

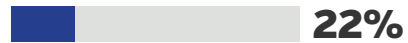
ACCESS TO SERVICES



of respondents reported challenges in accessing children's services

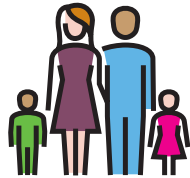


of respondents highlighted longer than expected wait times in accessing virtual healthcare



reported a lack of a centralized place to access mental health and well-being resources

FAMILIES' WELL-BEING



of respondents reported difficulty managing work & children as the top mental health stressor

Commonly reported mental health symptoms were:



Stress

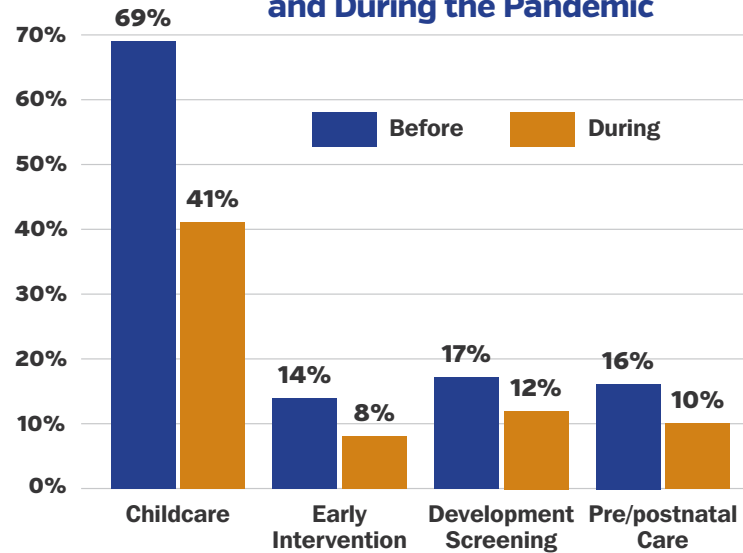


Burnout

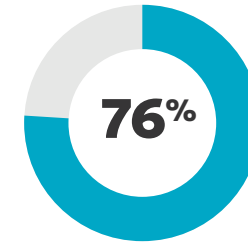


Frustration

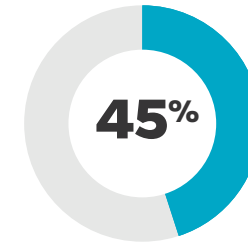
Services Accessed Before and During the Pandemic



CHILDREN'S WELL-BEING



Children's mental health was the topmost concern mentioned by **three-quarters** of respondents



Nearly **one-half** of respondents were concerned about their children's poor ability to manage their emotions

NEW MOTHERS' HEALTH



of respondents reported disruption and delays in services such as:

- New mothers counselling
- Infant wellness checks
- Mental health support
- Postpartum care after birth

"I am worried about my child's mental health. She is only 3. I am especially worried about her interaction with other children and don't know how to facilitate a meaningful engagement while keeping her safe."

- Mother of a child