Walking/ Running

20%



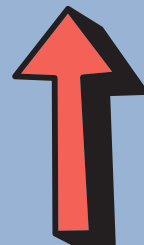
Creative Activities

31%



Reading

9%



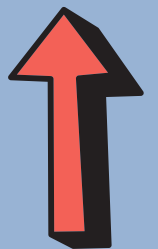
Praying

26%



Exercising at Home

32%



Time with Family and Friends

Reaching out

Percent of Participants who Endorse various Communication methods Daily or Several times per day

Messaging Services

57%



Telephone calls

27%



Video calls

11%



Social Media

38%

