

# COVID-19 AND MENTAL HEALTH IN CANADA

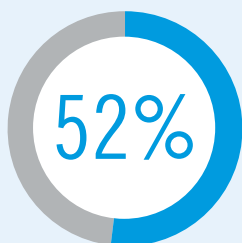
EXPRESS SCRIPTS CANADA



COVID-19 has made a significant impact on the world's health, and Express Scripts Canada research reveals it has also made a significant impact on our mental health, which highlights the need for personalized drug benefit management services especially for employees with mental health concerns.

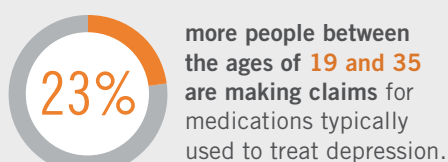
## MENTAL HEALTH IMPACTS OF COVID-19 ON CANADIANS<sup>1</sup>

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



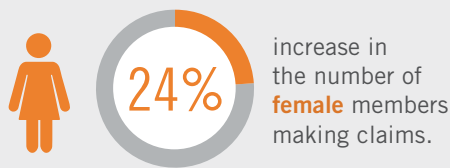
reported their mental health was either "somewhat worse" or "much worse."

## EXPRESS SCRIPTS CANADA DATA ANALYSIS SHOWS CANADIANS ARE INCREASINGLY TURNING TO PRESCRIPTION DRUGS FOR RELIEF FROM MENTAL HEALTH CONDITIONS<sup>2</sup>

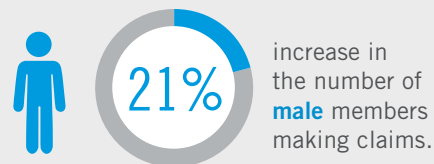


more people between the ages of **19 and 35** are making claims for medications typically used to treat depression.

Claims increased among males and females alike:



increase in the number of **female** members making claims.



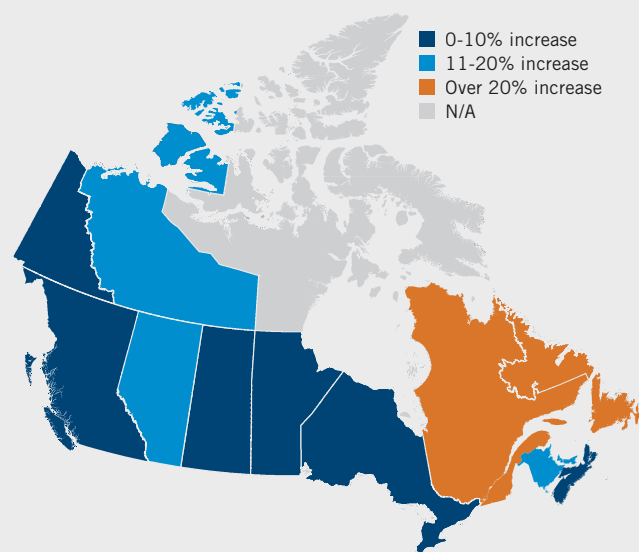
increase in the number of **male** members making claims.

Across Canada, there was an average increase of



in people making claims for antidepressants between January and June 2020 – compared to the same period in 2019.

Between January and June 2020 claims involving antidepressants rose across all provinces.



**MORE THAN EVER, EMPLOYERS ARE ADVISED TO CONSIDER BENEFIT PLANS THAT INCLUDE INDIVIDUALIZED 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