

Field Window	January 20 – 25, 2026
<b>Sampling</b>	Survey results cited in this report are from online survey interviews with a randomly-selected sample of <b>N=911</b> <b>adult residents of Ontario</b> , 18 years of age and older.
<b>Reliability</b>	Margin of error cannot be officially assigned to an online sample. As a guideline*, a probability sample of this size carries a margin of error of <b>± 3.3%</b> , 19 times out of 20. The margin of error would be larger for sub-segments.
<b>Weighting</b>	Data has been weighted using the most current age, gender, and region Census data to ensure the sample reflects the actual population of adult Ontarians.

A1 - Thinking about news, politics, and events in the United States over the past 12 months... have these events – and their real or potential effects on Canada – had a positive, negative, or no impact upon your mental health?

Proportions/Means: Columns Tested (5% risk level) - B/C - D/E/F - G/H/I/J/K/L - M/N/O - P/Q/R - S/T/U/V - W/Z/b - W/a - X/Y/Z/b - X/Y/a

\* small base; \*\* very small base (under 30) ineligible for sig testing

	Total	Gender		Age			Region					
		Male	Female	18-34	35-54	55+	Ontario - Hamilton-Niagara	Ontario - North	Ontario 416	Ontario 905	Ontario East	Ontario SouthWest
		A	B	C	D	E	G	H	I	J	K	L
Base: Total Respondents												
Unweighted Base	911	443	468	173	284	454	73	45	191	246	131	225
Weighted Base	911	442	469	263	319	329	85*	62*	174	223	155*	213
TOP 2 BOX [NET]	83	57	27	45	19	20	15	3	13	26	8	19
	9%	13%	6%	17%	6%	6%	17%	5%	7%	12%	5%	9%
Very positive impact on your mental health	40	24	16	25	5	10	15	2	5	14	2	2
	4%	5%	3%	10%	1%	3%	17%	3%	3%	6%	1%	1%
Somewhat positive impact	43	33	11	19	14	10	0	2	8	12	5	17
	5%	7%	2%	7%	4%	3%	-	3%	4%	5%	3%	8%
No impact	272	149	123	72	88	113	18	28	49	53	62	62
	30%	34%	26%	27%	28%	34%	21%	45%	28%	24%	40%	29%

							GJ		GJ		
BOTTOM 2 BOX [NET]	520	223	297	137	197	187	49	28	105	132	83
	57%	50%	63%	52%	62%	57%	58%	46%	60%	59%	54%
Somewhat negative impact	397	171	226	101	148	148	40	19	82	103	66
	44%	39%	48%	39%	46%	45%	48%	31%	47%	46%	43%
Very negative impact on your mental health	123	52	71	36	49	38	9	9	23	29	17
	14%	12%	15%	14%	15%	12%	11%	15%	13%	13%	11%
Don't know/Unsure	35	13	22	9	16	10	3	2	7	12	2
	4%	3%	5%	4%	5%	3%	3%	4%	4%	5%	1%
Sigma	911	442	469	263	319	329	85	62	174	223	155
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

A2 - Over the next 12 months... if you feel increased feelings of anxiety or depression, how likely are you to seek out the assistance, support, or advice of a psychologist?

Proportions/Means: Columns Tested (5% risk level) - B/C - D/E/F - G/H/I/J/K/L - M/N/O - P/Q/R - S/T/U/V - W/Z/b - W/a - X/Y/Z/b - X/Y/a

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Total	Gender		Age			Region						
	Male	Female	18-34	35-54	55+	Ontario - Hamilton-Niagara	Ontario - North	Ontario 416	Ontario 905	Ontario East	Ontario SouthWest	
	A	B	C	D	E	F	G	H	I	J	K	L
Base: Total Respondents												
Unweighted Base	911	443	468	173	284	454	73	45	191	246	131	225
Weighted Base	911	442	469	263	319	329	85*	62*	174	223	155*	213
TOP 2 BOX [NET]	276	125	152	125	103	48	25	18	55	69	45	66
	30%	28%	32%	47%	32%	15%	29%	28%	32%	31%	29%	31%

A2 - Over the next 12 months... if you feel increased feelings of anxiety or depression, how likely are you to seek out the assistance, support, or advice of a psychologist?

Proportions/Means: Columns Tested (5% risk level) - B/C - D/E/F - G/H/I/J/K/L - M/N/O - P/Q/R - S/T/U/V - W/Z/b - W/a - X/Y/Z/b - X/Y/a

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	Male	Female	18-34	35-54	55+	Ontario - Hamilton-Niagara	Ontario - North	Ontario 416	Ontario 905	Ontario East	Ontario SouthWest

	A	B	C	D	E	F	G	H	I	J	K	L
Base: Respondents who have negative impact on their mental health												
Unweighted Base	547	239	308	94	179	274	45	22	111	143	84	142
Weighted Base	520	223	297	137*	197	187	49**	28**	105*	132*	83*	123*
TOP 2 BOX [NET]	157	55	102	66	65	25	17	8	36	38	25	33
	30%	25%	34%	48%	33%	13%	34%	28%	34%	29%	30%	27%
Very likely to seek out	43	12	30	15	21	7	3	0	7	15	3	14
	8%	5%	10%	11%	11%	4%	6%	-	7%	11%	4%	12%
Somewhat likely	114	43	71	51	45	18	14	8	28	23	22	19
	22%	19%	24%	37%	23%	9%	28%	28%	27%	18%	26%	15%
BOTTOM 2 BOX [NET]	280	135	145	58	97	125	23	14	61	69	50	62
	54%	61%	49%	42%	49%	67%	47%	51%	58%	53%	60%	51%
Not very likely	157	79	78	36	54	68	16	4	34	41	27	35
	30%	35%	26%	26%	27%	36%	32%	15%	33%	31%	32%	28%
Not likely at all to seek out	123	56	67	22	43	58	7	10	27	28	23	27
	24%	25%	22%	16%	22%	31%	15%	35%	26%	21%	28%	22%
Don't know/Unsure	68	26	42	10	30	27	9	3	8	20	5	23
	13%	12%	14%	8%	15%	14%	18%	11%	8%	15%	5%	19% IK
Not applicable	16	7	9	3	4	9	1	3	0	4	4	5
	3%	3%	3%	2%	2%	5%	1%	11%	-	3%	4%	4%
Sigma	520	223	297	137	197	187	49	28	105	132	83	123
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

A3 - If you were to seek out the assistance, support, or advice of a psychologist in the next 12 months... how would you go about finding a psychologist to speak with?

Proportions/Means: Columns Tested (5% risk level) - B/C - D/E/F - G/H/I/J/K/L - M/N/O - P/Q/R - S/T/U/V - W/Z/b - W/a - X/Y/Z/b - X/Y/a

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		Male	Female	18-34	35-54	55+	Ontario - Hamilton-Niagara	Ontario - North	Ontario 416	Ontario 905	Ontario East	Ontario SouthWest
		A	B	C	D	E	G	H	I	J	K	L
Base: Total Respondents												
Unweighted Base	911	443	468	173	284	454	73	45	191	246	131	225
Weighted Base	911	442	469	263	319	329	85*	62*	174	223	155*	213
Contact my or my partner's workplace benefits program	112	52	60	23	56	33	13	7	21	29	12	30
	12%	12%	13%	9%	17%	10%	15%	11%	12%	13%	7%	14%
Search the internet, social media, etc.	208	105	104	96	89	23	32	12	47	36	28	54
	23%	24%	22%	37%	28%	7%	37%	20%	27%	16%	18%	25%
Ask a family member, friend, colleague, etc.	208	110	98	91	68	49	24	11	34	49	38	52
	23%	25%	21%	34%	21%	15%	29%	18%	20%	22%	25%	24%
Ask a doctor or family doctor	518	245	273	120	169	230	57	37	95	125	80	124
	57%	55%	58%	46%	53%	70%	67%	59%	55%	56%	52%	58%
CONTACT PSYCHOLOGIST [NET]	158	59	99	66	68	24	16	8	24	40	37	32
	17%	13%	21%	25%	21%	7%	19%	13%	14%	18%	24%	15%
Contact a psychologist that I've consulted in the past	86	30	56	38	34	13	14	3	10	22	19	18
	9%	7%	12%	14%	11%	4%	16%	5%	6%	10%	12%	8%
Contact a psychologist that a family member, friend, or colleague has consulted in the past	69	35	34	24	34	11	7	4	11	19	14	13
	8%	8%	7%	9%	11%	3%	9%	7%	6%	9%	9%	6%

			F	F								
Contact a psychologist that I am aware of – but has not consulted with me or my friends, family in the past	45	15	30	25	17	4	2	4	5	16	10	9
	5%	3%	6%	10% F	5% F	1%	3%	6%	3%	7%	6%	4%
Some other method a psychologist in the next 12 months	27	10	17	7	13	7	1	5	4	8	6	4
	3%	2%	4%	3%	4%	2%	1%	8%	2%	3%	4%	2%
Don't know – Unsure of how to find a psychologist	57	32	25	21	17	19	0	4	13	18	8	13
	6%	7%	5%	8%	5%	6%	0	7%	8%	8%	5%	6%
Not applicable	88	49	39	17	34	36	5	5	21	26	8	24
	10%	11%	8%	6%	11%	11%	5%	9%	12%	12%	5%	11%
Sigma	1418	682	736	463	531	424	155	93	261	347	222	340
	156%	154%	157%	176%	166%	129%	183%	149%	150%	156%	144%	160%

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		Male	Female	18-34	35-54	55+	Ontario - Hamilton-Niagara	Ontario - North	Ontario 416	Ontario 905	Ontario East	Ontario SouthWest
		A	B	C	D	E	F	G	H	I	J	K
Base: Respondents likely to seek out the assistance, support, or advice of a psychologist												
Unweighted Base	263	110	153	85	100	78	17	13	58	74	33	68
Weighted Base	276	125*	152	125*	103*	48*	25**	18**	55*	69*	45**	66*

Contact my or my partner's workplace benefits program	41	23	18	12	18	11	5	0	8	13	3	13
	15%	18%	12%	9%	17%	23%	19%	-	14%	18%	7%	19%
Search the internet, social media, etc.	100	51	49	53	40	7	14	9	22	17	10	27
	36%	41%	33%	42%	39%	15%	59%	53%	40%	25%	22%	41%
Ask a family member, friend, colleague, etc.	94	52	42	55	29	9	10	5	13	26	16	25
	34%	41%	28%	44%	28%	20%	42%	27%	23%	37%	35%	38%
Ask a doctor or family doctor	164	71	93	61	65	38	17	12	34	43	16	41
	59%	57%	61%	49%	63%	78%	70%	67%	63%	62%	36%	63%
Contact psychologist [NET]	96	32	64	48	38	10	10	7	12	26	18	23
	35%	25%	42%	39%	37%	20%	40%	40%	22%	38%	40%	35%
Contact a psychologist that I've consulted in the past	61	18	43	32	21	8	9	2	5	16	14	15
	22%	14%	28%	25%	21%	17%	34%	11%	10%	24%	31%	23%
Contact a psychologist that a family member, friend, or colleague has consulted in the past	31	15	16	15	13	2	4	4	5	11	0	6
	11%	12%	10%	12%	13%	5%	15%	23%	9%	16%	-	10%
Contact a psychologist that I am aware of – but has not consulted with me or my friends, family in the past	28	8	20	16	11	1	2	4	3	7	4	7
	10%	6%	13%	13%	11%	2%	10%	22%	5%	10%	10%	11%
Some other method a psychologist in the next 12 months	15	2	12	5	8	1	1	2	2	3	6	2
	5%	2%	8%	4%	8%	2%	3%	11%	3%	4%	13%	2%
Don't know – Unsure of how to find a psychologist	4	2	2	1	2	1	0	0	1	1	1	1
	1%	1%	1%	1%	2%	1%	-	-	2%	1%	2%	2%
Not applicable	7	6	1	6	1	0	0	0	3	1	3	0
	2%	5%	1%	4%	1%	-	-	-	5%	2%	6%	-

Sigma	543	246	297	254	210	79	62	38	95	138	72	137	
	196%	197%	196%	204%	203%	163%	252%	215%	174%	201%	160%	209%	

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		A	B	C	D	E	F	G	H	I	J	K	L
Base: Respondents who have negative impact on the mental health and likely to seek out the assistance, support, or advice of a psychologist													
Unweighted Base	159	54	105	49	66	44	11	5	36	44	24	39	
Weighted Base	157	55*	102*	66*	65*	25*	17**	8**	36**	38**	25**	33**	
Contact my or my partner's workplace benefits program	27	11	16	7	14	6	4	0	4	9	2	7	
	17%	20%	16%	11%	21%	25%	26%	-	11%	23%	9%	22%	
Search the internet, social media, etc.	62	26	37	28	30	4	11	5	14	12	9	11	
	40%	47%	36%	43%	46%	17%	66%	68%	39%	33%	36%	32%	
Ask a family member, friend, colleague, etc.	36	11	25	14	17	4	5	2	8	9	4	8	
	23%	19%	24%	21%	27%	16%	27%	21%	22%	24%	15%	25%	
Ask a doctor or family doctor	105	38	66	42	44	18	15	7	25	26	9	22	
	67%	70%	65%	64%	67%	73%	90%	89%	71%	68%	36%	67%	

CONTACT PSYCHOLOGIST [NET]	57	15	42	30	21	7	6	1	8	17	13	12
	37%	28%	41%	45%	32%	28%	38%	16%	22%	44%	50%	38%
Contact a psychologist that I've consulted in the past	44	11	33	24	15	5	5	0	4	12	12	11
	28%	19%	32%	36%	22%	21%	31%	-	12%	31%	47%	32%
Contact a psychologist that a family member, friend, or colleague has consulted in the past	15	5	10	5	8	2	4	1	3	5	0	2
	9%	9%	10%	8%	12%	6%	22%	16%	8%	12%	-	7%
Contact a psychologist that I am aware of – but has not consulted with me or my friends, family in the past	13	2	10	6	6	1	2	0	2	6	1	2
	8%	5%	10%	9%	9%	5%	15%	-	5%	15%	3%	7%
Some other method a psychologist in the next 12 months	9	2	7	4	4	1	1	1	0	3	2	2
	5%	3%	7%	6%	5%	3%	4%	11%	1%	8%	8%	5%
Don't know – Unsure of how to find a psychologist	3	2	2	1	2	0	0	0	1	0	1	1
	2%	3%	2%	2%	3%	-	-	-	3%	-	3%	4%
Not applicable	4	3	1	4	0	0	0	0	1	0	3	0
	2%	5%	1%	6%	-	-	-	-	3%	-	11%	-
Sigma	316	109	207	135	139	42	47	16	62	81	42	67
	202%	200%	203%	205%	212%	166%	282%	205%	175%	214%	167%	202%