

Canadian Actors' Equity Association

# MENTAL HEALTH & WELLNESS SURVEY REPORT

## Final Report — 2. FULL DATA SET

December 2020





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Additional material available **as separate documents here:**

1. **SUMMARY**
3. **APPENDICES** – Survey Methodology & Questions

### **Notes:**

*Where tables or charts specify an “n=” number, this represents the total number of respondents reflected by the data. In some cases, the number may be fewer than the total number of survey respondents; this occurs where a question specifically targets respondents on the basis of a previous answer.*

*Respondent units within sub-groups reporting significantly higher proportions as compared to others within their sub-group are shown with yellow highlighted cells; sub-groups with significantly lower proportions are highlighted in blue. Where base sizes are 20 or fewer, results are not reported as percentages but rather the actual number responding is shown.*

*Percentages shown for questions which allow multiple mentions will not add to 100%. In addition, percentages reported on all other charts and tables may not add to 100% due to rounding.*

*The reader is cautioned not to compare respondent units with base sizes of 20 or fewer to other units within their sub-group. In such small sub-groups, each individual response has an exaggerated impact on the results, which compromises meaningful comparison.*

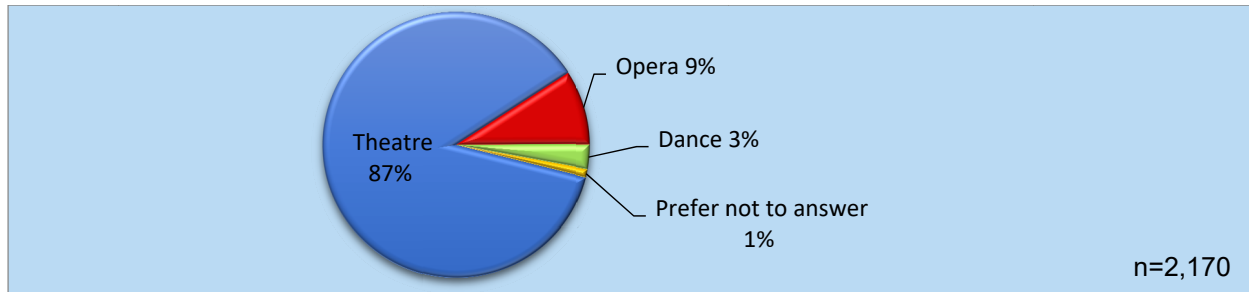
**COVID-19:** The reader is reminded that the survey was completed prior to the global COVID-19 pandemic. These findings are therefore reflective of a pre-pandemic baseline.

## A. PROFILE OF RESPONDENTS

The following graphs show the response percentages in the following subgroups:

- area of live performance
- discipline
- year joined Equity
- age
- gender
- sexual orientation
- racial identity
- identity as D/deaf or a Person with a disability

**Area of Live Performance**



*[Q1. In which area of live performance do you primarily work?]*

The table below displays the survey’s representativeness as compared with the Equity sample provided.

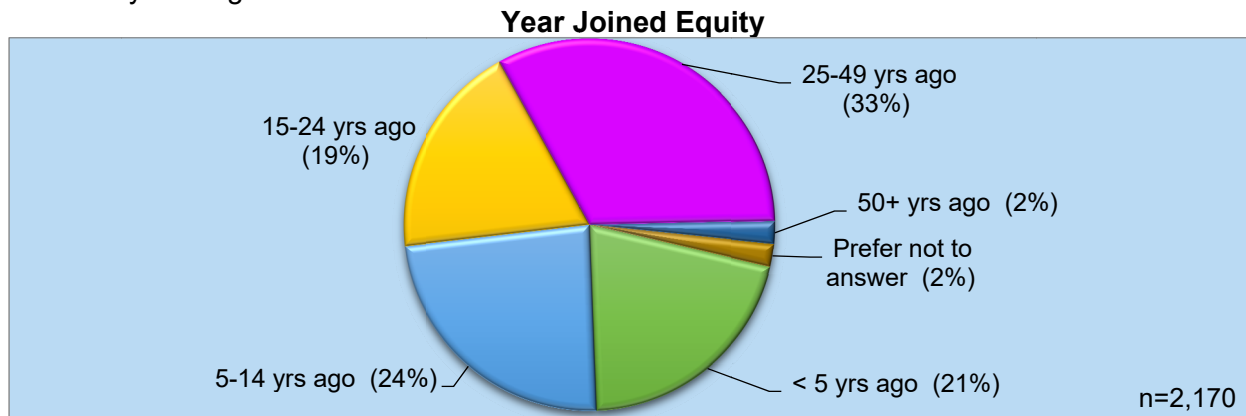
**Respondents by Discipline, Compared to Sample**

Discipline	# in Sample	%	# of Respondents	%
Actor/Performer	4,794	83%	1,417	65%
Singer/Opera			171	8%
Dancer			48	2%
Choreographer	35	1%	21	1%
Director	364	6%	202	9%
Fight Director	19	<1%	10	0.4%
Stage Manager	497	9%	285	13%
Unknown / Prefer not to answer	34	1%	16	1%
<b>Total Discipline</b>	<b>5,743</b>	<b>100%</b>	<b>2,170</b>	<b>100%</b>

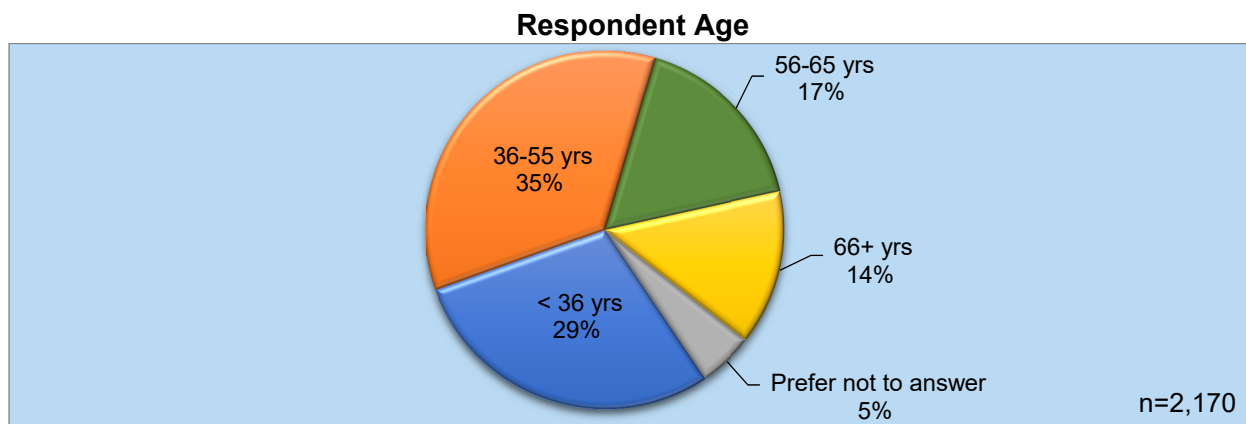
*[Q2. What is your primary discipline within Equity’s jurisdiction?].*  
 Note: Actor/performer, singer and dancer disciplines were reported as a combined performer discipline in sample.

# PROILE OF RESPONDENTS

Discipline sub-group percentages were close enough to the provided sample that it was not necessary to weight the data.



**[Q3. In what year did you join Equity?]**  
Note: May not add to 100% due to rounding



**[Q4. In what year were you born?]**

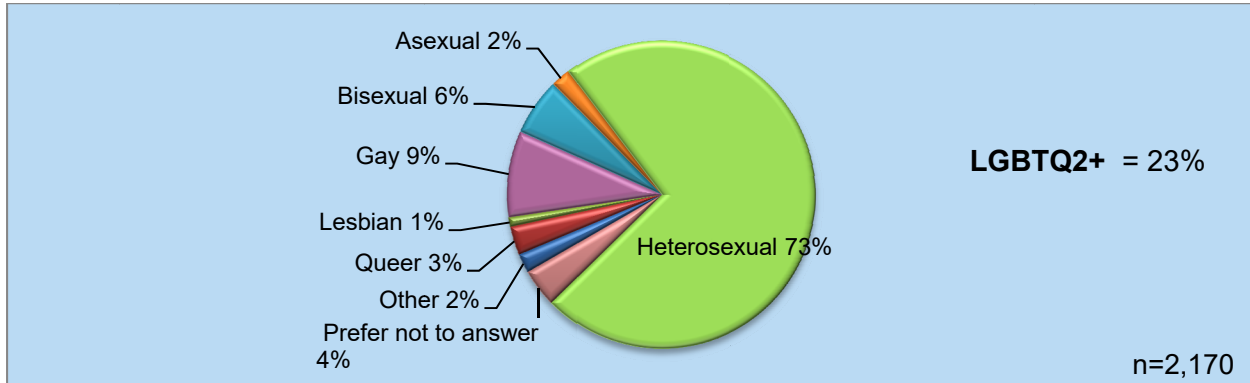
**Respondents by Gender, Compared to Sample**

Gender	# in Sample	%	# of Respondents	%
Female	3,056	53%	1,256	58%
Male	2,655	46%	882	41%
Trans/Non-binary	3	<1%	18	1.5%
Prefer not to answer	29	1%	14	0.6%
<b>Total</b>	<b>5,743</b>	<b>100%</b>	<b>2,170</b>	<b>100%</b>

**[Q5. Which of the following best describes your gender?]**

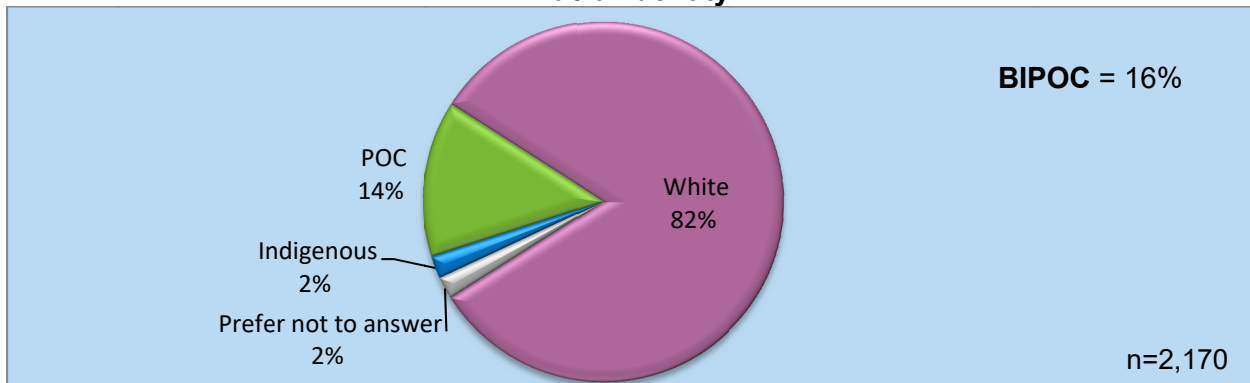
Gender sub-group percentages were close enough to the provided sample that it was not necessary to weight the data.

## Sexual Orientation



[Q6. Which of the following best describes your sexual orientation?]

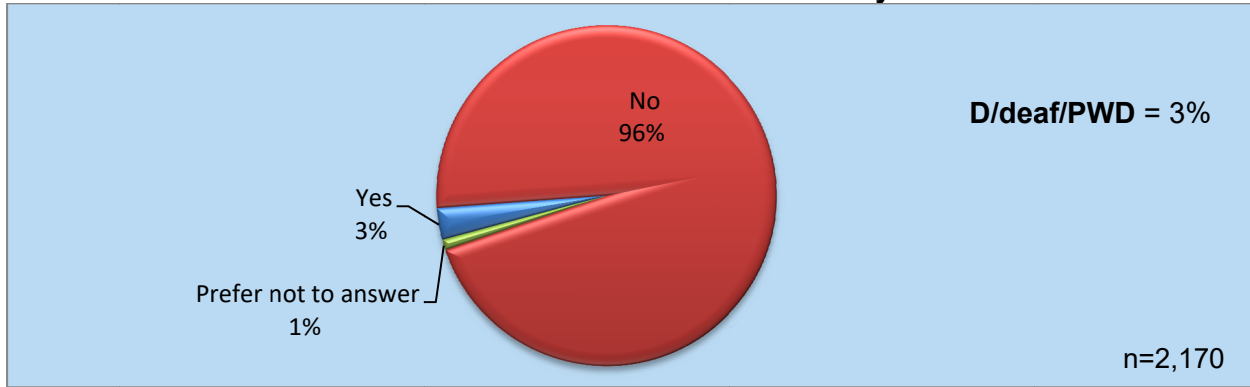
## Racial Identity



[Q7. Do you identify as a Person of Colour or visible minority (as defined by the Canadian Federal Employment Equity Act)?]

[Q8. Are you Indigenous?]

## D/deaf and/or Person with a disability



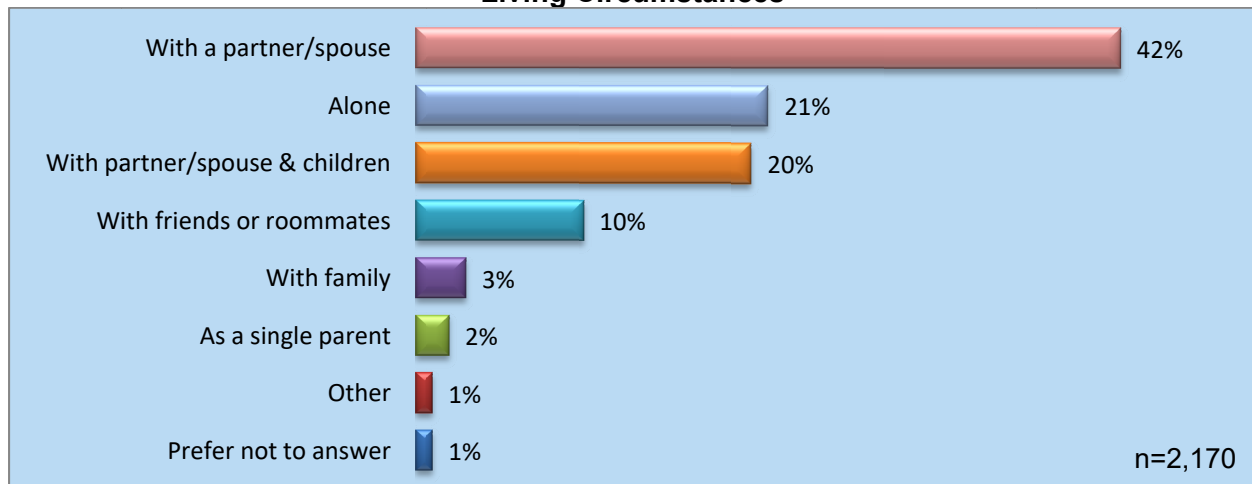
[Q9. Are you a D/deaf, or a Person with a disability?]

## B. RELATIONSHIPS AND HOME LIFE

Respondents were asked:

- with whom they live;
- how their living circumstances contributes to their mental health and wellness;
- whether work-related stress affected their relationships; and
- the frequency of long separations due to work, and extent to which these factors impact relationships.

**Living Circumstances**



[Q11. Describe your living circumstances]

**Living Circumstances by Age**

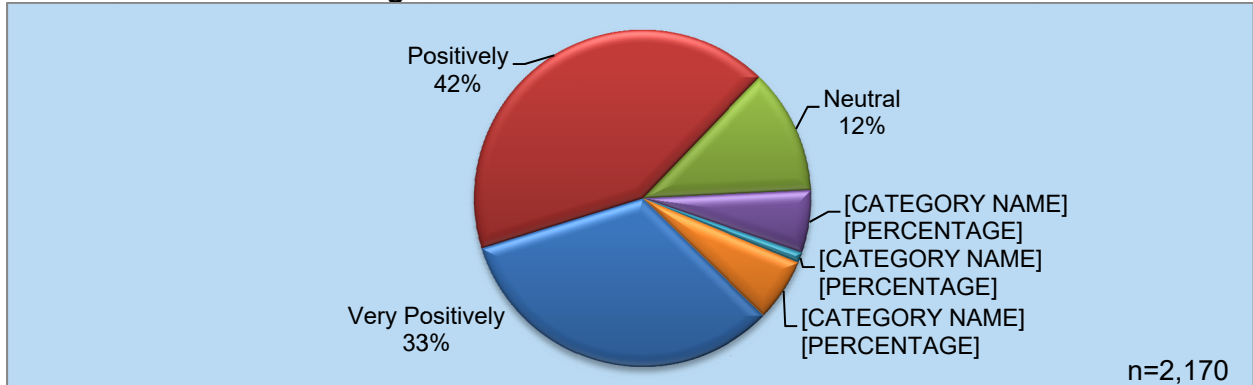
Living Circumstance	<36yrs n=632	36-55yrs n=402	56-65yrs n=376	66+yrs n=296
With a partner/spouse	46%	33%	47%	56%
Alone	16%	21%	24%	28%
With partner/spouse & children	6%	34%	19%	7%
With friends or roommates	24%	7%	5%	3%
With family	6%	2%	1%	2%
As a single parent	<1%	2%	2%	1%
Other (please specify):	1%	<1%	--	1%
Prefer not to answer	1%	<1%	1%	1%

[Q11. Describe your living circumstances.]

Yellow cells = significantly higher values; blue cells = significantly lower values.-- denotes value not selected.

75% of respondents said their living circumstances **positively** contribute to their mental health.

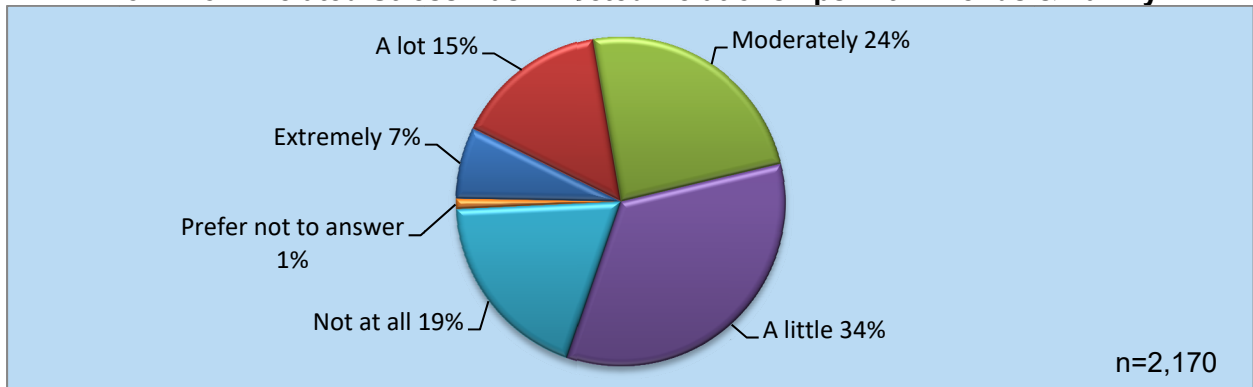
### How Living Circumstances Contribute to Mental Health



[Q12. How does your living circumstance described previously contribute to your mental health and wellness?]

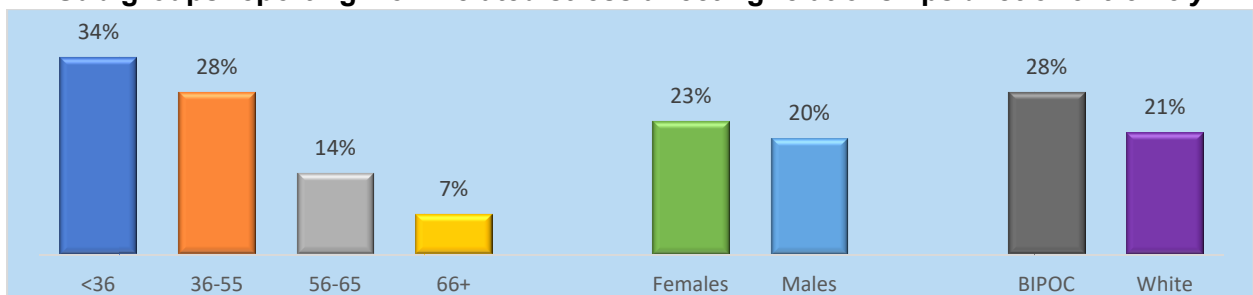
80% of respondents said work-related stress affected their relationships with family and friends (22% **a lot** or **extremely**).

### How Work-Related Stress Has Affected Relationships with Friends & Family



[Q13. Has work related stress affected relationships with friends & family?]

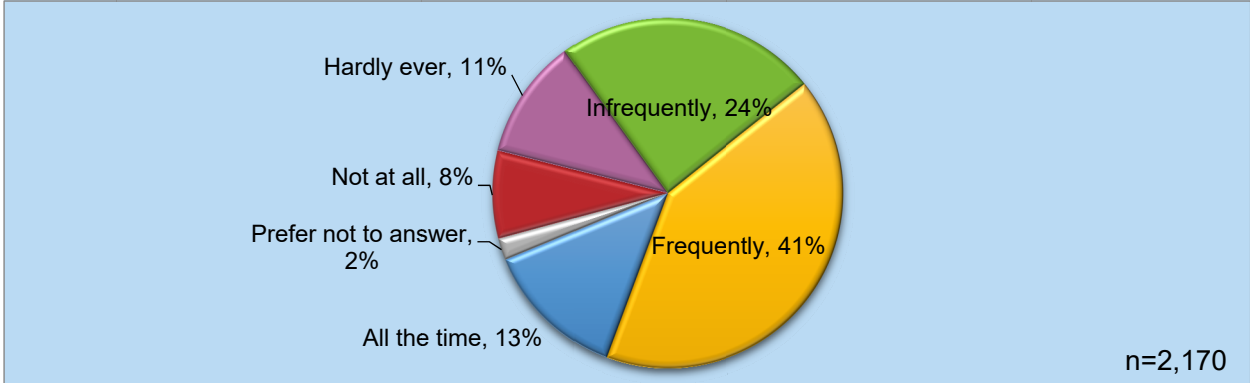
### Sub-groups reporting work-related stress affecting relationships *a lot* or *extremely*



Due to the small sample size for Trans/Non-binary, comparison between groups is not advised. However 8 of 18 Trans/Non-binary respondents indicated work stress affecting relationships a lot or extremely.

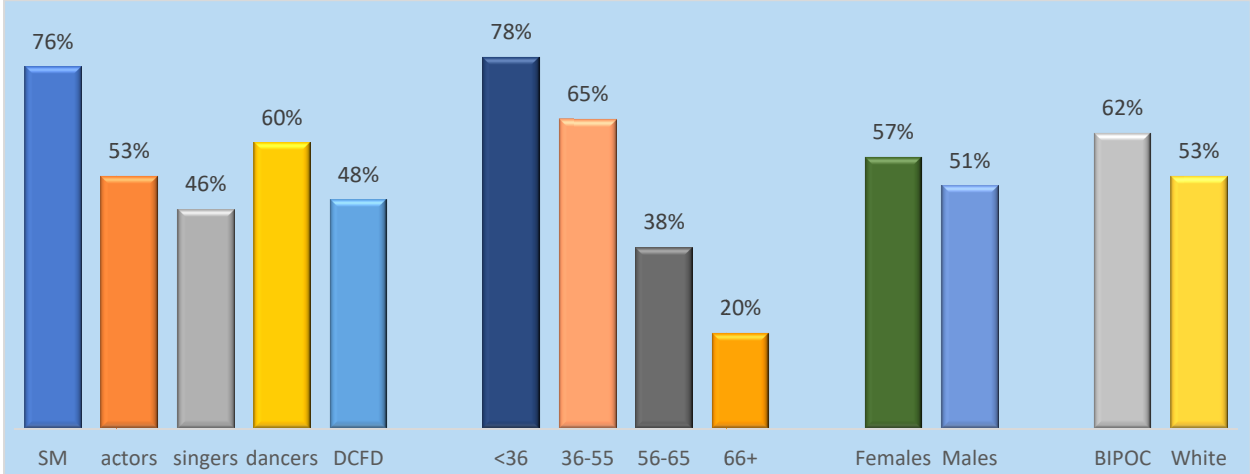
54% of respondents said time/distance demands of work create long separations from family or home life **frequently** or **all the time**.

**Frequency with which Time/Distance Demands of Work Create Long Separations from Family, Friends or Home Life**



[Q14. How often does time or distance demands of work create long separations from family, friends or home life?]

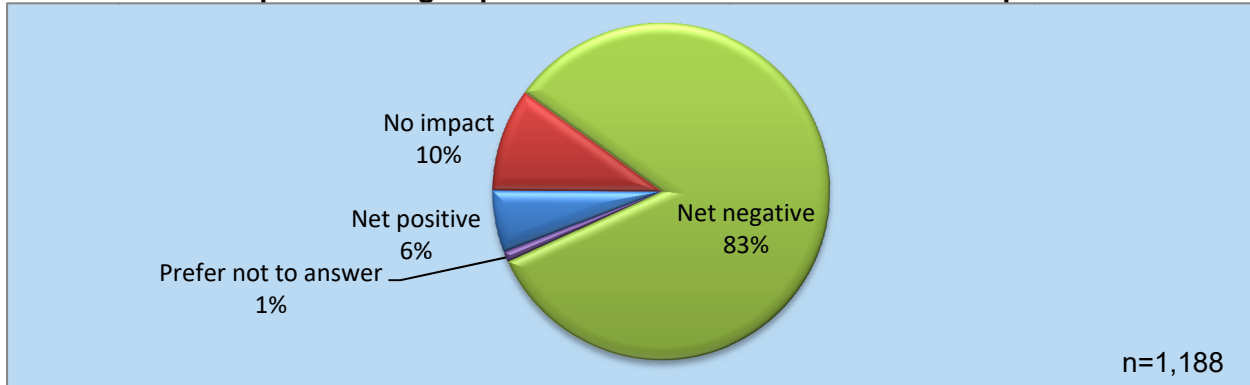
**Sub-groups reporting that work creates long separations frequently or all the time**



Due to the small sample size of the Trans/Non-binary sub-group, comparison to other groups is not advised. However 14 of 18 Trans/Non-binary respondents indicated that work creates long separations frequently or all the time.

Of those who said their work life creates long separations **frequently** or **all the time**, 83% indicated this had a **negative** effect.

## Impact of Long Separations Due to Work on Relationships



[Q15. To what extent do long separations due to work demands impact your relationships with friends and/or family?]

## Impact of Long Separations on Relationships – Negative Effect

Sub-group	Net Negative Effect
Actor (n=748)	84%
Singer (n=78)	88%
Dancer (n=29)	55%
Director (n=94)	83%
Choreographer (n=13)	100%
Fight Director (n=4)	100%
Stage Manager (n=216)	86%
Female (n=614)	85%
Male (n=356)	81%
Trans/Non-binary* (n=14)	12 of 14
Alone (n=228)	84%
With partner/spouse (n=509)	83%
With partner/spouse & children (n=214)	87%
With friends or roommates (n=157)	86%
With other family (n=42)	71%
As a single parent (n=21)	86%

[Q15. To what extent do long separations due to work demands impact your relationships with friends and/or family?]

\*Due to the small sample size for Trans/Non-binary, comparison between groups is not advised.

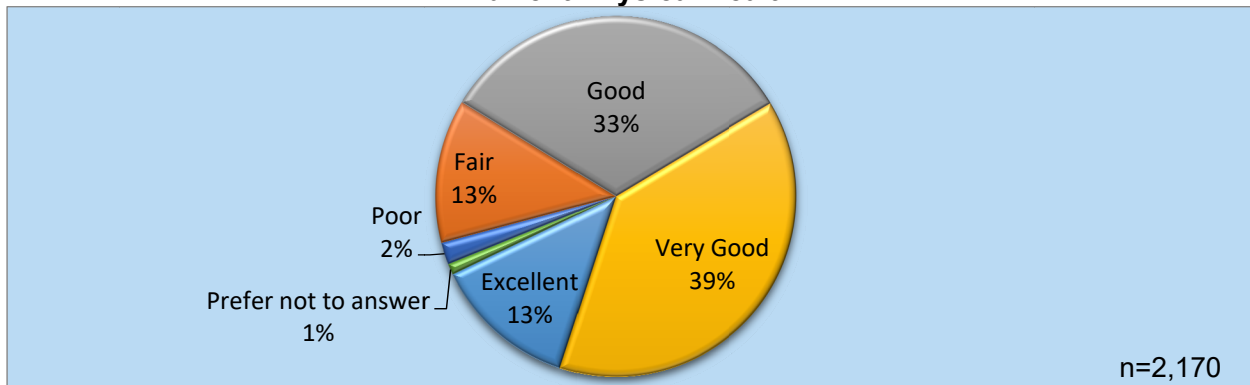
## C. GENERAL HEALTH

Respondents were asked about:

- their general health;
- any issues they have with sleep;
- the amount of exercise;
- their diet;
- the extent to which their weight or body impacts their self-image; and
- whether they have tried to control their body shape or weight

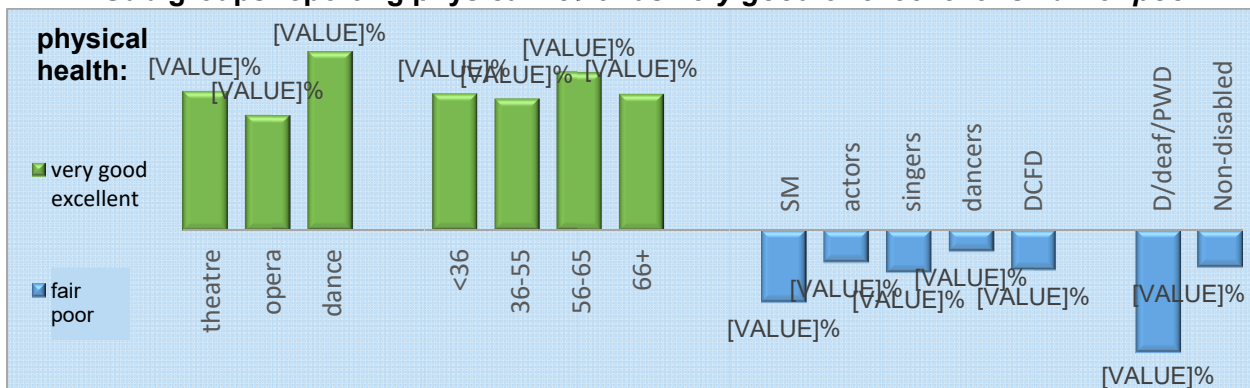
80% of respondents said their physical health was **good, very good or excellent.**

**Current Physical Health**



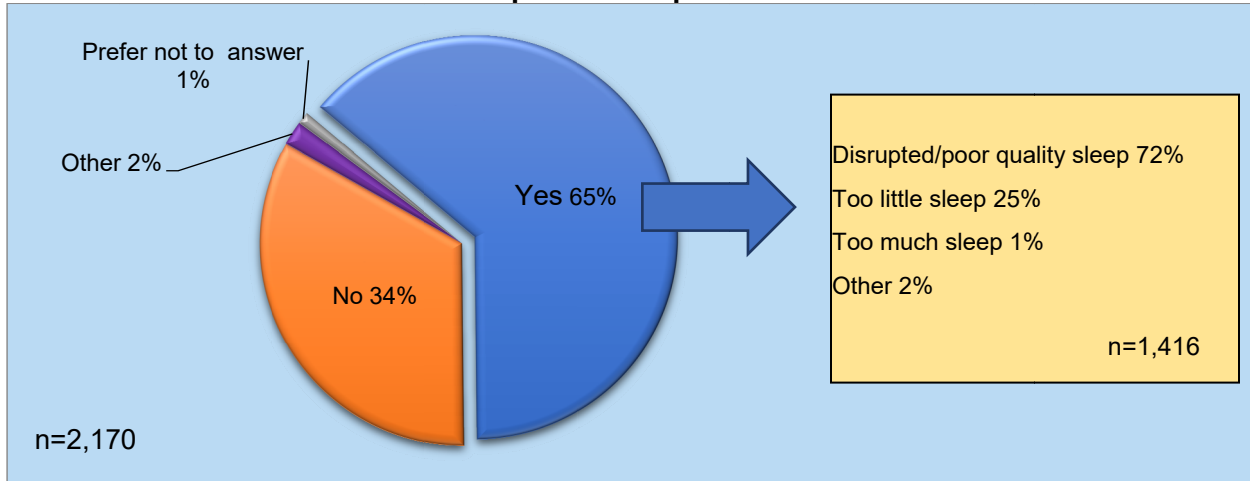
[Q16. How do you rate your current physical health?]

**Sub-groups reporting physical health as very good or excellent vs. fair or poor:**



65% of respondents reported having issues with **disrupted/poor quality or too little sleep.**

## Sleep Issues Experienced



[Q17. Over the past six months, have you had any issues with sleep?]

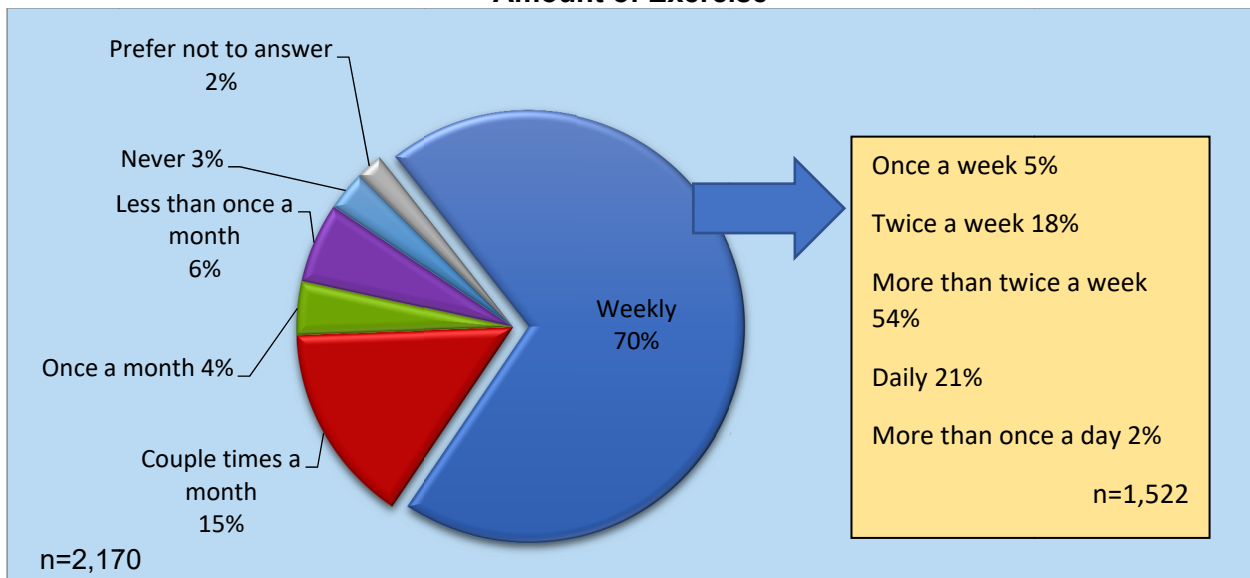
[Q18. What sleep issues have you experienced?]

Sub-groups more likely to say they have had **disrupted/poor quality** sleep:

- Those over 35 years (36-55 years (73%), 56-65 years (76%), 66+ years (85%)) vs. those under 36 years (63%); and
- White (73%) vs. BIPOC (66%).

70% of respondents said they exercise **weekly** (most more than twice per week).

## Amount of Exercise



[Q19. Over the past six months, how often have you exercised?]

[Q19B. About how many times did you exercise in a typical week?]

Sub-groups reporting **weekly** exercise:

- Dancers (94%), actors (76%), directors/choreographers/fight directors (70%) singers (68%), stage managers, (41%) ; and
- Those over 56 years (74%), under 36 years (70%), 36-55 years (65%).

Sub-groups reporting infrequent exercise:

- 57% of stage mangers indicated that they exercise a **couple of times per month** or less frequently.

Dancers were more likely to indicate they spent **more than an hour** in moderate-to-vigorous-intensity aerobic exercise (54%) vs. other disciplines (2% - 6%).

### Length Spent in Moderate-To-Vigorous-Intensity Aerobic Exercise by Discipline

Frequency of Exercise	Actor n=1,358	Singer n=156	Dancer n=48	DCFD* n=227	SM n=255	Overall n=2,057
Less than 15 minutes	11%	8%	8%	8%	13%	11%
About 15 minutes	12%	13%	6%	13%	17%	12%
About 30 minutes	27%	31%	4%	33%	32%	28%
More than 30 minutes, but less than an hour	22%	23%	13%	18%	16%	21%
About an hour	21%	17%	13%	20%	18%	20%
More than an hour	6%	6%	54%	6%	2%	6%
Prefer not to answer	1%	1%	2%	1%	2%	1%

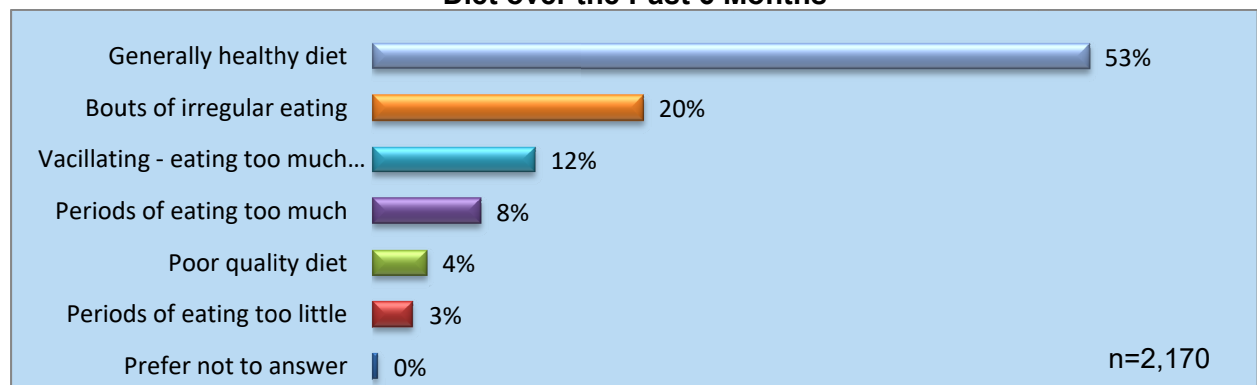
[Q19C. When you exercised, approximately how long did you spend in moderate-to-vigorous-intensity aerobic exercise?]

Asked of those who indicated that they exercised at Q19.

\*DCFD = Director, Choreographer, Fight Director – combined categories due to small base sizes.

Yellow cells = significantly higher values; blue cells = significantly lower values.

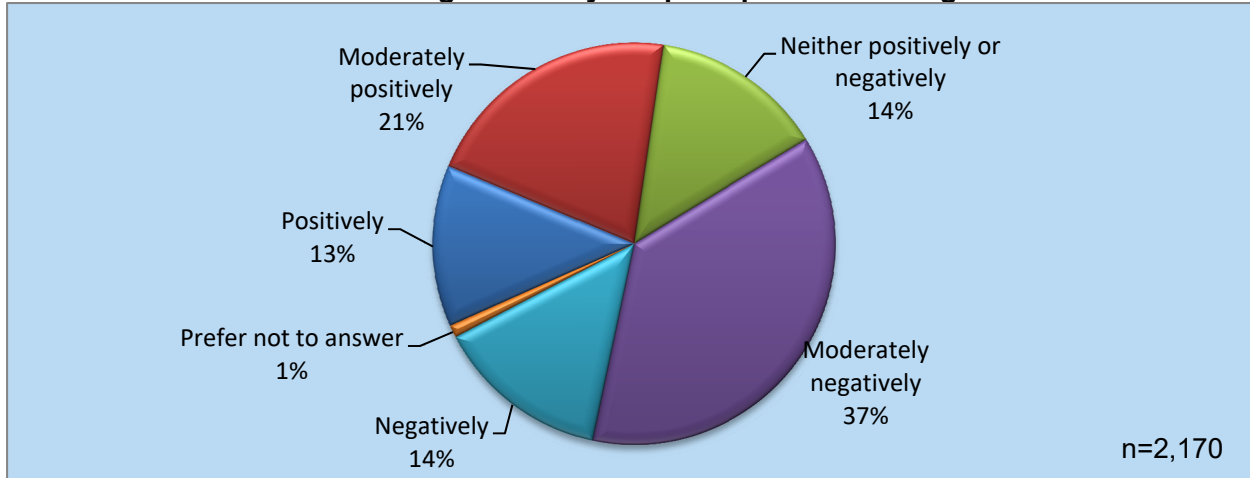
### Diet over the Past 6 Months



[Q20. Over the past six months, which of the following best describes your diet?]

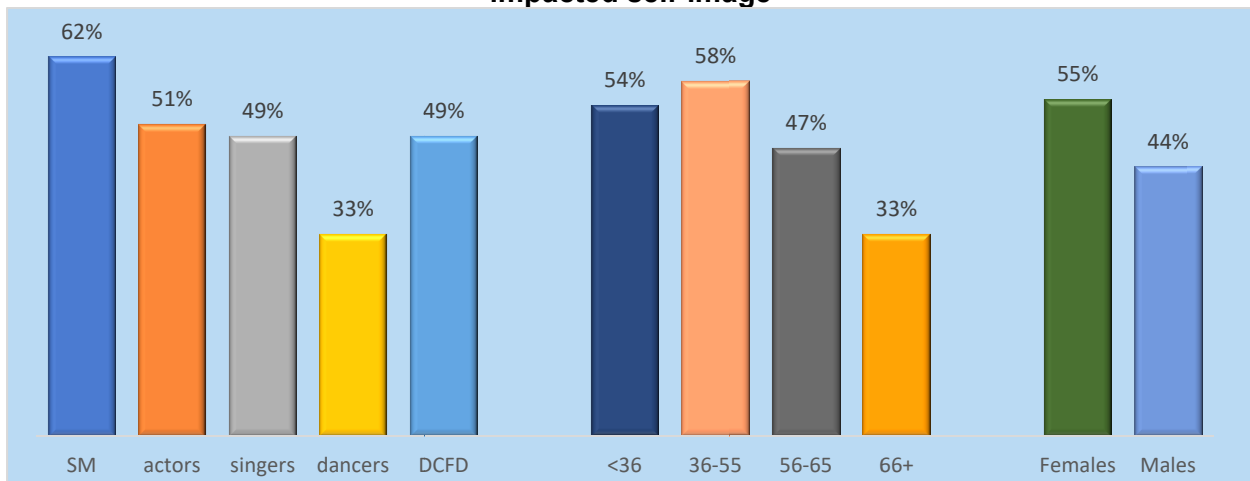
51% of respondents said **weight** or **body shape** *negatively* impacted their self-image.

### Extent Weight or Body Shape Impacts Self-Image



[Q21. How does your weight or body shape impact your self-image?]

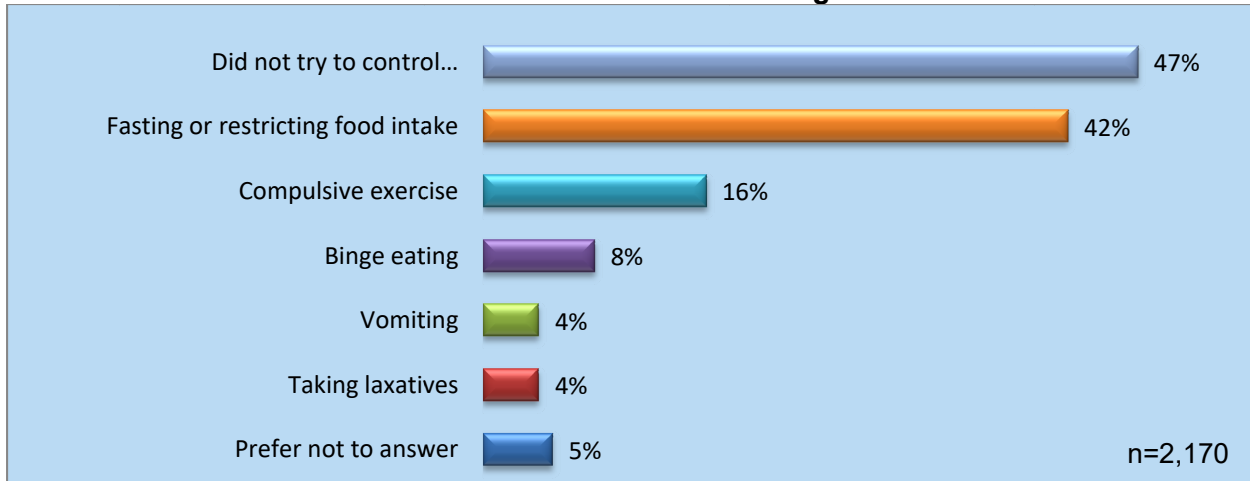
### Sub-groups reporting weight or body shape negatively or moderately negatively impacted self-image



Due to the small sample size of the Trans/Non-binary sub-group, comparison to other groups is not advised. However 13 of 18 Trans/Non-binary respondents reported negative impact.

42% of respondents try to control weight or body shape by **fasting** or **restricting food intake**; 47% indicated they did not try to control their weight or body shape.

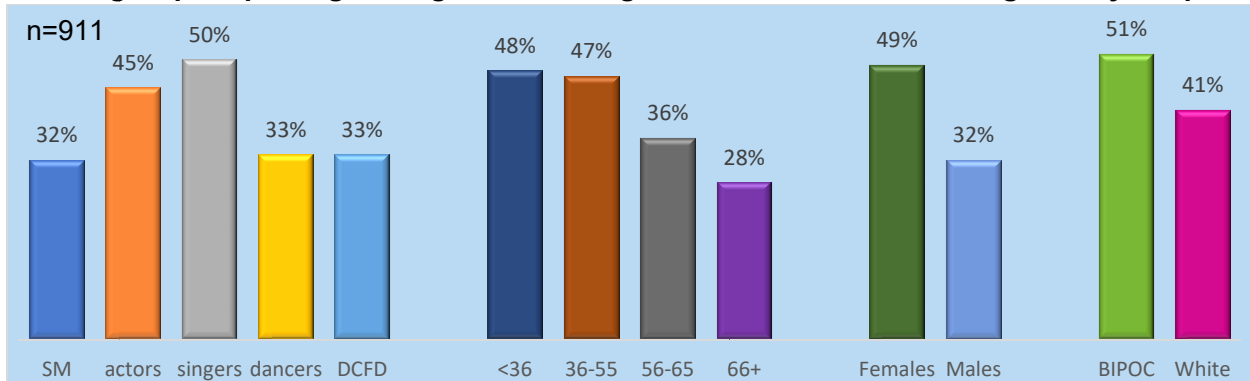
## Methods Used to Control Weight



[Q22. Have you tried to control your shape or weight by any of the following?]

Multiple mentions, will not add to 100%

## Sub-groups reporting fasting or restricting food intake to control weight/body shape



\*Due to the small sample size for Trans/Non-binary, comparison between groups is not advised.

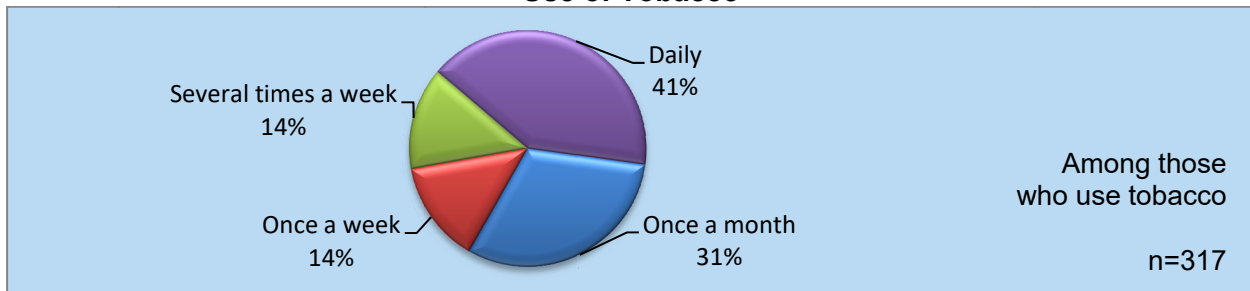
However 7 of 18 Trans/Non-binary respondents reported fasting or restricting food intake.

## D. LEGAL SUBSTANCE USE

Respondents were asked about their use of tobacco, alcohol and cannabis.

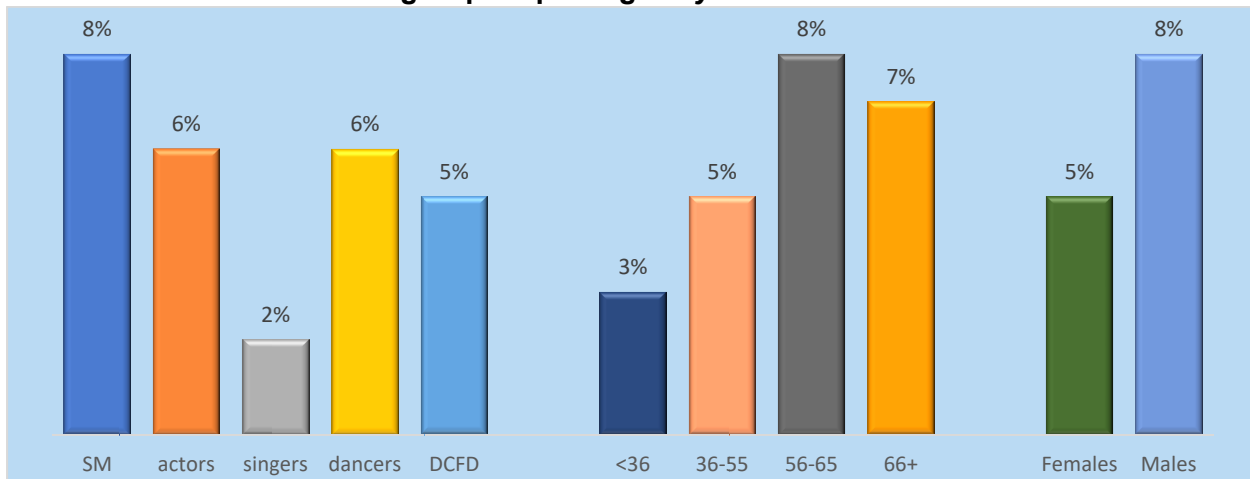
The majority of respondents (85%) indicated that they did not use tobacco.

**Use of Tobacco**



[Q23. Over the past six months, have you used tobacco (chew, smoke, vape)?]

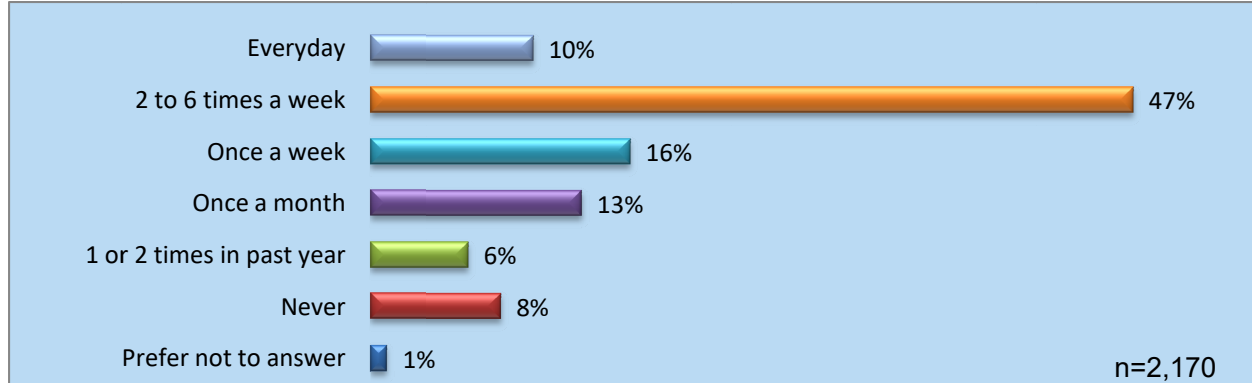
**Sub-groups reporting *daily* use of tobacco**



Due to the small sample size of the Trans/Non-binary sub-group, comparison to other groups is not advised. However only 1 of 18 Trans/Non-binary respondents reported daily use of tobacco.

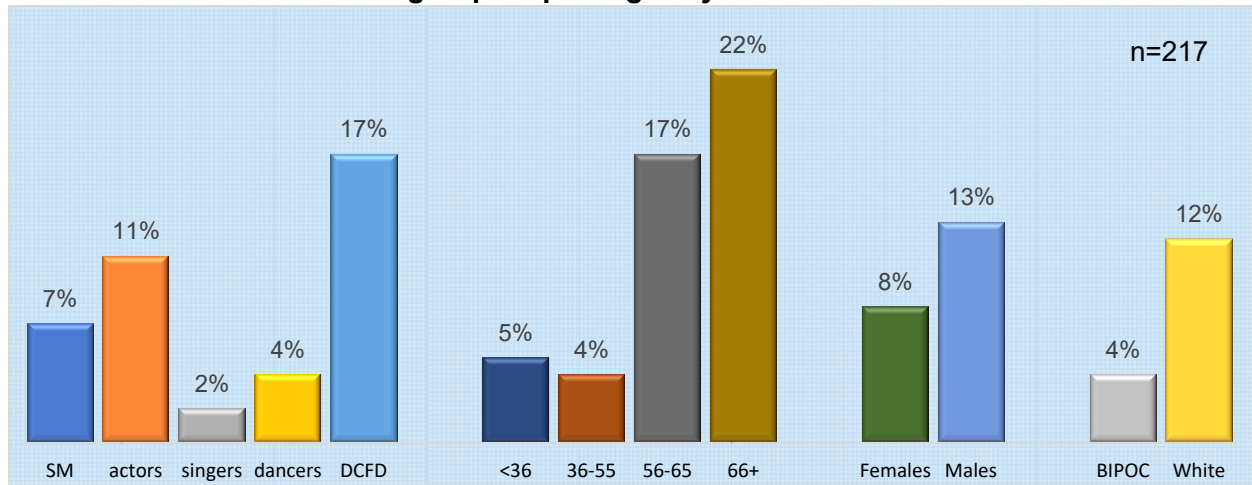
56% of respondents indicated that they drank alcohol **twice a week or more** in the past 6 months.

## Alcohol Use



[Q24. Over the past six months, how often have you had a drink containing alcohol?]

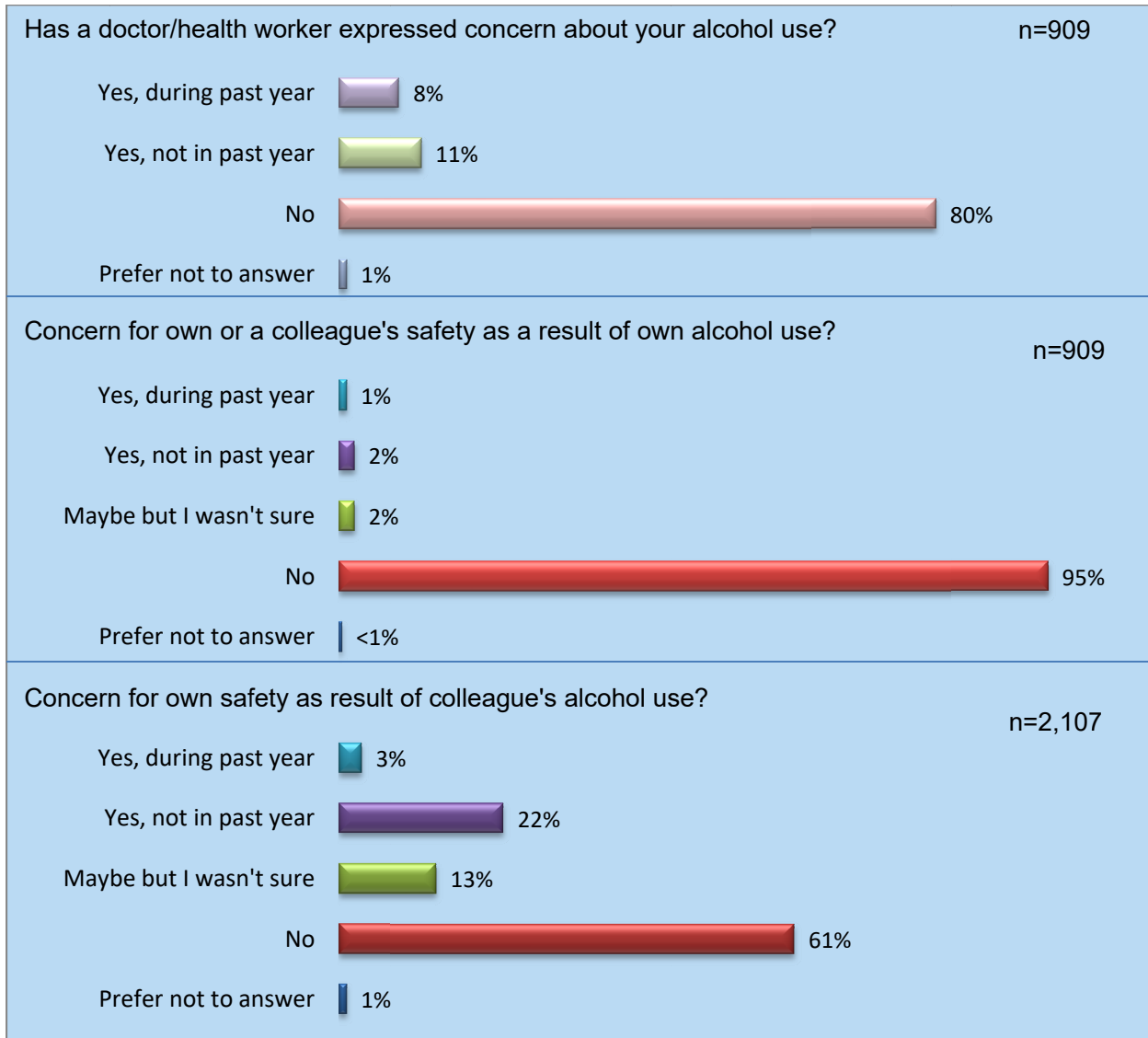
## Sub-groups reporting *daily* use of alcohol



Due to the small sample size of the Trans/Non-binary sub-group, comparison to other groups is not advised. However only 1 of 18 Trans/Non-binary respondents indicated daily use of alcohol.

25% of respondents are concerned for their *own* safety because of a colleague's use of alcohol. 19% of respondents indicated that a doctor/health worker has expressed concern about their alcohol use.

## Concerns over Alcohol Use



[Q25. Has a doctor or other health worker ever expressed concern about your alcohol use or suggested you cut down?]

[Q26. When working in live performance, have you ever been concerned for your safety, or that of a colleague, as a result of your alcohol use?]

[Q27. When working in live performance, have you ever been concerned for your own safety as a result of a colleague's alcohol use?]

Note: May not add to 100% due to rounding.

Sub-groups expressing concern for their own safety because of a colleague's alcohol use:

- Stage managers (32%), directors/choreographers/fight directors (31%), actors (24%), dancers (15%), singers (13%);
- Those 36-55 years (28%), 56-65 years (28%), under 36 years (20%), 66+ years (20%); and
- Females (28%), males (21%), Trans/Non-binary\* (4 of 18 respondents).

\*Due to the small sample size for Trans/Non-binary, comparison between groups is not advised.

## Cannabis Use Over Last 6 Months

- Yes 38%
  - No 61%
  - Prefer not to answer 1%
- n=2,170

[Q28. Over the last six months, have you used/smoked cannabis products?]

## Reasons for Using/ Smoking Cannabis Products

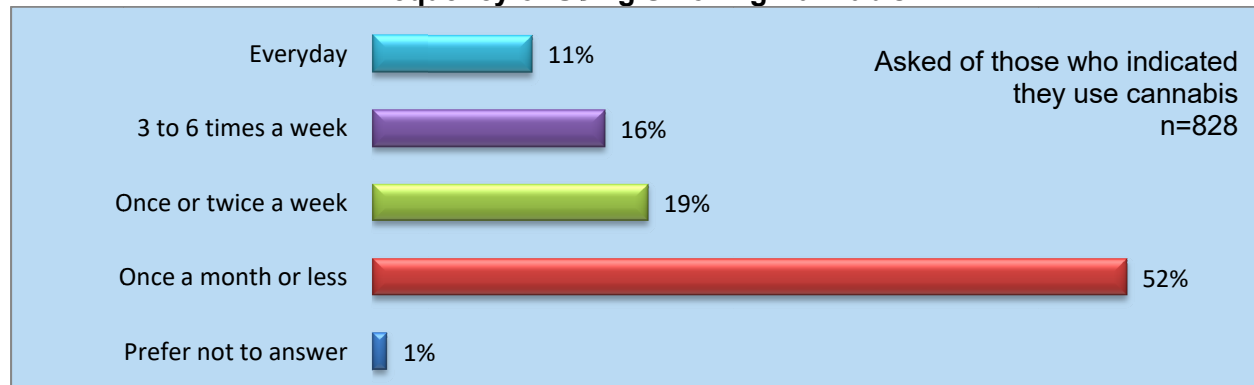
- Recreational/social reasons 41%
  - Medicinal/health benefits 17%
  - Both 43%
- n=828

[Q29. When you use/smoke cannabis products, is it for...?]

Asked of those who indicated cannabis use. May not add to 100% due to rounding.

The majority of cannabis users partake **once a month** or **less** frequently.

## Frequency of Using/Smoking Cannabis



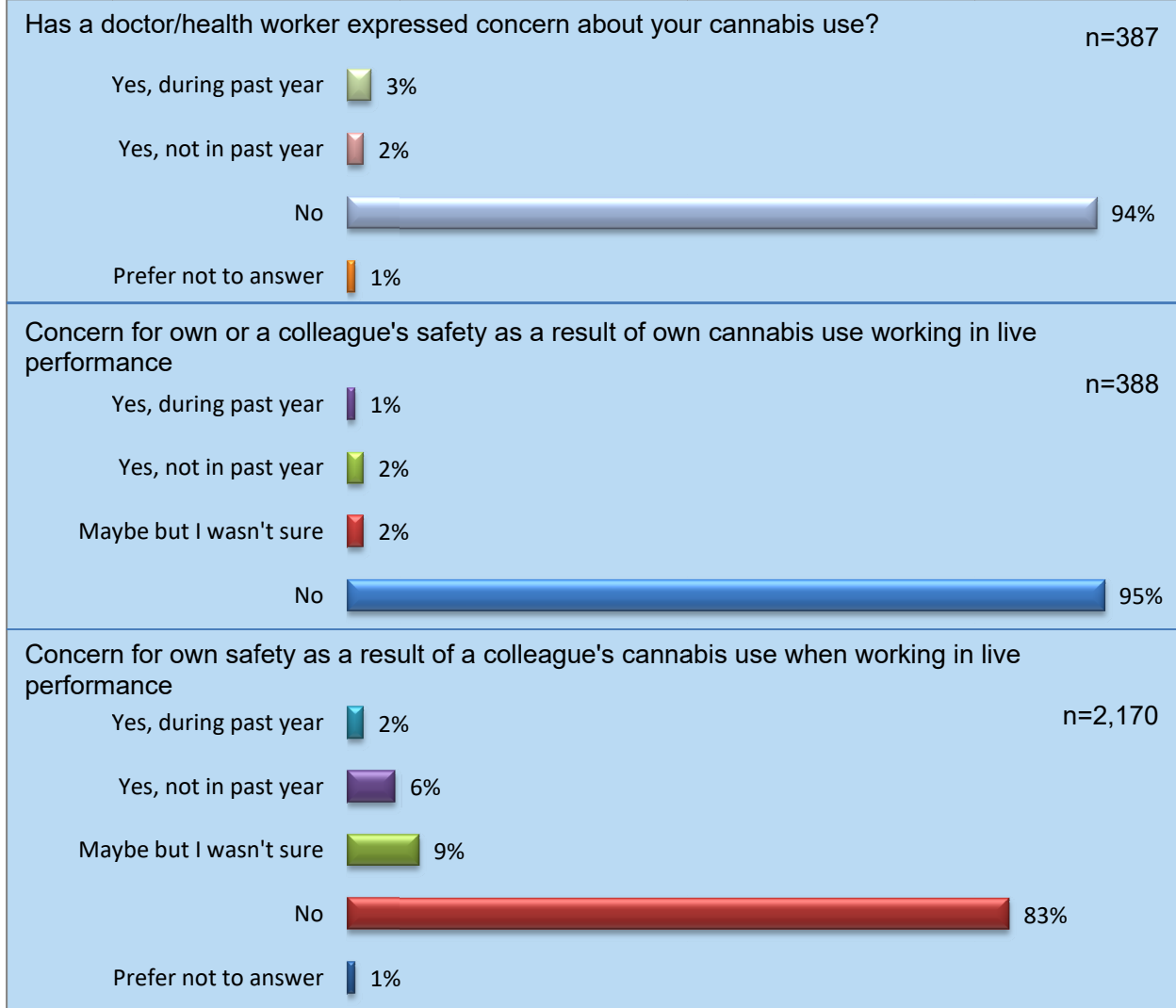
[Q30. Over the past six months, how often have you used/smoked cannabis products?]

Sub-groups more likely to say they use cannabis every day:

- Those 36-55 years (17% vs. 8% of those <36 years, 13% of those 56-65 years, 13% of those 66+ years); and
- Males (15%) vs. females (8%), Trans/Non-binary\* (4 of 18 respondents).

\*Due to the small sample size for Trans/Non-binary, comparison between groups is not advised.

## Concerns over Cannabis Use



[Q31. Has a doctor or other health worker ever expressed concern about your cannabis use or suggested you cut down?]

[Q32. When working in live performance, have you ever been concerned for your safety, or that of a colleague, as a result of your cannabis use?]

[Q33. When working in live performance, have you ever been concerned for your safety as a result of a colleague's cannabis use?]

Sub-groups more likely to express concern for their own or a colleague's safety because of a colleague's cannabis use:

- Females (9%) vs. 6% of males, 2 of 18 Trans/Non-binary\* respondents.

\*Due to the small sample size for Trans/Non-binary, comparison between groups is not advised.

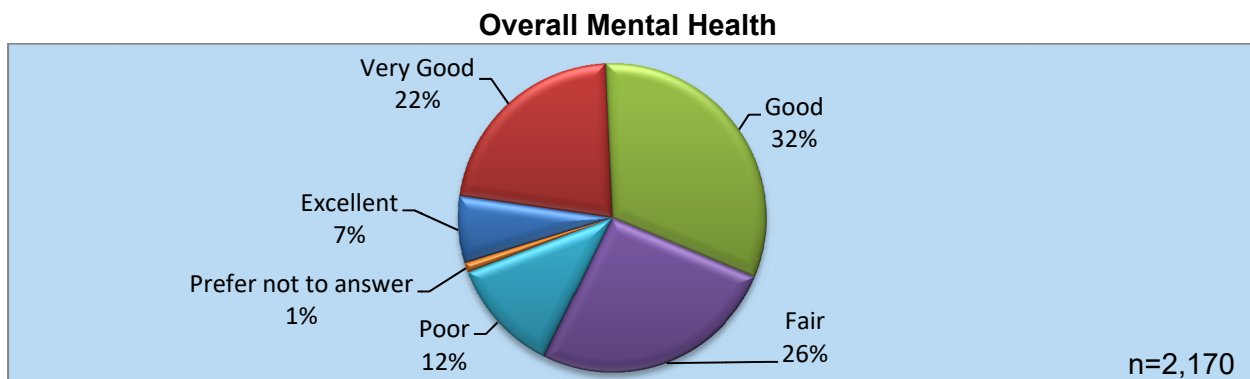
Sub-groups least likely to express concern for their own or a colleague's safety because of a colleague's cannabis use:

- Those 66 years and older (6%) vs. under 36 years (7%), 36-55 years (9%), 56-65 years (8%).

## E. MENTAL HEALTH & IMPACT OF STRESS

Respondents were asked about their mental health, including whether they had experienced depression or other mental health issues in the past six months. Respondents were also asked about stress and the extent to which mental health issues or performance anxiety impacted their career or prevented them from performing or working in industry.

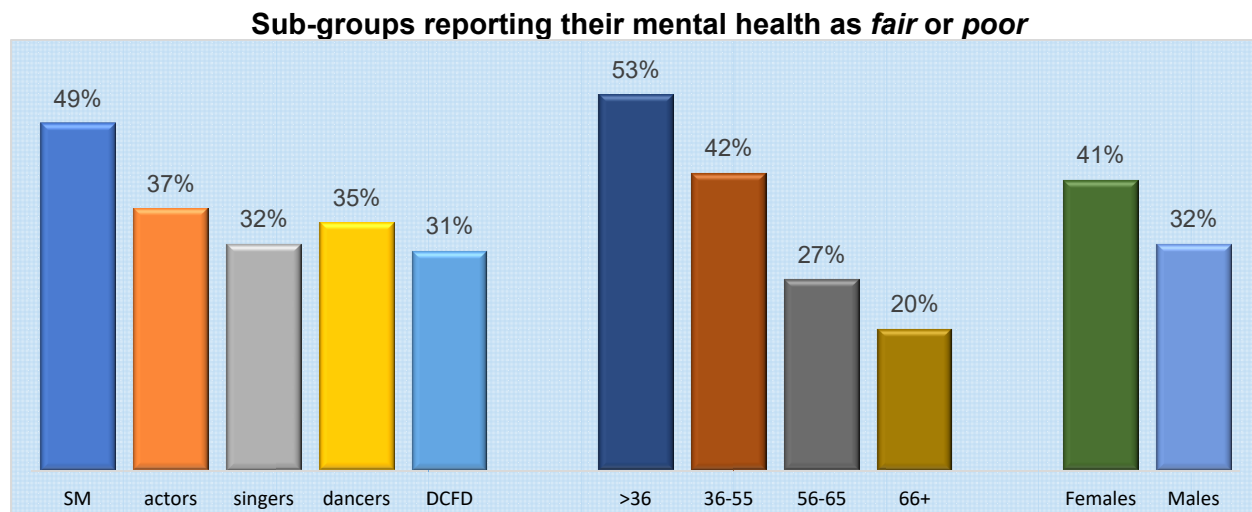
The majority (61%) of respondents indicated their mental health is **good, very good** or **excellent**; 38% indicated their mental health is **fair** or **poor**.



[Q34. Over the last six months, how would you rate your overall mental health?]

Across age groups, respondents who indicated their mental health as **very good** or **excellent**:

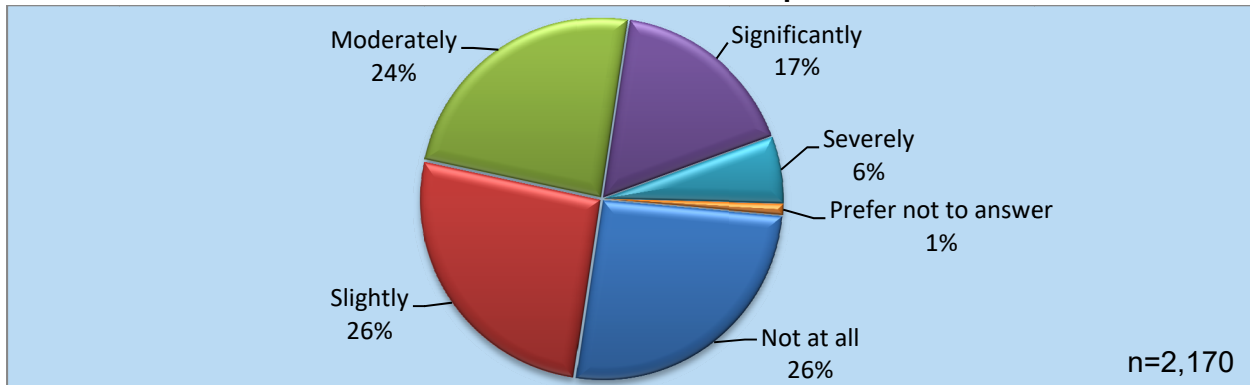
- Those aged 56 or older (56-65 years (39%), 66+ years (48%)) vs. 36-55 years (22%), under 36 years (17%).



Due to the small sample size of the Trans/Non-binary sub-group, comparison to other groups is not advised. However 10 of 18 Trans/Non-binary respondents indicated mental health as fair or poor.

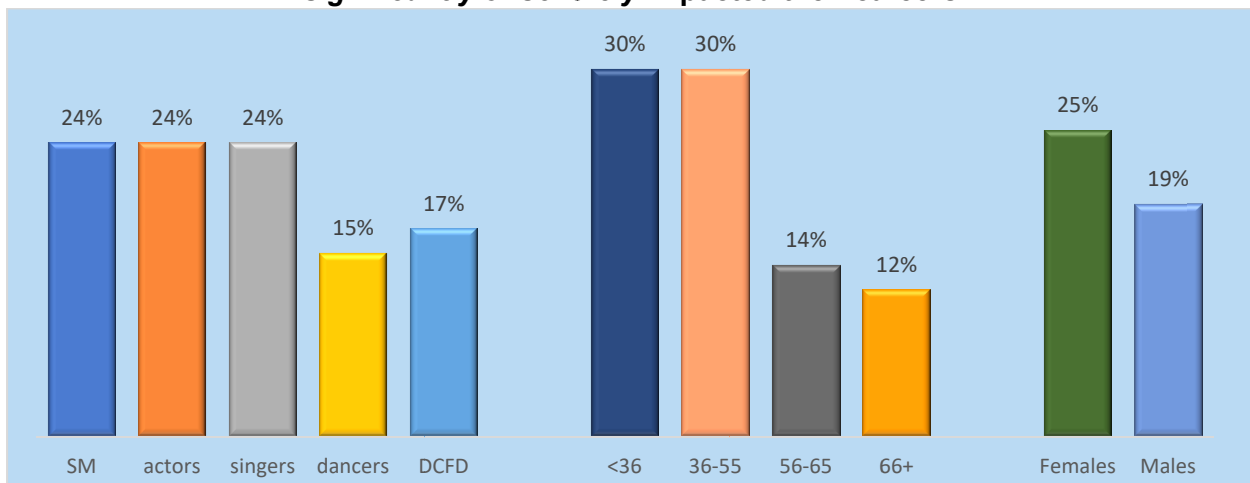
73% of respondents said that a mental health issue has impacted their career to varying degrees

### Extent a Mental Health Issue Has Impacted Career



[Q40. To what extent, if at all, has a mental health issue had an impact on your performance or career?]

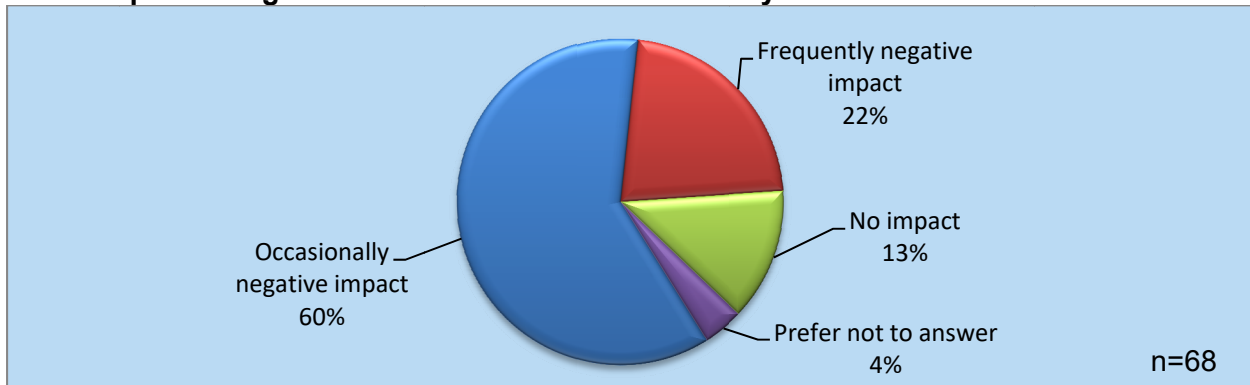
### Sub-groups reporting a mental health issue had significantly or severely impacted their careers



Due to the small sample size of the Trans/Non-binary sub-group, comparison to other groups is not advised. However 8 of 18 Trans/Non-binary respondents indicated mental health as fair or poor.

Among those who identified as D/deaf or a Person with a disability, 82% said their deafness or disability *negatively* impacted their mental health.

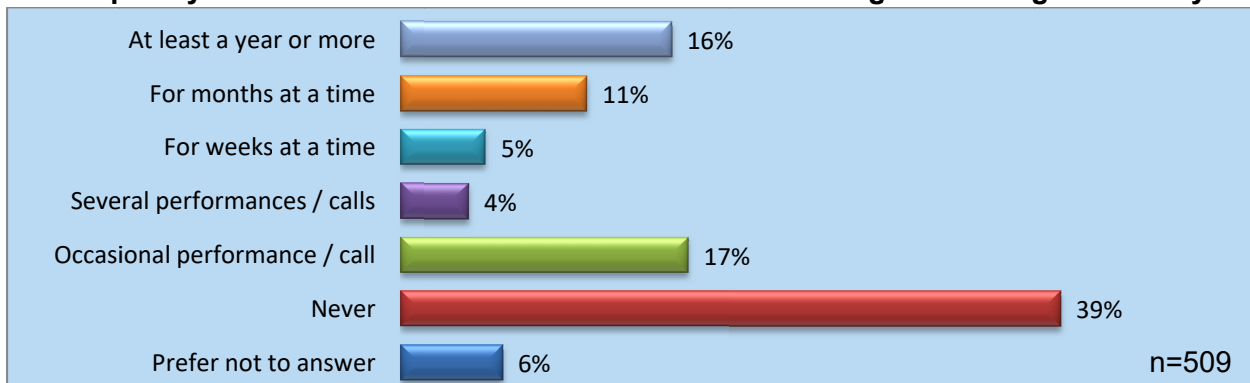
## Impact Being D/deaf or a Person with a Disability Has On Their Mental Health



[Q10. Does your experience of being D/deaf or a Person with a disability have an impact on your mental health?]

Among those who indicated that a mental health issue had **significantly** or **severely** impacted their careers, 55% said that a mental health issue had prevented them from performing or working in industry.

## Frequency a Mental Health Issue Has Prevented Performing or Working in Industry



[Q41. How often has a mental health issue prevented you from performing or working in our industry?]  
 Among those who indicated that a mental health issue had significantly or extremely impacted their careers.

Sub-groups more likely to report that a mental health issue had **significantly** or **severely** impacted their careers for at least a year or more:

- Actors (19%) vs. directors/choreographers/fight directors (18%), singers (7%), stage managers (6%);
- White (17%) vs. BIPOC (9%); and
- D/deaf/PWD (50%) vs. Non-disabled persons (15%).



# MENTAL HEALTH & IMPACT OF STRESS

## Frequency a Mental Health Issue Has Prevented Working in Industry by Discipline

Frequency	Actor n=350	Singer n=42	Dancer** n=7	DCFD* n=39	SM n=68
Never	36%	43%	4	41%	53%
Occasional performances/calls	18%	19%	1	15%	18%
Several performances/shifts	4%	5%	--	--	9%
For weeks at a time	5%	7%	1	3%	1%
For months at a time	12%	14%	--	15%	6%
For at least a year or more	19%	7%	--	18%	6%
Prefer not to answer	6%	5%	1	8%	7%

**[Q41. How often has a mental health issue prevented you from performing or working in our industry?]**  
 From those who indicated that a mental health issue had significantly or extremely impacted their careers.  
 \*DCFD = Director, Choreographer, Fight Director – combined categories due to small base sizes.  
 \*\*Dancer base size is too low to report proportion; actual number responding shown.  
 -- denotes value not selected.

## Frequency a Mental Health Issue Has Prevented Working in Industry by Age, Gender

Frequency	Age				Gender		
	<36 yrs n=192	36-55 yrs n=120	56-65 yrs n=52	66+ yrs n=42	Female n=324	Male n=172	Trans/Non-binary n=8*
Never	41%	39%	42%	43%	40%	40%	2
Occasional performances/calls	22%	22%	12%	10%	16%	20%	2
Several performances/shifts	7%	4%	--	5%	4%	4%	--
For weeks at a time	5%	5%	6%	--	5%	6%	--
For months at a time	10%	8%	19%	14%	11%	12%	1
For at least a year or more	9%	18%	17%	17%	16%	16%	2
Prefer not to answer	5%	4%	4%	12%	8%	2%	1

**[Q41. How often has a mental health issue prevented you from performing or working in our industry?]**  
 Among those who indicated that a mental health issue had significantly or extremely impacted their careers. \*Trans/Non-binary base size is too low to report proportions; actual number responding shown.

-- denotes value not selected.

### Frequency a Mental Health Issue Has Prevented Working in Industry by Racial Identity, Disability

Frequency	BIPOC n=87	White n=410	D/deaf/PWD n=20	Non-disabled n=481
Never	39%	39%	15%	41%
Occasional performances/calls	21%	17%	10%	18%
Several performances/shifts	1%	5%	--	4%
For weeks at a time	6%	5%	--	5%
For months at a time	16%	11%	15%	11%
For at least a year or more	9%	17%	50%	15%
Prefer not to answer	8%	6%	10%	6%

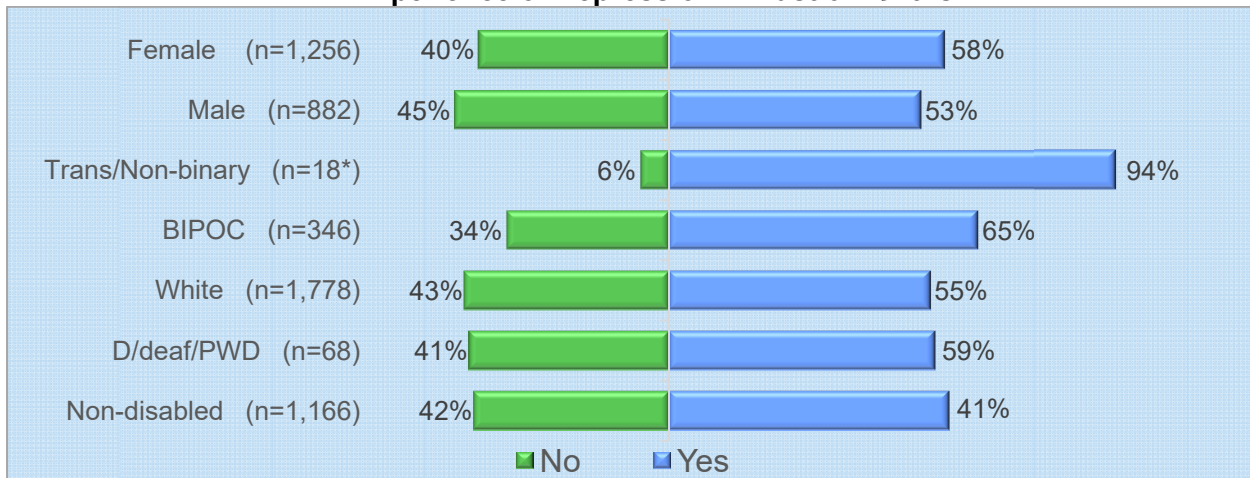
[Q41. How often has a mental health issue prevented you from performing or working in our industry?]

Among those who indicated that a mental health issue had significantly or extremely impacted their careers.

Yellow cells = significantly higher values. -- denotes value not selected.

Overall, 56% of respondents experienced *depression* over the past 6 months. At least half of respondents regardless of sub-group experienced depression over the past 6 months.

### Experience of Depression in Last 6 Months

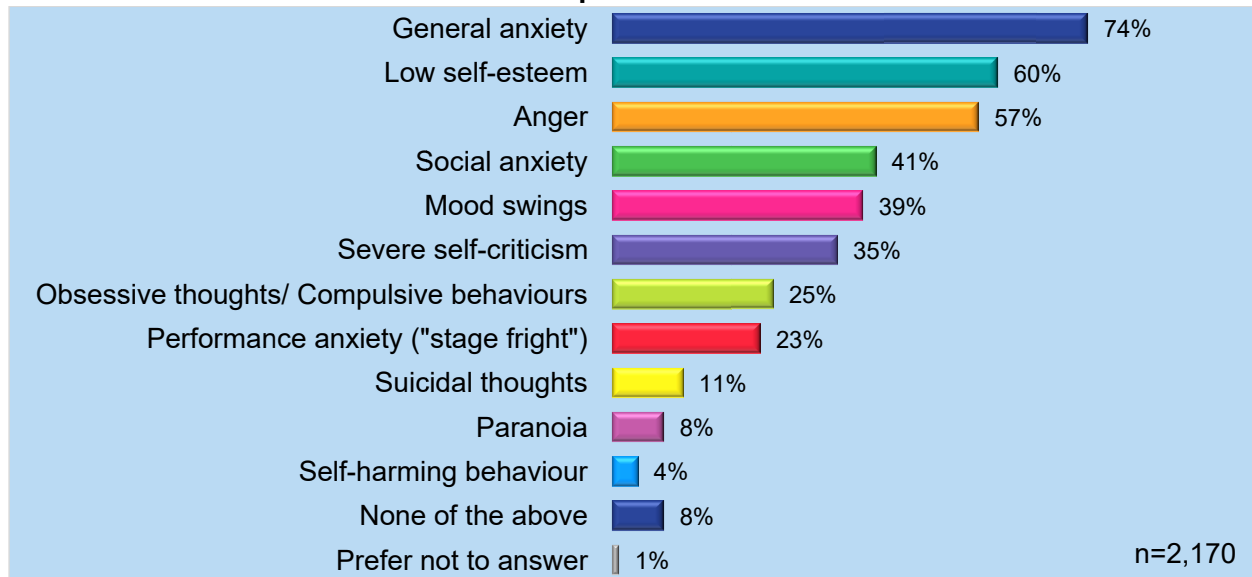


**[Q35. Over the last six months, have you experienced depression?]**

*\*Due to the small sample size for Trans/Non-binary, comparison between groups is not advised.*

The majority of respondents indicated *general anxiety* (74%) and *low self-esteem* (60%) were the mental health issues they experienced most frequently over the past six months.

### Mental Health Issues Experienced over Past Six Months



**[Q36. Over the last six months, have you experienced any of the following...?]**

*Multiple mentions allowed, will not add to 100%*

*General anxiety* and *low self-esteem* were the top 2 mentions across all subgroups except for those aged 56 or older and males, for which anger ranked 2<sup>nd</sup> and low self-esteem ranked 3<sup>rd</sup>.

## Mental Health Issues Experienced over Past Six Months by Discipline

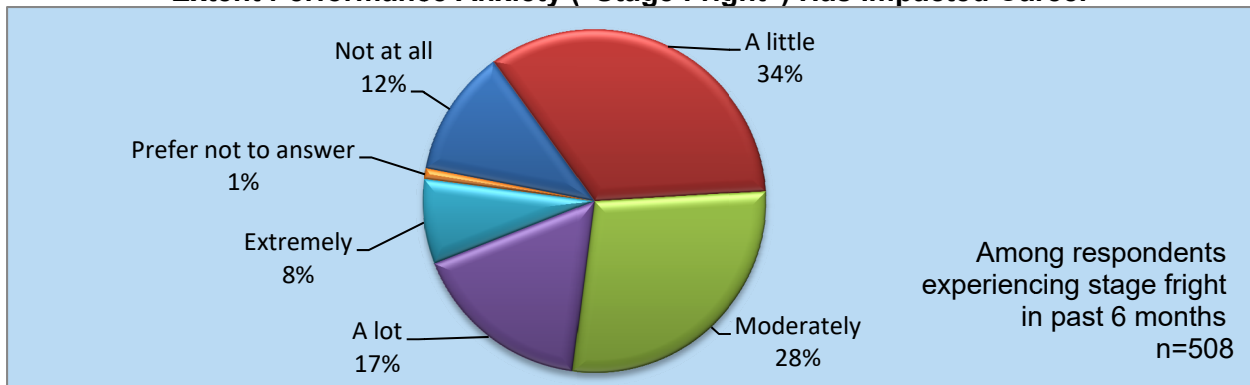
Mental Health Issue	Actor n=1,417	Singer n=171	Dancer n=48	DCFD* n=233	SM n=285
General anxiety	74%	67%	85%	70%	78%
Low self-esteem	61%	60%	67%	55%	59%
Anger	59%	50%	48%	55%	52%
Social anxiety	41%	29%	40%	39%	51%
Mood swings	39%	36%	44%	31%	45%
Severe self-criticism	36%	36%	35%	30%	36%
Obsessive thoughts/ Compulsive behaviours	27%	23%	23%	17%	26%
Performance anxiety ("stage fright")	25%	29%	29%	16%	13%
Suicidal thoughts	12%	8%	8%	6%	11%
Paranoia	8%	5%	8%	6%	8%
Self-harming behaviour	4%	3%	2%	3%	6%
None of the above	8%	7%	6%	12%	7%
Prefer not to answer	1%	1%	--	1%	--

[Q36. Over the last six months, have you experienced any of the following...?]

\*DCFD= Director, Choreographer, Fight Director – combined categories due to small base sizes.

Yellow cells = significantly higher values; blue cells = significantly lower values; -- denotes value not selected.

## Extent Performance Anxiety ("Stage Fright") Has Impacted Career



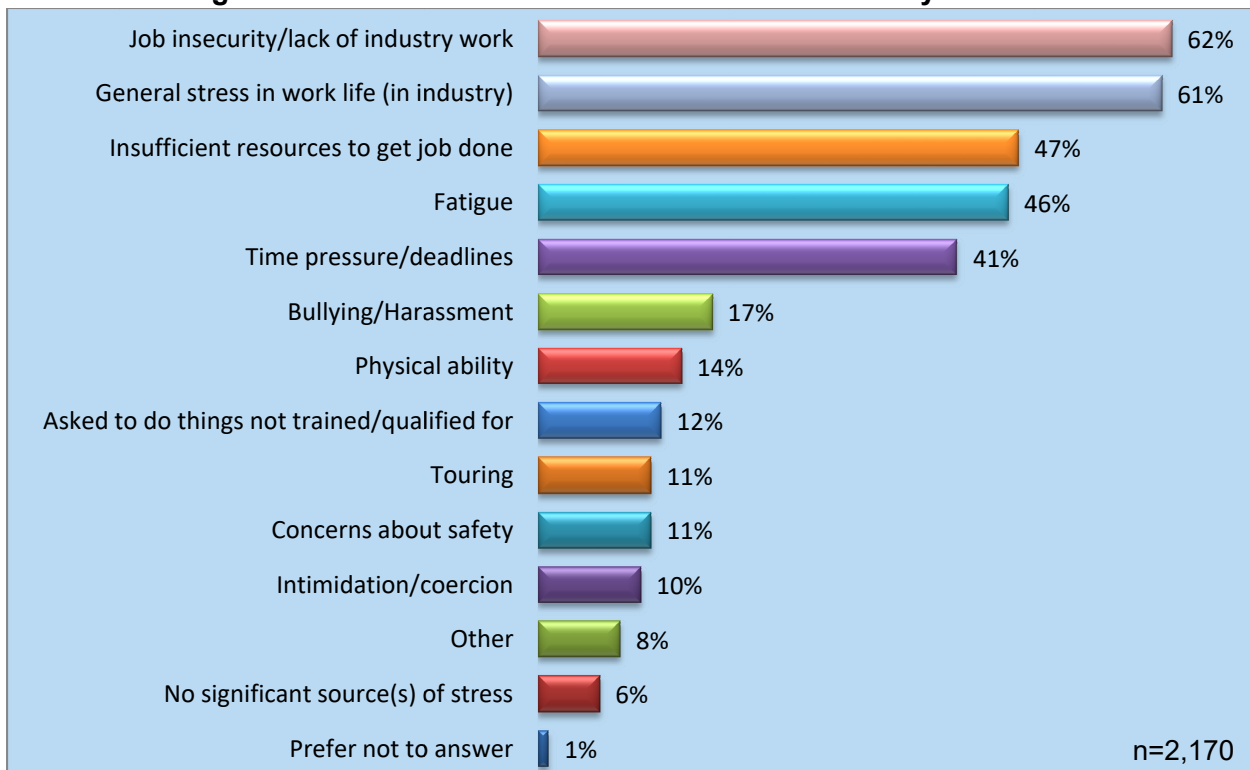
[Q37. To what extent has performance anxiety ("stage fright") impacted your career?]

Sub-groups more likely to report that stage fright had a lot or extremely impacted their careers:

- Not unexpectedly a greater proportion of actors (25%), singers (32%) and dancers (43%) vs. directors/choreographers/fight directors (14%); stage managers (19%);
- Females (28%) vs. males (21%).

Top significant industry stressors were *job insecurity* (62%) and *general stress* (61%).

### Significant Sources of Stress in Performance Industry Work Life



**[Q38. Which of the following are the most significant sources of stress in your performance industry work life?]**  
Multiple mentions allowed, will not add to 100%.

Stage managers were more likely than other disciplines to report a range of industry stressors as significant sources of stress.

## Significant Sources of Stress in Performance Industry Work Life by Discipline

Source of Stress	Actor n=1,417	Singer n=171	Dancer n=48	DCFD n=233	SM n=285
Job insecurity/lack of industry work	67%	68%	31%	47%	49%
General stress in work life (in industry)	59%	54%	73%	58%	79%
Insufficient resources to get job done	41%	37%	27%	64%	70%
Fatigue	42%	36%	52%	54%	67%
Time pressure/deadlines	37%	32%	21%	57%	56%
Bullying/Harassment	16%	13%	17%	17%	24%
Physical ability	16%	12%	33%	8%	8%
Being asked to do things not trained/qualified for	12%	5%	6%	9%	21%
Touring	11%	8%	4%	6%	17%
Concerns about safety	10%	4%	8%	7%	21%
Intimidation/coercion	9%	9%	15%	12%	14%
Other	9%	6%	6%	7%	8%
No significant source(s) of stress	6%	8%	4%	6%	2%
Prefer not to answer	1%	1%	--	<1%	--

*[Q38. Which of the following are the most significant sources of stress in your performance industry work life?]  
 Yellow cells = significantly higher values; blue cells = significantly lower values; -- denotes value not selected.*

Those younger than 56 years of age and females were more likely to report numerous industry stressors as more significant sources of stress than others in their sub-group.

Significantly fewer respondents aged 66 or older selected **job insecurity/lack of industry work**, **general industry stress** or **insufficient resources to get job done** as major sources of stress than younger respondents.



# MENTAL HEALTH & IMPACT OF STRESS

**Significant Sources of Stress in Performance Industry Work Life by Age, Gender**

Source of Stress	<36 yrs n=632	36-55 yrs n=402	56-65 yrs n=376	66+ yrs n=296	Female n=1,256	Male n=882	Trans/Non- binary n=18*
Job insecurity/lack of industry work	72%	68%	53%	41%	64%	59%	11
General stress in work life (in industry)	76%	68%	52%	35%	64%	57%	14
Insufficient resources to get job done	57%	52%	39%	29%	51%	41%	12
Fatigue	59%	52%	35%	31%	52%	39%	14
Time pressure/deadlines	41%	43%	38%	33%	42%	38%	14
Bullying/Harassment	20%	17%	13%	13%	20%	13%	4
Physical ability	17%	11%	14%	21%	14%	15%	5
Being asked to do things not trained/qualified for	15%	11%	8%	15%	13%	12%	2
Touring	13%	15%	7%	7%	12%	9%	8
Concerns about safety	14%	12%	7%	9%	12%	9%	2
Intimidation/coercion	13%	11%	5%	7%	11%	9%	1
Other	8%	9%	7%	7%	9%	7%	2
No significant source(s) of stress	1%	3%	9%	17%	4%	8%	--
Prefer not to answer	<1%	1%	1%	2%	1%	<1%	--

**[Q38. Which of the following are the most significant sources of stress in your performance industry work life?]**  
 \*Trans/Non-binary base size too low to report proportions; actual number responding shown.  
 Yellow cells = significantly higher values; blue cells = significantly lower values; -- denotes value not selected

Those who identify as BIPOC were more likely to report numerous industry stressors as more significant sources of stress than White respondents.



# MENTAL HEALTH & IMPACT OF STRESS

## Significant Sources of Stress in Performance Industry Work Life by Racial Identity, Disability

Source of Stress	BIPOC n=346	White n=1,778	D/deaf/ PWD n=68	Non- Disabled n=2,078
Job insecurity/lack of industry work	60%	62%	53%	62%
General stress in work life (in industry)	69%	60%	44%	62%
Insufficient resources to get job done	48%	47%	38%	47%
Fatigue	54%	45%	44%	47%
Time pressure/deadlines	42%	41%	41%	41%
Bullying/Harassment	21%	16%	22%	17%
Physical ability	17%	14%	37%	13%
Being asked to do things not trained/qualified for	15%	12%	12%	12%
Touring	13%	11%	7%	11%
Concerns about safety	15%	10%	12%	11%
Intimidation/coercion	14%	9%	9%	10%
Other	9%	8%	9%	8%
No significant source(s) of stress	4%	6%	12%	5%
Prefer not to answer	<1%	1%	3%	1%

*[Q38. Which of the following are the most significant sources of stress in your performance industry work life?]*  
*Yellow cells = significantly higher values. – denotes value not selected.*



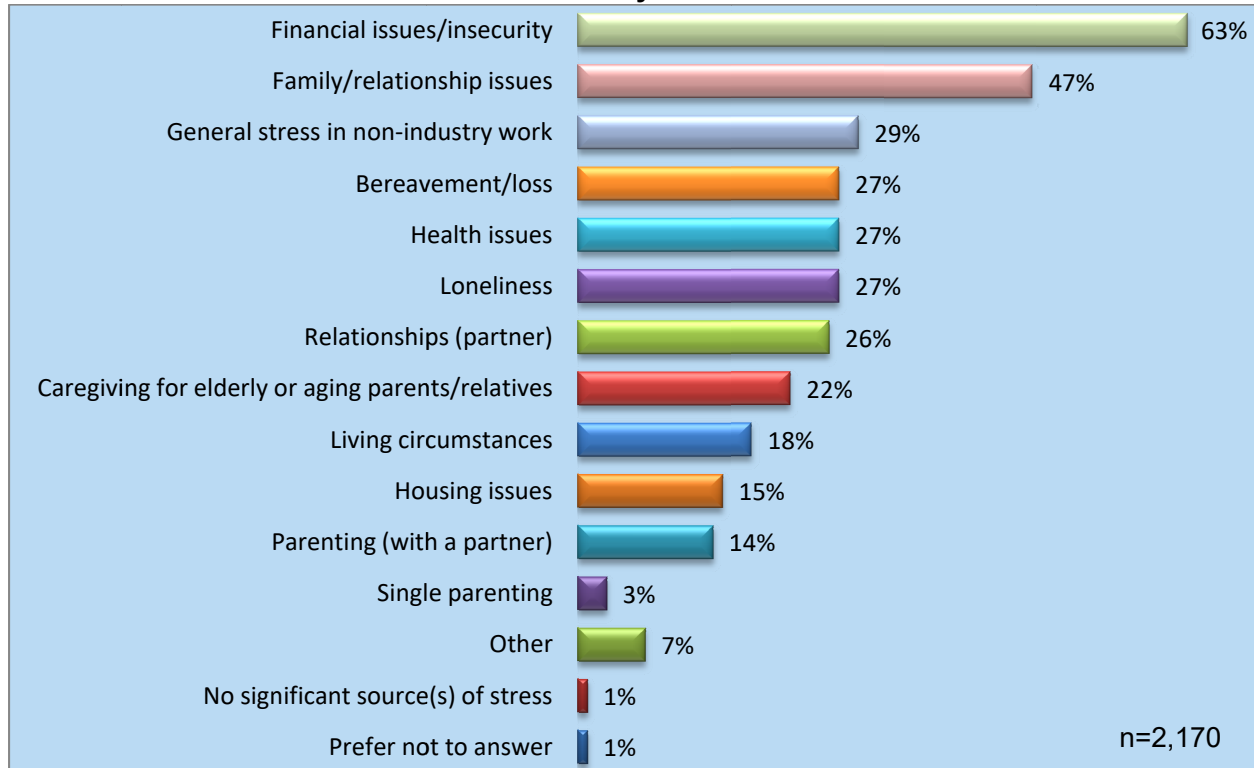
# MENTAL HEALTH & IMPACT OF STRESS

Respondents were more likely to indicate they experienced a high level of stress about **job security**, **insufficient resources** and **general industry stress** than for other industry stressors (rating of 4 or more, where 1 is not too stressful and 5 is very stressful).

**Stressfulness Scale for Select Industry Stressors**

Source of Stress	Not too Stressful	2	3	4	Very Stressful	Prefer not to answer
Job insecurity/lack of industry work (n=1,341)	2%	8%	19%	25%	45%	2%
General stress in work life (in industry) (n=1,330)	5%	17%	36%	29%	14%	<1%
Insufficient resources to get job done (n=1,019)	3%	13%	27%	28%	29%	1%
Fatigue (n=1,009)	6%	19%	31%	23%	20%	1%
Time pressure/deadlines (n=886)	5%	14%	33%	29%	19%	1%
Bullying/Harassment (n=370)	8%	17%	21%	21%	31%	3%
Physical ability (n=339)	13%	17%	29%	23%	16%	1%
Being asked to do things not trained/qualified for (n=264)	8%	16%	29%	21%	24%	1%
Touring (n=237)	9%	15%	32%	27%	14%	3%
Concerns about safety (n=231)	10%	23%	33%	19%	14%	2%
Intimidation/coercion (n=223)	6%	13%	30%	26%	22%	3%
<i>[Q38B. Using a scale of 1 to 5 with 1 being not too stressful and 5 being very stressful, please indicate the level of stress you experience in your performance industry work life as a result of each of these sources of stress?]</i>						

## Non-Industry Stressors



**[Q39. Which of the following non-industry factors have been the most significant sources of stress in your personal life?]**  
 Multiple mentions allowed, will not add to 100%.



# MENTAL HEALTH & IMPACT OF STRESS

Respondents were more likely to indicate they experienced a high level of stress about financial issues/insecurity, loneliness, and general non-industry stress than for other industry stressors (rating of 4 or more, where 1 is not too stressful and 5 is very stressful).

**Stressfulness Scale for Select Non-Industry Stressors**

Source of Stress	Not too Stressful	2	3	4	Very Stressful	Prefer not to answer
Financial issues/insecurity (n=1,370)	2%	9%	23%	26%	38%	1%
Family/relationship issues (n=1,027)	6%	18%	33%	27%	17%	1%
General stress in non-industry work (n=630)	4%	15%	38%	26%	15%	1%
Bereavement/loss (n=593)	5%	12%	26%	22%	34%	1%
Health issues (n=591)	4%	13%	31%	28%	25%	0%
Loneliness (n=586)	5%	16%	31%	25%	20%	1%
Relationships (partner) (n=575)	6%	18%	24%	26%	24%	2%
Caregiving for elderly or aging parents/relatives (n=484)	6%	14%	24%	28%	26%	2%
Living circumstances (n=380)	7%	18%	33%	23%	19%	0%
Housing issues (n=327)	7%	15%	25%	22%	29%	1%
Parenting (with a partner) (n=310)	7%	18%	35%	25%	13%	3%
Single parenting (n=69)	12%	7%	28%	28%	17%	9%
<p><i>[Q39B. Using a scale of 1 to 5 with 1 being not too stressful and 5 being very stressful, please indicate the level of stress you experience in your personal life as a result of each of these sources of stress?]</i></p>						

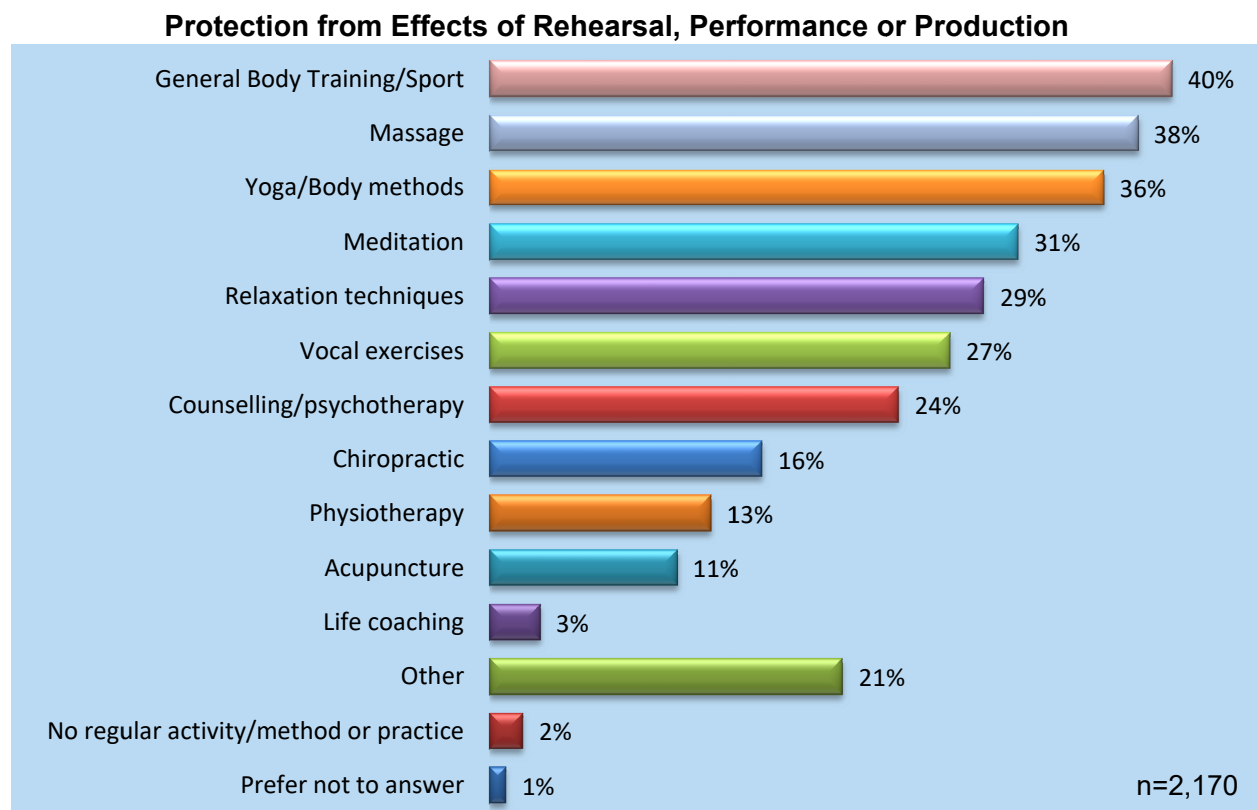


# MANAGING PRACTICE & ACCESSING SUPPORT

## F. MANAGING PRACTICE & ACCESSING SUPPORT

Respondents were asked about activities and legal substances they may use to protect from the physical, emotional or psychological impact of work. This also included questions about warm-up or cool down routines. Respondents were then asked whether they had received professional support for a mental health issue including depression and what types of supports they had accessed. Finally, respondents were asked whether they received reimbursement from Equity's insurance plan for any supports, along with any difficulties or barriers faced when accessing support for mental health issues.

Top activities used to offset physical, emotional or psychological effects of rehearsal, performance or production were **general body training/sports, massage, and yoga/body methods**.



*[Q42. Which of these activities do you use regularly (e.g., at least once a week over two months) as a method to protect yourself from the physical, emotional or psychological effects of rehearsal, performance or production?]  
Multiple mentions allowed, will not add to 100%.*

**General body training/sports, massage, and yoga/body methods** were the top mentions across all subgroups except for stage managers, who ranked **other** as their top choice.



# MANAGING PRACTICE & ACCESSING SUPPORT

Dancers were more likely to choose **massage**, **physiotherapy**, and **acupuncture** than other disciplines.

Not unexpectedly, singers and actors were more likely to choose **vocal exercises** to protect themselves from the physical, emotional or psychological effects of rehearsal, performance or production than other disciplines.

**Protection from Adverse Effects of Industry Work by Discipline**

Activities Used	Actor n=1,417	Singer n=171	Dancer n=48	DCFD n=233	SM n=285
General body training/sport	44%	35%	50%	36%	24%
Massage	39%	33%	50%	37%	34%
Yoga/body methods	39%	36%	33%	33%	27%
Meditation	35%	26%	27%	26%	20%
Relaxation techniques	33%	28%	21%	24%	20%
Vocal exercises	32%	52%	2%	12%	1%
Counselling/psychotherapy	26%	20%	15%	22%	15%
Chiropractic	17%	15%	15%	18%	11%
Physiotherapy	14%	9%	52%	12%	6%
Acupuncture	11%	9%	27%	10%	7%
Life coaching	4%	2%	4%	3%	0%
Other	18%	17%	12%	23%	35%
No regular activity/method or practice	3%	2%	--	3%	2%
Prefer not to answer	1%	--	--	<1%	<1%

[Q42. Which of these activities do you use regularly (e.g., at least once a week over two months) as a method to protect yourself from the physical, emotional or psychological effects of rehearsal, performance or production?]

Yellow cells = significantly higher values; blue cells = significantly lower values; -- denotes value not selected.



# MANAGING PRACTICE & ACCESSING SUPPORT

## Protection from Adverse Effects of Industry Work by Age, Gender

Activities Used	<36 yrs n=632	36-55 yrs n=402	56-65 yrs n=376	66+ yrs n=296	Female n=1,256	Male n=882	Trans/Non- binary n=18*
General body training/sport	42%	41%	42%	31%	37%	44%	4
Massage	42%	45%	30%	21%	44%	29%	7
Yoga/body methods	41%	40%	30%	26%	46%	22%	8
Meditation	31%	36%	30%	27%	34%	27%	6
Relaxation techniques	30%	27%	33%	28%	32%	26%	5
Vocal exercises	30%	29%	26%	35%	28%	25%	6
Counselling/psychotherapy	28%	28%	19%	15%	27%	18%	7
Chiropractic	13%	18%	18%	14%	18%	13%	5
Physiotherapy	15%	14%	10%	14%	14%	12%	4
Acupuncture	9%	14%	11%	8%	14%	6%	4
Life coaching	3%	5%	2%	1%	4%	2%	1
Other	15%	23%	25%	27%	21%	24%	4
No regular activity/method or practice	3%	1%	3%	2%	3%	2%	1
Prefer not to answer	<1%	<1%	1%	2%	1%	1%	--

**[Q42. Which of these activities do you use regularly (e.g., at least once a week over two months) as a method to protect yourself from the physical, emotional or psychological effects of rehearsal, performance or production?]**  
 \*Trans/Non-binary base size is too low to report proportions; actual number responding shown.  
 Yellow cells = significantly higher values; blue cells = significantly lower values; -- denotes value not selected.



# MANAGING PRACTICE & ACCESSING SUPPORT

BIPOC respondents were more likely to choose **massage, meditation, relaxation techniques, counselling/psychotherapy, acupuncture**, and **life coaching** than White respondents.

A greater proportion of those who identify as D/deaf or Persons with a disability selected **meditation** as the top method for protecting themselves from demands of work.

**Protection from Adverse Effects of Industry Work  
by Racial Identity, Disability**

Activities Used	BIPOC n=346	White n=1,778	D/deaf/ PWD n=68	Non- Disabled n=2,078
General body training/sport	41%	39%	31%	40%
Massage	50%	35%	31%	38%
Yoga/body methods	40%	36%	26%	37%
Meditation	40%	29%	40%	31%
Relaxation techniques	36%	28%	34%	29%
Vocal exercises	32%	26%	29%	27%
Counselling/psychotherapy	28%	23%	29%	23%
Chiropractic	16%	16%	16%	16%
Physiotherapy	16%	12%	19%	13%
Acupuncture	15%	10%	9%	11%
Life coaching	5%	3%	--	3%
Other	17%	23%	29%	21%
No regular activity/method or practice	2%	2%	4%	2%
Prefer not to answer	<1%	1%	--	1%

*[Q42. Which of these activities do you use regularly (e.g., at least once a week over two months) as a method to protect yourself from the physical, emotional or psychological effects of rehearsal, performance or production?]*

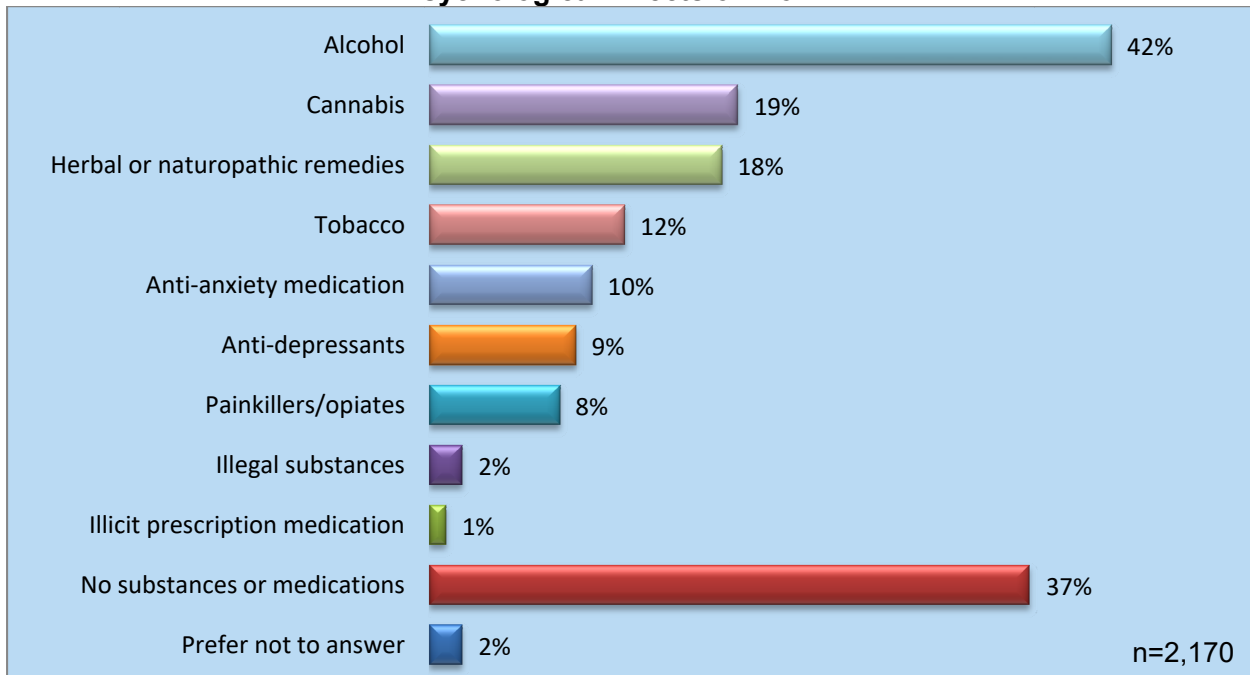
*Yellow cells = significantly higher values. -- denotes value not selected.*



# MANAGING PRACTICE & ACCESSING SUPPORT

Alcohol was used more frequently than any other legal substance to deal with physical, emotional or psychological effects of rehearsal, performance or production.

## Substances Used As A Result Of Challenges Related to Physical, Emotional or Psychological Effects of Work



**[Q43. Which of these substances have you ever used, specifically as a result of challenges related to the physical or psychological effects of rehearsal, performance or production?]**  
*Multiple mentions allowed, will not add to 100%.*

Stage managers were more likely to indicate they use **alcohol** or **cannabis** to protect themselves from physical, emotional, or psychological impact of work than other disciplines.

Dancers were more likely to indicate they use **painkillers or opiates** to protect themselves from physical, emotional, or psychological impact of work than other disciplines.

Singers were more likely to indicate they did not use substances or medications to protect themselves from physical, emotional, or psychological impact of work than other disciplines.



# MANAGING PRACTICE & ACCESSING SUPPORT

## Protecting from Physical, Emotional, Psychological Impact of Work by Discipline

Substances Used	Actor n=1,417	Singer n=171	Dancer n=48	DCFD n=233	SM n=285
Alcohol	41%	40%	25%	42%	53%
Cannabis	20%	15%	8%	13%	23%
Herbal or naturopathic remedies	19%	17%	21%	18%	16%
Tobacco	12%	5%	10%	14%	17%
Anti-anxiety medication	9%	12%	8%	9%	13%
Anti-depressants	9%	8%	6%	9%	11%
Painkillers/opiates	8%	5%	21%	7%	8%
Illegal substances	3%	1%	--	3%	2%
Illicit prescription medication	1%	--	2%	<1%	1%
No substances or medications	38%	44%	40%	37%	30%
Prefer not to answer	2%	1%	2%	--	<1%

*[Q43. Which of these substances have you ever used, specifically as a result of challenges related to the physical or psychological effects of rehearsal, performance or production?]*  
 Yellow cells = significantly higher values; blue cells = significantly lower values. -- denotes value not selected.

Those younger than 56 years were more likely to indicate they use **alcohol**, **cannabis**, **herbal or naturopathic remedies** or **tobacco** to protect themselves from physical, emotional, or psychological impact of work.

Those 56 years or older were more likely to indicate they did not use substances or medications to protect themselves from physical, emotional, or psychological impact of work.

Females were more likely to indicate they use **herbal or naturopathic remedies**, **anti-anxiety medication** or **painkillers/opiates** to protect themselves from physical, emotional, or psychological impact of work.

Males were more likely to indicate they use **cannabis**, **tobacco** or **illegal substances** to protect themselves from physical, emotional, or psychological impact of work.



# MANAGING PRACTICE & ACCESSING SUPPORT

## Protecting from Physical, Emotional, Psychological Impact of Work by Age, Gender

Substances Used	<36 yrs n=632	36-55 yrs n=402	56-65 yrs n=376	66+ yrs n=296	Female n=1,256	Male n=882	Trans/Non- binary n=18*
Alcohol	53%	50%	35%	25%	43%	40%	12
Cannabis	31%	22%	11%	9%	17%	21%	14
Herbal or naturopathic remedies	21%	20%	14%	13%	23%	11%	4
Tobacco	13%	13%	14%	9%	11%	14%	3
Anti-anxiety medication	10%	8%	11%	6%	11%	7%	3
Anti-depressants	7%	10%	11%	10%	10%	8%	2
Painkillers/opiates	10%	9%	7%	7%	9%	7%	2
Illegal substances	3%	2%	1%	3%	1%	4%	2
Illicit prescription medication	2%	<1%	1%	--	1%	1%	--
No substances or medications	28%	33%	44%	52%	34%	43%	2
Prefer not to answer	1%	1%	1%	2%	2%	1%	--

**[Q43. Which of these substances have you ever used, specifically as a result of challenges related to the physical or psychological effects of rehearsal, performance or production?]**  
 \*Trans/Non-binary base size is too low to report proportions; actual number responding shown.  
 Yellow cells = significantly higher values; blue cells = significantly lower values. -- denotes value not selected.



# MANAGING PRACTICE & ACCESSING SUPPORT

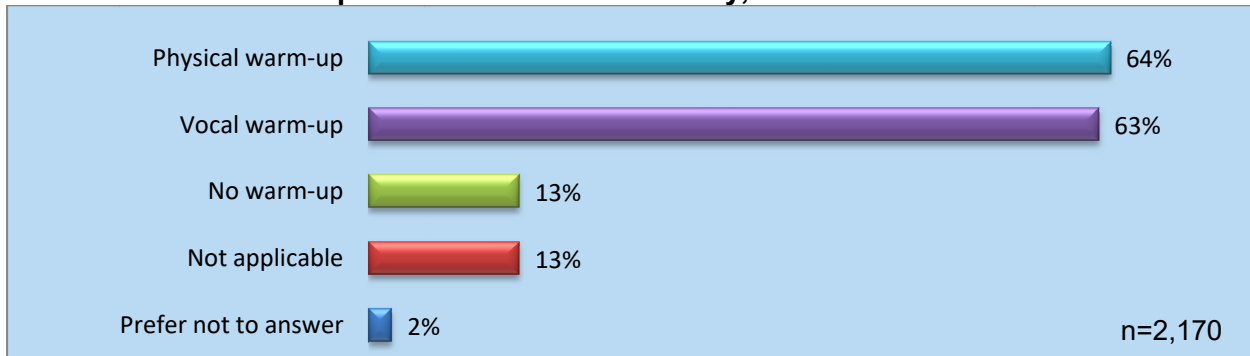
## Protecting from Physical, Emotional, Psychological Impact of Work by Racial Identity, Disability

Substances Used	BIPOC n=346	White n=1,778	D/deaf/ PWD n=68	Non-disabled n=2,078
Alcohol	43%	42%	37%	42%
Cannabis	25%	18%	19%	19%
Herbal or naturopathic remedies	21%	18%	24%	18%
Tobacco	13%	12%	12%	12%
Anti-anxiety medication	8%	10%	16%	9%
Anti-depressants	5%	10%	16%	9%
Painkillers/opiates	9%	8%	18%	8%
Illegal substances	2%	2%	6%	2%
Illicit prescription medication	1%	1%	--	1%
No substances or medications	35%	38%	29%	38%
Prefer not to answer	1%	1%	3%	1%

*[Q43. Which of these substances have you ever used, specifically as a result of challenges related to the physical or psychological effects of rehearsal, performance or production?]*  
 Yellow cells = significantly higher values. -- denotes value not selected.

Not surprisingly, the majority of respondents indicated that they have a regular warm up routine.

### Use of a Warm-Up Routine Prior to a Workday, Rehearsal or Performance

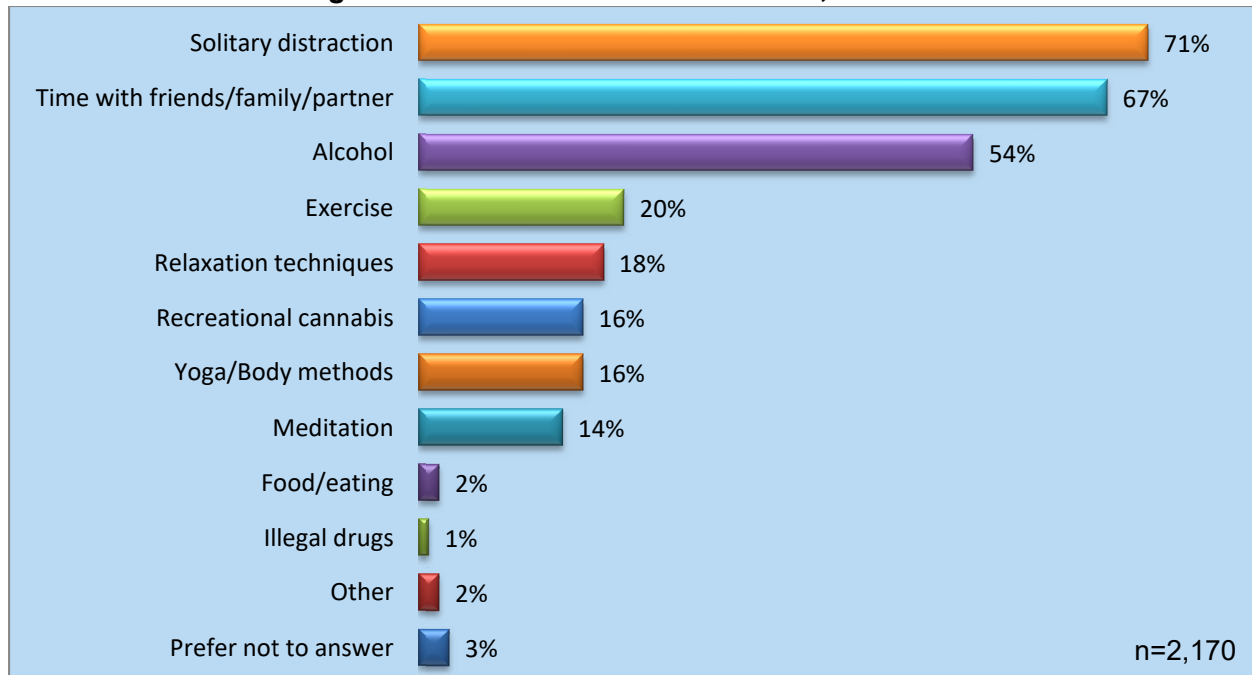


*[Q44. Do you regularly use a warm-up routine prior to a workday, rehearsal or performance?]*  
 Multiple mentions allowed, will not add to 100%.



# MANAGING PRACTICE & ACCESSING SUPPORT

## Activities/ Legal Substances Used to Cool Down, Relax or “Let Go”



*[Q45. Which of any of the following do you do/use to cool down, relax or “let go” AFTER performing an emotionally/psychologically/physically demanding role or after a challenging workday?]*

*Multiple mentions allowed, will not add to 100.*

Actors and stage managers were more likely to choose **recreational cannabis** as means to cool down, relax or “let go” after performing an emotionally/psychologically/physically demanding role or after a challenging workday.



# MANAGING PRACTICE & ACCESSING SUPPORT

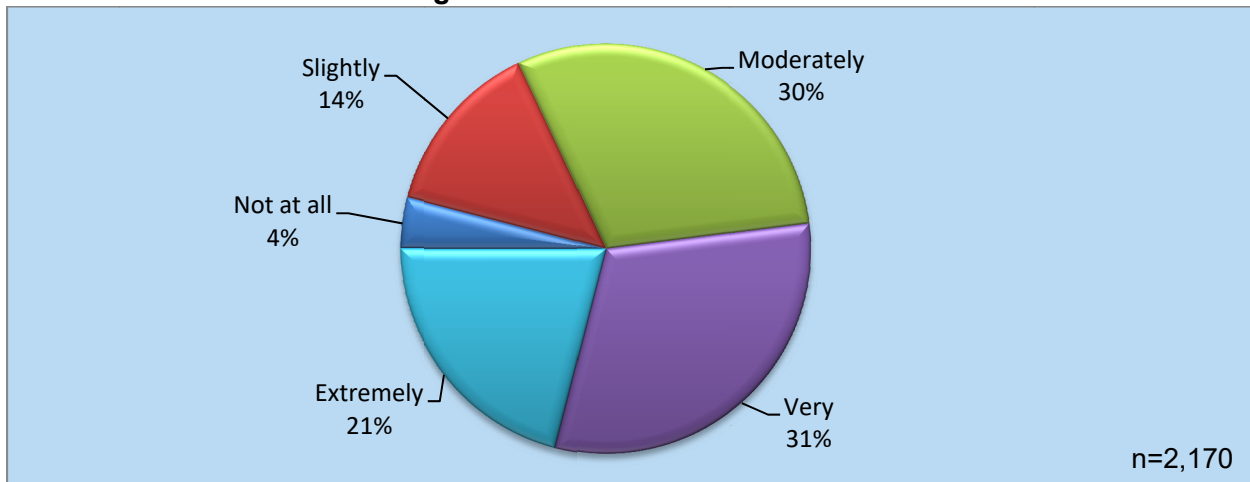
## Activities/ Legal Substances Used to Cool Down, Relax or “Let Go” by Discipline

Substances Used	Actor n=1,417	Singer n=171	Dancer n=48	DCFD n=233	SM n=285
Solitary distraction	71%	71%	71%	67%	75%
Time with friends/family/partner	66%	68%	79%	65%	68%
Alcohol	54%	52%	54%	55%	55%
Exercise	19%	20%	10%	22%	20%
Relaxation techniques	20%	15%	19%	12%	14%
Recreational cannabis	18%	12%	6%	12%	17%
Yoga/body methods	17%	13%	13%	17%	14%
Meditation	15%	12%	15%	12%	11%
Food/eating	2%	2%	--	3%	1%
Illegal drugs	1%	--	--	--	1%
Other	2%	1%	4%	2%	1%
Prefer not to answer	2%	2%	--	3%	2%

*[Q45. Which of any of the following do you do/use to cool down, relax or “let go” AFTER performing an emotionally/psychologically/physically demanding role or after a challenging workday?]*  
 Yellow cells = significantly higher values. -- denotes value not selected.

82% of respondents indicate that they feel **moderately** to **extremely** comfortable talking to someone about their emotional wellness.

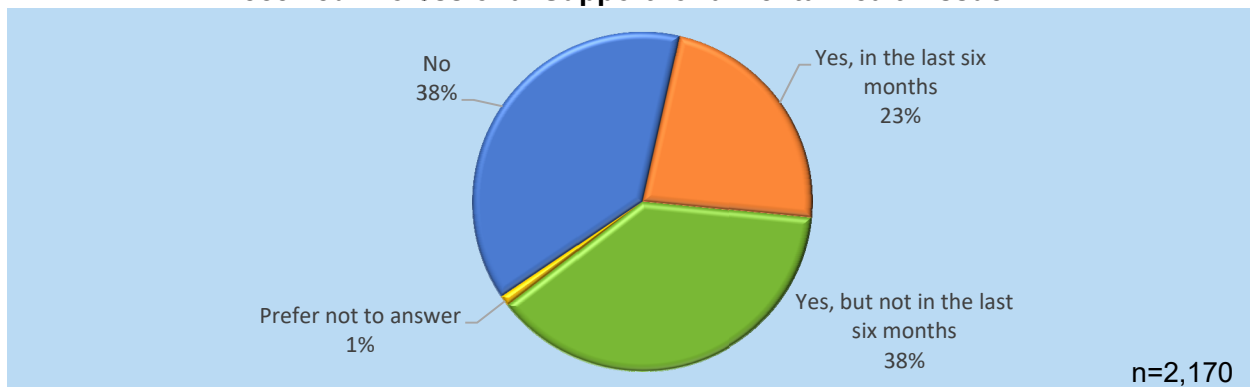
## Comfort Level Talking To Someone about Your Emotional Wellness



[Q46. To what degree do you feel comfortable talking to someone (family member, friend, colleague) about your emotional wellness?]

61% of respondents have received *professional support* for a mental health issue.

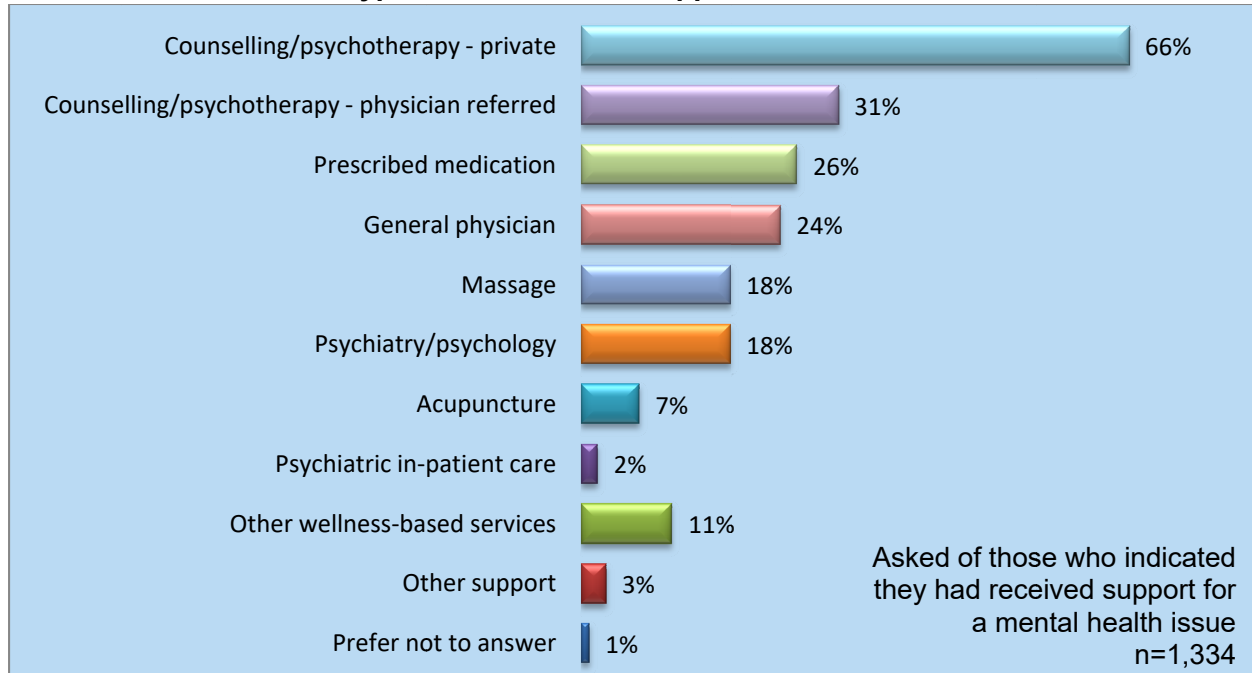
## Received Professional Support for a Mental health Issue



[Q47. Have you ever received professional support for a mental health issue?]

Counselling/psychotherapy – private (66%) and physician referred (31%) were the professional supports most frequently accessed.

## Type of Professional Support Received



[Q48. What type of professional support did you receive?]

Multiple mentions allowed, will not add to 100%.

Results across sub-groups were consistent with the Total except for:

- **Prescribed medication** ranked 2<sup>nd</sup> most used support by stage managers, and those under 36 years of age; and
- **Physician referred counselling/psychotherapy** and **prescribed medication** tied as 2<sup>nd</sup> most used support by those who identify as D/deaf or Persons with a disability.

**Type of Professional Support Received by Discipline**

Support Used	Actor n=919	Singer n=99	Dancer n=20	DCFD n=136	SM n=156
Counselling/psychotherapy - private	67%	58%	55%	65%	65%
Counselling/psychotherapy - physician referred	31%	33%	30%	32%	25%
Prescribed medication	24%	29%	20%	26%	34%
General physician	22%	30%	20%	26%	27%
Massage	19%	14%	--	18%	17%
Psychiatry/psychology	18%	20%	20%	13%	14%
Acupuncture	7%	5%	--	7%	4%
Psychiatric in-patient care	2%	2%	--	--	1%
Other wellness-based services	12%	9%	10%	9%	7%
Other support	4%	3%	--	4%	1%
Prefer not to answer	<1%	1%	--	1%	2%
<p><i>[Q48. What type of professional support did you receive?]</i>            -- denotes value not selected.</p>					

Those younger than 56 years were more likely to use **private counselling/psychotherapy** support than older respondents.

Those 56 years or older were more likely to use **physician referred counselling/psychotherapy** support than younger respondents.

Females were more likely to **massage, acupuncture, or other wellness-based services** than males.



# MANAGING PRACTICE & ACCESSING SUPPORT

**Type of Professional Support Received by Age, Gender**

Support Used	<36 yrs n=388	36-55 yrs n=253	56-65 yrs n=243	66+ yrs n=167	Female n=848	Male n=467	Trans/Non- binary n=13*
Counselling/psychotherapy - private	76%	71%	60%	51%	67%	65%	9
Counselling/psychotherapy - physician referred	23%	28%	38%	40%	30%	32%	5
Prescribed medication	24%	24%	28%	26%	25%	27%	5
General physician	20%	26%	27%	24%	23%	24%	3
Massage	18%	21%	16%	17%	22%	12%	4
Psychiatry/psychology	14%	18%	18%	23%	16%	19%	6
Acupuncture	5%	9%	6%	8%	8%	4%	1
Psychiatric in-patient care	2%	2%	1%	1%	2%	1%	2
Other wellness-based services	7%	13%	12%	13%	13%	6%	--
Other support	2%	4%	2%	5%	3%	3%	1
Prefer not to answer	1%	1%	--	1%	2%	1%	--

**[Q48. What type of professional support did you receive?]**  
 \*Trans/Non-binary base size is too low to report proportions; actual number responding shown.  
 Yellow cells = significantly higher values. -- denotes value not selected.

Those who identified as BIPOC were more likely to use **physician referred counselling/psychotherapy** support than White respondents.

Those who identified as White were more likely to use **prescribed medication** or a general physician than those who identified as BIPOC.

Those who identified as D/deaf or Persons with a disability were more likely to use **prescribed medication** than Non-disabled respondents.

Non-disabled respondents were more likely to use **massage** than those who identified as D/deaf or Persons with a disability.



# MANAGING PRACTICE & ACCESSING SUPPORT

**Type of Professional Support Received  
by Racial Identity, Disability**

Support Used	BIPOC n=346	White n=1,093	D/deaf/ PWD n=43	Non- disabled n=1,276
Counselling/psychotherapy - private	73%	65%	58%	67%
Counselling/psychotherapy - physician referred	27%	32%	42%	30%
Prescribed medication	20%	27%	42%	25%
General physician	20%	25%	37%	23%
Massage	23%	17%	9%	18%
Psychiatry/psychology	19%	17%	19%	17%
Acupuncture	10%	6%	5%	7%
Psychiatric in-patient care	1%	2%	5%	1%
Other wellness-based services	9%	11%	7%	11%
Other support	4%	3%	7%	3%
Prefer not to answer	--	1%	--	1%

**[Q48. What type of professional support did you receive?]**  
 \*Trans/Non-binary base size too low to report proportions; actual number responding shown.  
 Yellow cells = significantly higher values. -- denotes value not selected.

Professional supports selected as most helpful were **counselling/psychotherapy** (both private and physician referred), **prescribed medication**, **psychiatry/psychology**, and **other wellness based services**. **Psychiatric in-patient care** was selected as least helpful.

## Helpfulness Scale for Professional Support Received

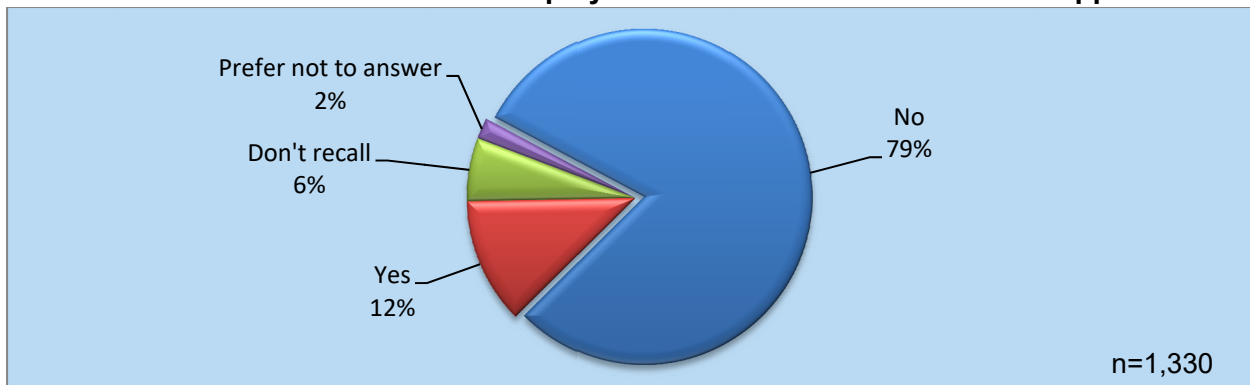
Source of Stress	Least Helpful	2	3	4	Most Helpful	Prefer not to answer
Counselling/psychotherapy – private (n=878)	4%	7%	18%	26%	44%	1%
Counselling/psychotherapy – physician referred (n=410)	10%	11%	24%	20%	32%	1%
Prescribed medication (n=344)	10%	9%	26%	24%	28%	2%
General physician (n=315)	9%	22%	34%	22%	12%	2%
Massage (n=242)	1%	6%	22%	33%	28%	10%
Psychiatry/psychology (n=234)	7%	11%	24%	22%	34%	2%
Acupuncture (n=87)	1%	5%	20%	32%	29%	14%
Psychiatric in-patient care (n=21)*	24%	14%	14%	19%	19%	10%
Other wellness-based services (n=96)	2%	2%	10%	22%	49%	15%
Other support (n=43)	2%	9%	26%	58%	5%	2%

*[Q48B. Using a scale of 1 to 5 with 1 being least helpful and 5 being most helpful, please indicate extent to which each type of professional support you received was in addressing your issue.]*

*\*Small base; interpret with caution. -- denotes value not selected.*

The majority of respondents receiving professional support did *not* receive reimbursement from Equity's insurance plan.

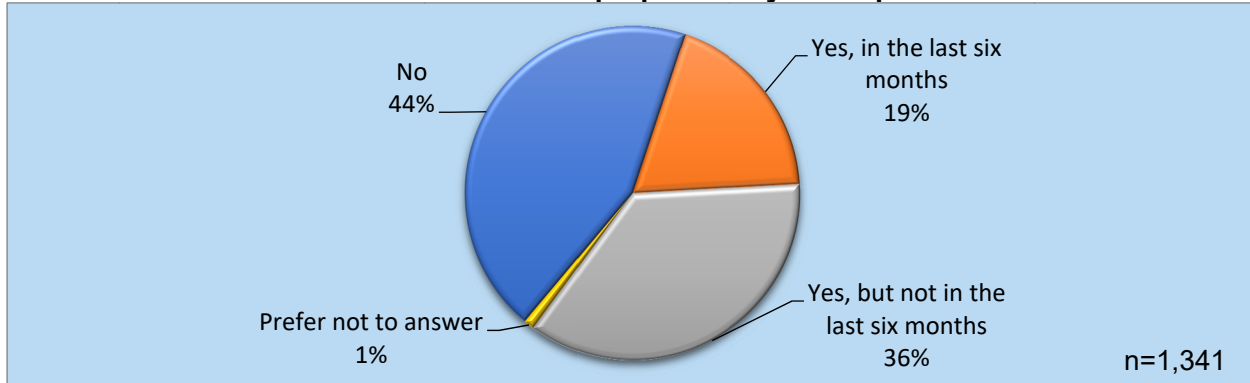
## Received Reimbursement from Equity's Insurance Plan Professional Support



*[Q48C. Did you receive reimbursement from Equity's insurance plan for the type of professional support you received?]*

55% of respondents receiving **professional support** said it was for **depression**.

### Received Professional Help Specifically for Depression



[Q49. Have you ever received professional help specifically for depression?]

Among sub-groups, those 55 years or younger were more likely to say they had received professional help for depression in the last six months; while those 56 years or older were more likely to say they had received professional help for depression but not in the last six months.

### Received Professional Help Specifically For Depression by Discipline

	Actor n=925	Singer n=100	Dancer n=20*	DCFD n=137	SM n=156
Yes, in the last six months	20%	19%	3	15%	17%
Yes, but not in the last six months	37%	29%	7	36%	37%
No	42%	51%	10	50%	44%
Prefer not to answer	1%	1%	--	--	1%

### Received Professional Help Specifically For Depression by Age, Gender

	<36 yrs n=384	36-55 yrs n=251	56-65 yrs n=246	66+ yrs n=175	Female n=848	Male n=474	Trans/Non- binary n=13*
Yes, in the last six months	26%	22%	9%	9%	19%	18%	4
Yes, but not in the last six months	30%	32%	43%	46%	35%	37%	7
No	43%	45%	48%	43%	45%	44%	2
Prefer not to answer	<1%	1%	1%	2%	1%	1%	--

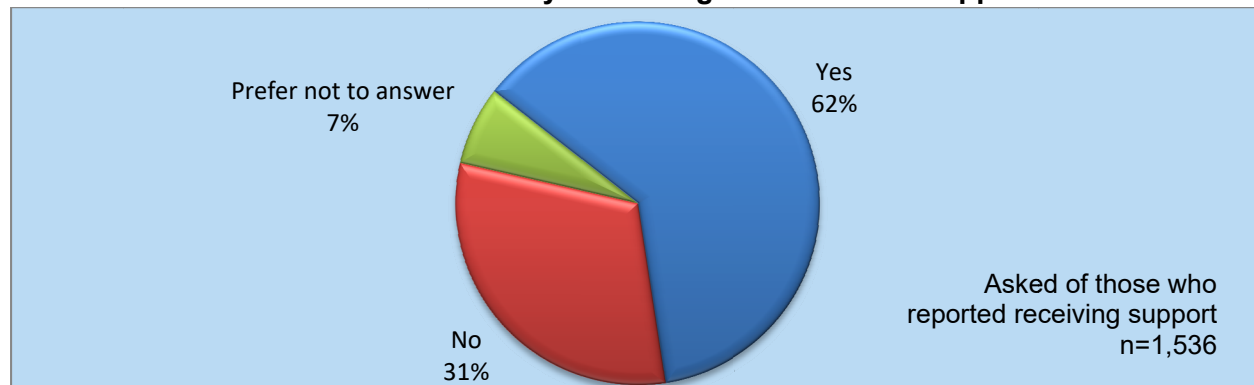


# MANAGING PRACTICE & ACCESSING SUPPORT

Received Professional Help Specifically For Depression by Racial Identity, Disability				
	BIPOC n=217	White n=1,100	D/deaf/ PWD n=44	Non disabled n=1,281
Yes, in the last six months	24%	18%	27%	18%
Yes, but not in the last six months	33%	37%	34%	36%
No	43%	45%	39%	45%
Prefer not to answer	<1%	1%	--	1%

**[Q49. Have you ever received professional help specifically for depression?]**  
*\*Dancer and Trans/Non-binary base sizes too low to report proportions; actual number responding shown.*  
**Yellow cells** = significantly higher values. -- denotes value not selected.

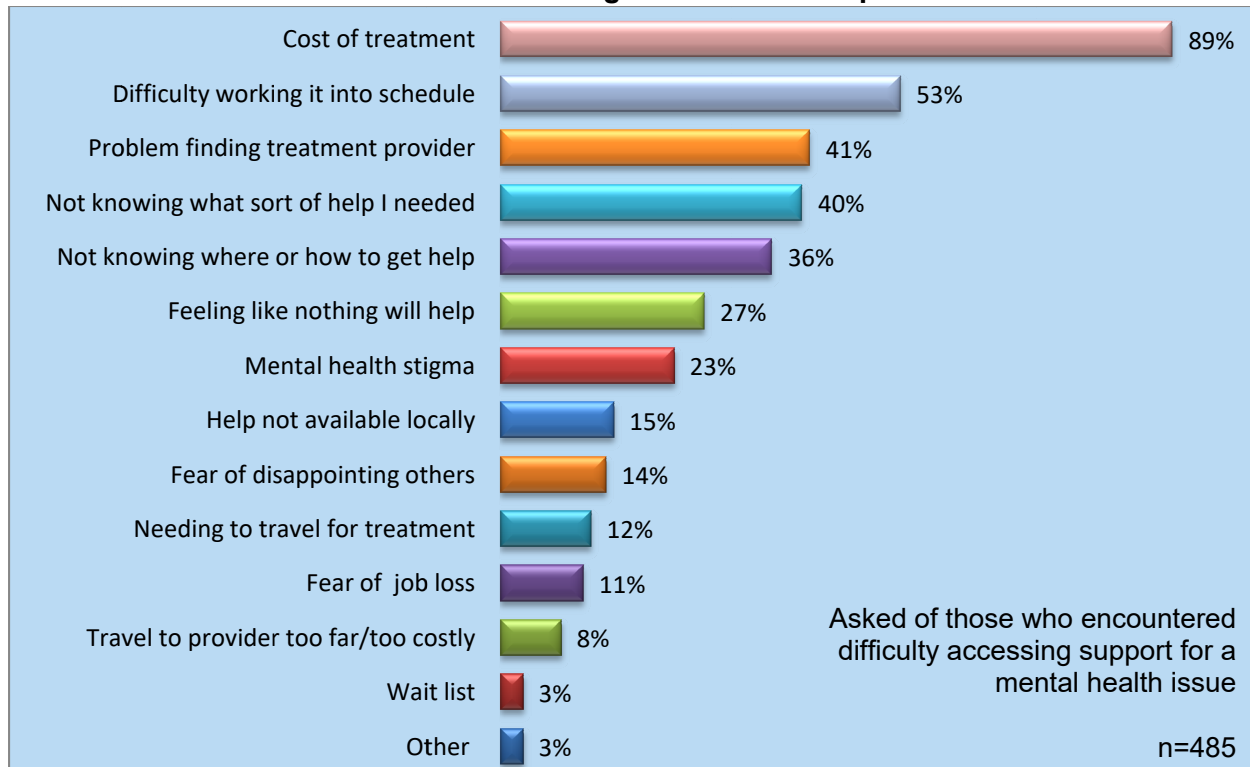
## Encountered Difficulty Accessing Mental Health Support



**[Q50. Did you encounter difficulty in trying to access support for any mental health issue?]**

The **cost of treatment** is the overwhelming #1 barrier to seeking professional help, followed by **difficulty working it into schedule** (as 2<sup>nd</sup> barrier), **problem finding treatment provider**, and **not knowing what sort of help I needed** (virtually tied for 3<sup>rd</sup>)

## Barriers to Seeking Professional Help



[Q51. What were some of the barriers that prevented you from seeking professional help?]

Multiple mentions allowed, will not add to 100%.

Results across sub-groups were consistent with the Total except for:

- **Not knowing where or how to get help** ranked 2<sup>nd</sup> and **not knowing what sort of help I needed** and **difficulty working it into my schedule** tied for 3<sup>rd</sup> barriers by singers; and
- Stage managers were more likely to say **difficulty working it into my schedule** was a barrier to seeking professional help than other disciplines.



# MANAGING PRACTICE & ACCESSING SUPPORT

**Barriers to Seeking Professional Help by Discipline**

Substances Used	Actor n=339	Singer n=30**	Dancer* n=7	DCFD n=43	SM n=63
Cost of treatment	90%	93%	6	81%	92%
Difficulty working it into my schedule	47%	50%	5	56%	81%
Problem finding treatment provider	41%	40%	1	44%	44%
Not knowing what sort of help I needed	40%	50%	6	28%	43%
Not knowing where or how to get help	34%	53%	4	37%	40%
Feeling like nothing will help	27%	40%	3	23%	22%
Mental health stigma	23%	30%	3	26%	14%
Help not available locally	14%	17%	1	19%	19%
Fear of disappointing others	15%	20%	2	14%	6%
Needing to travel for treatment	12%	13%	1	12%	11%
Fear of job loss	12%	10%	--	9%	13%
Travel to provider is too far/too costly	8%	3%	1	5%	10%
Wait list	4%	3%	--	--	--
Other	4%	3%	--	2%	3%

**[Q51. What were some of the barriers that prevented you from seeking professional help?]**  
 \*\*Low base; interpret with caution.  
 \*Dancer base size is too low to report proportions; actual number responding shown.  
 Yellow cells = significantly higher values. -- denotes value not selected.

Results across sub-groups were consistent with the Total except for:

- **Not knowing what sort of help I needed** ranked 3<sup>rd</sup> barrier by those under 36 years of age;
- Top barriers for those aged 66 and older were **problem finding treatment provider** and **not knowing what sort of help I needed** (tied as top barrier), and **not knowing where or how to get help** (ranked 3<sup>rd</sup>);
- **Not knowing what sort of help I needed** and **not knowing where or how to get help** tied as 3<sup>rd</sup> ranked barrier by males; and
- Males were also more likely to say **mental health stigma** was a barrier to seeking professional help than females.



# MANAGING PRACTICE & ACCESSING SUPPORT

## Barriers to Seeking Professional Help by Age, Gender

Substances Used	<36 yrs n=212	36-55 yrs n=101	56-65 yrs n=52	66+ yrs n=35**	Female n=327	Male n=143	Trans/Non- binary n=11*
Cost of treatment	96%	90%	85%	54%	90%	88%	9
Difficulty working it into my schedule	63%	55%	40%	14%	54%	48%	9
Problem finding treatment provider	35%	42%	54%	37%	42%	37%	8
Not knowing what sort of help I needed	46%	39%	21%	37%	38%	45%	4
Not knowing where or how to get help	40%	36%	21%	34%	32%	45%	4
Feeling like nothing will help	23%	29%	27%	31%	25%	29%	7
Mental health stigma	25%	19%	23%	14%	18%	29%	7
Help not available locally	14%	18%	23%	6%	16%	13%	--
Fear of disappointing others	17%	14%	13%	6%	13%	15%	3
Needing to travel for treatment	11%	12%	13%	--	12%	10%	1
Fear of job loss	12%	10%	13%	--	11%	11%	2
Travel to provider is too far/too costly	8%	6%	4%	--	8%	7%	--
Wait list	<1%	5%	4%	6%	3%	2%	--
Other	3%	3%	6%	6%	4%	2%	1

**[Q51. What were some of the barriers that prevented you from seeking professional help?]**

\*\*Low base; interpret with caution. \* Trans/Non-binary base size is too low to report proportions; actual number responding shown.

Yellow cells = significantly higher values; blue cells = significantly lower values. -- denotes value selected.



# MANAGING PRACTICE & ACCESSING SUPPORT

Results across sub-groups were consistent with the Total except for:

- **Not knowing what sort of help I needed** ranked as 3<sup>rd</sup> barrier by those who identify as BIPOC;
- White respondent were more likely to say **not knowing where or how to get help** was a barrier to seeking professional help than those who identify as BIPOC; and
- Those who identify as BIPOC were more likely to say **mental health stigma** was a barrier to seeking professional help than White respondents.

## Barriers to Seeking Professional Help by Racial Identity, Disability

Substances Used	BIPOC n=78	White n=395	D/deaf/ PWD* n=20	Non- disabled n=457
Cost of treatment	92%	89%	19	89%
Difficulty working it into my schedule	60%	52%	11	52%
Problem finding treatment provider	37%	42%	10	40%
Not knowing what sort of help I needed	41%	40%	9	40%
Not knowing where or how to get help	32%	38%	12	36%
Feeling like nothing will help	26%	27%	5	27%
Mental health stigma	32%	22%	5	23%
Help not available locally	14%	16%	3	15%
Fear of disappointing others	15%	14%	1	15%
Needing to travel for treatment	15%	11%	3	11%
Fear of job loss	14%	11%	4	11%
Travel to provider is too far/too costly	10%	7%	2	8%
Wait list	<1%	3%	--	3%
Other	3%	4%	1	3%

[Q51. What were some of the barriers that prevented you from seeking professional help?]

\*\*Low base; interpret with caution. \* D/deaf/PWD base size is too low to report proportions; actual number responding shown.

Yellow cells note significantly higher values. -- denotes value not selected

## SURVEY LEXICON

Term	Definition
<b>BIPOC</b>	Black, Indigenous, or Person of Colour
<b>DCFD</b>	directors, choreographers, fight directors – combined categories where base sizes are small
<b>D/deaf and/or Person with a disability (D/deaf/PWD)</b>	including: hard of hearing; learning disability; mental health disability; physical disability; speech or language disability; vision disability
<b>Indigenous</b>	North American Indigenous (First Nations, Inuit, and the Métis Nation) and global Indigenous
<b>LGBTQ2+</b>	Lesbian, Gay, Bisexual, Trans, Queer, Two-Spirited and others
<b>Non-disabled</b>	Persons who are not D/deaf and do not have a disability
<b>Person of Colour (POC)</b>	Identifying with non-White racial or ethnic groups, including multi-racial identities; excluding Indigenous
<b>SM</b>	stage managers
<b>Trans/Non-binary</b>	Having a gender identity differing from the sex assigned at birth (incl. trans man, trans woman, non-binary person, gender fluid person)