



COVID-19 AND MENTAL HEALTH IN CANADA

EXPRESS SCRIPTS CANADA

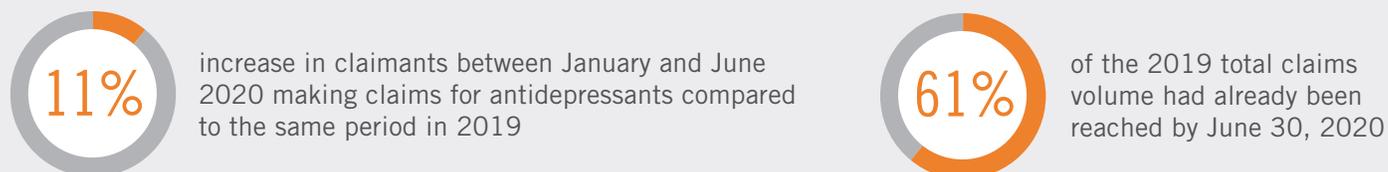
While mental health was already a topic of growing concern prior to COVID-19, various pandemic-related stresses ranging from finances and work-from-home complications to health management concerns have caused a spike in the use of prescription medication used to treat mental health conditions.

MENTAL HEALTH IMPACTS OF COVID-19 ON CANADIANS¹:

An online survey of approximately 46,000 Canadians conducted by Statistics Canada from April 24 to May 11, 2020 found:



EXPRESS SCRIPTS CANADA DATA ANALYSIS SHOWS CANADIANS ARE INCREASINGLY TURNING TO PRESCRIPTION DRUGS FOR RELIEF FROM MENTAL HEALTH CONDITIONS²:



MORE THAN EVER, EMPLOYERS ARE ADVISED TO CONSIDER DRUG PLANS THAT INCLUDE SUPPORT FOR EMPLOYEES DEALING WITH MENTAL HEALTH ISSUES.

¹ <https://www150.statcan.gc.ca/n1/daily-quotidien/200527/dq200527b-eng.htm>

² Express Scripts Canada