

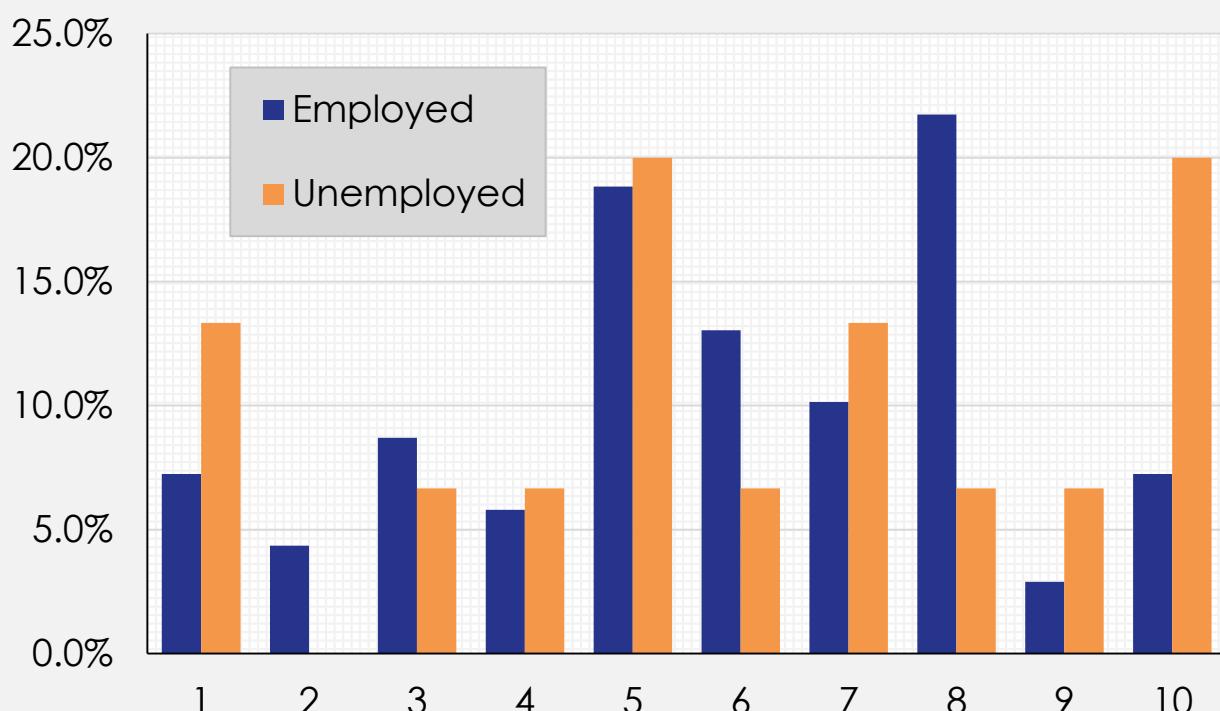
Barriers to Employment Survey: Mental Health Insights

In the Summer of 2021 NWPB surveyed the local workforce to gain a better understanding of how the COVID-19 pandemic impacted Niagara's residents

Working in partnership with Niagara Region Public Health, we asked respondents to share about their overall mental health amid the COVID-19 pandemic.

Please rate your level concern about your mental health

(1 = lowest concern, 10 = highest concern)



Over 15% of job seekers indicated that mental health was a barrier to employment.

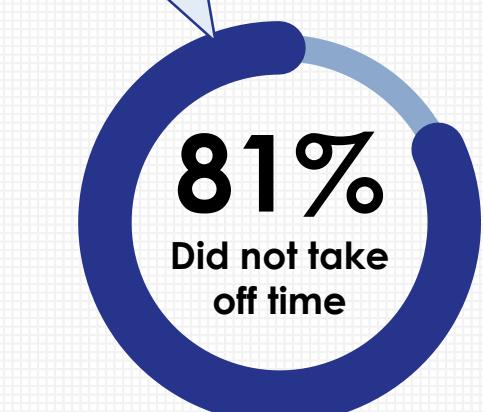
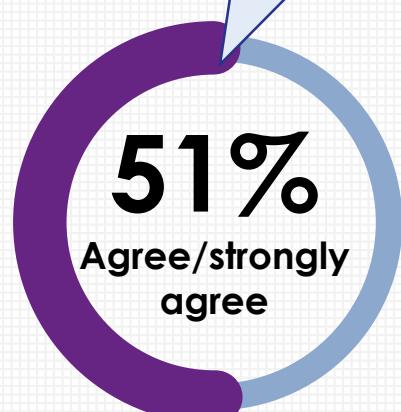
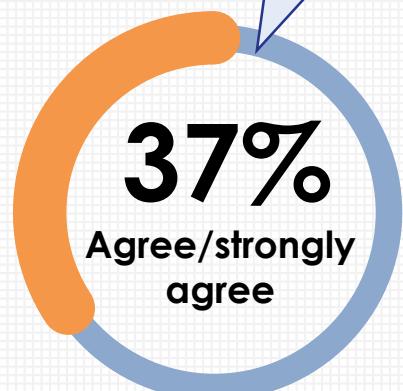
Of these individuals, 87.5% indicated it had been exacerbated by the pandemic.

Over the course of the pandemic did you...

Feel comfortable discussing mental health concerns with a supervisor/management

Need to take your entitled breaks, personal time, and mental health supports that were available

Take time off work (paid or unpaid) for mental health reasons.



*note: these percentages reflect those respondents who answered the questions.

Mental Health Module

We asked participants to rate their *level of stress* and how they feel they are coping with this stress.

		How do you feel you are coping with this stress?		
		Very Poorly/ Poorly	Average	Well/ Very Well
What level of stress do you experience in a typical day since the pandemic started?	Very High /High	19.7%	18.2%	9.1%
	Moderate	1.5%	21.2%	15.2%
	Low/Very Low	0.0%	3.0%	12.1%

Almost **20%** of **respondents** indicated they experience a **high or very high level** of stress, and are **not coping well**.

Commonly Used Coping Strategies

Substance use Self-blame

Active coping Denial

Use of instrumental support

Acceptance

Humor Self-distraction Planning

Religion Use of emotional support

Venting Positive Reframing

Behavioral Disengagement

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- Monthly interactive job demand dashboards
- Sector-specific infographics



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