

Opinions in BC on Mental Health and Substance Use: Detailed Tables

Pollara Strategic Insights for CMHA BC

Online survey of 2,509 British Columbia adults (18+), conducted September 23 to 30, 2026. Results are weighted by region, gender and age using the latest census data. Online panels cannot be assigned a margin of error; a probability sample of this size would carry a margin of error of +/- 2.0 percentage points, 19 times out of 20, and larger for subgroups. Percentages are weighted; unweighted bases (n) are shown for each column. Nets are calculated before rounding, so they may differ by a point from the sum of the rounded parts.

Thinking about your community, which three of the following do you consider the biggest challenges facing your community today? (Ranked in top three)

	Region					Gender		Age			
	Total	Metro Vancouver	Fraser Valley	Vancouver Island	Interior / North	Women	Men	18 to 34	35 to 49	50 to 64	65+
Unweighted n	2,509	1,316	158	513	522	1,353	1,155	315	609	658	927
Cost of living and financial insecurity	64%	67%	55%	60%	61%	66%	60%	66%	67%	66%	58%
Housing affordability	50%	51%	49%	50%	47%	51%	48%	55%	55%	45%	46%
Homelessness and poverty	39%	34%	54%	40%	43%	42%	36%	39%	41%	37%	38%
Public safety and crime	36%	37%	34%	30%	38%	34%	37%	29%	32%	37%	41%
Mental health and substance use	35%	32%	34%	37%	41%	41%	28%	32%	36%	36%	34%
Property taxes	32%	31%	24%	38%	30%	26%	38%	27%	24%	35%	38%
Transportation and traffic	28%	33%	22%	27%	17%	25%	30%	29%	24%	27%	31%
Parks and public spaces	10%	10%	12%	10%	9%	7%	13%	15%	14%	8%	6%
Other	4%	3%	3%	6%	6%	4%	5%	2%	3%	5%	5%
Don't know	1%	1%	4%	1%	2%	1%	1%	2%	1%	1%	1%

Base: all respondents. Up to three answers, so columns add to more than 100%.

In a few words, what do you think would make the biggest difference in improving mental health and substance use in your community? (Open-ended, coded)

	Region					Gender		Age			
	Total	Metro Vancouver	Fraser Valley	Vancouver Island	Interior / North	Women	Men	18 to 34	35 to 49	50 to 64	65+
<i>Unweighted n</i>	2,509	1,316	158	513	522	1,353	1,155	315	609	658	927
NET: Care and supports	54%	53%	53%	61%	52%	56%	52%	66%	56%	49%	51%
More and easier access to treatment and services	31%	31%	32%	34%	30%	34%	28%	38%	29%	28%	32%
More doctors, counsellors, affordable counselling	10%	10%	12%	11%	10%	10%	11%	14%	8%	11%	10%
Long-term treatment, recovery and aftercare	3%	2%	4%	3%	3%	3%	2%	3%	2%	3%	2%
Community supports, outreach and crisis teams	5%	5%	4%	6%	4%	4%	5%	9%	8%	3%	2%
Prevention, education and youth programs	4%	5%	3%	5%	3%	4%	5%	7%	6%	3%	3%
Housing, shelter and homelessness	9%	7%	9%	11%	10%	10%	7%	8%	7%	9%	10%
Coordination, a plan, working together	1%	1%	1%	1%	1%	1%	1%	1%	1%	2%	1%
Less stigma, more compassion	2%	2%	1%	2%	1%	1%	2%	2%	2%	1%	1%
More harm reduction or safe supply	1%	1%	1%	3%	1%	1%	1%	2%	1%	1%	1%
Root causes: cost of living, poverty, jobs, trauma	5%	5%	2%	5%	5%	4%	5%	7%	7%	3%	3%
NET: Compulsion and enforcement	30%	30%	26%	28%	32%	29%	31%	21%	26%	33%	35%
Involuntary or mandatory treatment, institutions	15%	15%	16%	13%	16%	16%	14%	7%	11%	18%	19%
Enforcement, policing and tougher laws	12%	12%	10%	11%	14%	10%	15%	11%	11%	14%	13%
End safe supply, decriminalization or harm reduction	6%	7%	4%	6%	6%	6%	7%	5%	7%	6%	7%
Other themes											
More government funding (general)	2%	2%	2%	1%	1%	2%	2%	4%	2%	1%	1%
Personal responsibility, or nothing will work	2%	2%	3%	1%	1%	1%	2%	1%	2%	1%	2%
Change in government or leadership	2%	1%	2%	3%	1%	1%	2%	2%	2%	1%	2%
Other	4%	5%	3%	4%	4%	4%	5%	4%	5%	4%	5%
Don't know or no answer	15%	16%	20%	11%	16%	16%	15%	11%	16%	20%	13%

Base: all respondents. Answers coded into themes by Pollara; an answer can carry more than one theme, so columns add to more than 100%. Asked before any list was shown.

To what extent do you agree or disagree with each of the following? “A stronger mental health system means people can get help in their communities before they reach a crisis with community organizations working alongside primary care, hospitals and other health services to provide the right support at the right time”

	Region					Gender		Age			
	Total	Metro Vancouver	Fraser Valley	Vancouver Island	Interior / North	Women	Men	18 to 34	35 to 49	50 to 64	65+
<i>Unweighted n</i>	2,509	1,316	158	513	522	1,353	1,155	315	609	658	927
NET: Agree	88%	88%	86%	90%	87%	90%	85%	85%	86%	88%	91%
Strongly agree	46%	44%	47%	49%	48%	51%	40%	45%	45%	45%	49%
Somewhat agree	42%	44%	39%	41%	39%	39%	45%	39%	41%	43%	42%
NET: Disagree	7%	7%	8%	5%	7%	5%	9%	10%	8%	7%	5%
Somewhat disagree	5%	5%	7%	3%	5%	3%	6%	7%	6%	5%	3%
Strongly disagree	2%	3%	1%	2%	2%	1%	3%	3%	1%	2%	2%
Don't know	5%	5%	5%	5%	6%	5%	5%	5%	6%	5%	5%

Base: all respondents.

To what extent do you agree or disagree with each of the following? “Safer communities are communities where people have access to housing, mental health care, substance use treatment and other supports before they reach a crisis”

	Region					Gender		Age			
	Total	Metro Vancouver	Fraser Valley	Vancouver Island	Interior / North	Women	Men	18 to 34	35 to 49	50 to 64	65+
<i>Unweighted n</i>	2,509	1,316	158	513	522	1,353	1,155	315	609	658	927
NET: Agree	85%	86%	83%	89%	82%	88%	83%	85%	84%	85%	87%
Strongly agree	47%	43%	50%	54%	47%	51%	41%	46%	45%	46%	49%
Somewhat agree	39%	42%	33%	36%	35%	37%	41%	38%	39%	40%	38%
NET: Disagree	9%	8%	10%	7%	11%	6%	11%	11%	10%	8%	7%
Somewhat disagree	6%	6%	9%	4%	8%	5%	7%	8%	6%	6%	6%
Strongly disagree	3%	3%	1%	3%	3%	2%	4%	3%	4%	2%	2%
Don't know	6%	6%	7%	4%	7%	5%	7%	5%	6%	7%	5%

Base: all respondents.

To what extent do you agree or disagree with each of the following? “Waiting until someone is in crisis is too late. Investing in housing, mental health care and community supports can prevent crises and make communities safer”

	Region					Gender		Age			
	Total	Metro Vancouver	Fraser Valley	Vancouver Island	Interior / North	Women	Men	18 to 34	35 to 49	50 to 64	65+
<i>Unweighted n</i>	2,509	1,316	158	513	522	1,353	1,155	315	609	658	927
NET: Agree	82%	82%	82%	86%	76%	84%	79%	80%	80%	82%	83%
Strongly agree	41%	40%	44%	48%	37%	43%	39%	47%	39%	41%	40%
Somewhat agree	40%	43%	38%	37%	39%	41%	40%	33%	41%	41%	43%
NET: Disagree	12%	11%	13%	10%	16%	10%	15%	14%	12%	12%	12%
Somewhat disagree	9%	8%	11%	7%	10%	7%	10%	9%	7%	9%	9%
Strongly disagree	4%	3%	2%	3%	5%	3%	4%	5%	5%	3%	3%
Don't know	6%	6%	5%	4%	8%	6%	6%	6%	8%	6%	5%

Base: all respondents.

To what extent do you agree or disagree with each of the following? “Before expanding involuntary treatment, governments need to make sure people who want help can actually get voluntary mental health and substance use treatment when they need it”

	Region					Gender		Age			
	Total	Metro Vancouver	Fraser Valley	Vancouver Island	Interior / North	Women	Men	18 to 34	35 to 49	50 to 64	65+
<i>Unweighted n</i>	2,509	1,316	158	513	522	1,353	1,155	315	609	658	927
NET: Agree	81%	81%	79%	82%	80%	84%	78%	79%	77%	81%	86%
Strongly agree	44%	42%	44%	48%	46%	48%	39%	42%	41%	42%	48%
Somewhat agree	37%	40%	35%	34%	34%	36%	39%	36%	36%	38%	38%
NET: Disagree	14%	14%	15%	12%	15%	12%	16%	16%	16%	13%	11%
Somewhat disagree	9%	9%	11%	9%	9%	8%	11%	11%	11%	9%	8%
Strongly disagree	4%	4%	4%	4%	5%	3%	5%	5%	5%	4%	3%
Don't know	5%	5%	6%	6%	5%	5%	6%	6%	7%	6%	3%

Base: all respondents.

How important do you think it is for municipal governments to play a role in addressing mental health and substance use challenges in their communities?

	Region					Gender		Age			
	Total	Metro Vancouver	Fraser Valley	Vancouver Island	Interior / North	Women	Men	18 to 34	35 to 49	50 to 64	65+
Unweighted n	2,509	1,316	158	513	522	1,353	1,155	315	609	658	927
NET: Important	89%	89%	90%	89%	88%	90%	88%	89%	90%	88%	89%
Very important	50%	48%	53%	56%	51%	55%	45%	52%	44%	52%	54%
Somewhat important	38%	41%	37%	33%	37%	35%	43%	37%	45%	37%	35%
NET: Not important	6%	6%	7%	6%	5%	4%	8%	5%	5%	6%	7%
Not very important	4%	4%	5%	3%	3%	2%	5%	3%	3%	5%	4%
Not at all important	2%	2%	1%	3%	1%	1%	3%	2%	1%	2%	3%
Don't know	5%	5%	4%	5%	7%	6%	4%	6%	6%	6%	4%

Base: all respondents.

Pollara Strategic Insights is a member of the Canadian Research Insights Council (CRIC), and this research was conducted in compliance with CRIC standards.