

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:



experienced at least one symptom of anxiety in the two weeks prior to completing the survey



reported feeling nervous, anxious or on edge



reported their mental health was either "somewhat worse" or "much worse"



reported becoming easily annoyed or irritable



reported symptoms consistent with moderate or severe anxiety due to physical distancing



reported trouble relaxing

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



increase in claimants between January and June 2020 making claims for antidepressants compared to the same period in 2019



of the 2019 total claims volume had already been reached by June 30, 2020

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

- <sup>1</sup> https://www150.statcan.gc.ca/n1/daily-quotidien/200527/dq200527b-eng.htm
- <sup>2</sup> Express Scripts Canada



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