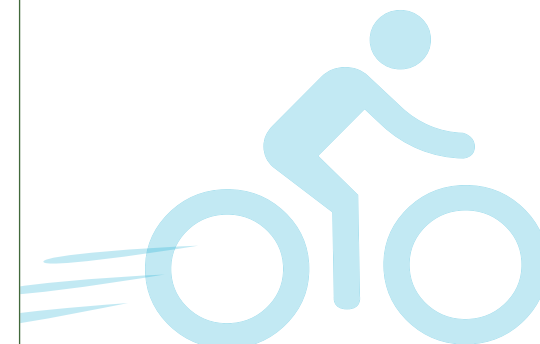
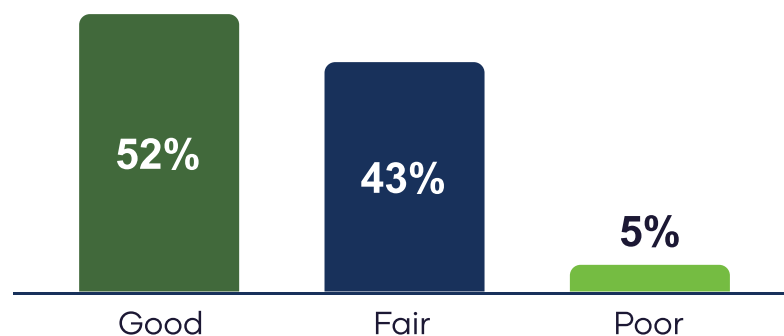


HEALTH & WELL-BEING of Newcomers on the North Shore

Impact North Shore 2024-2025 Client Survey

✓ Respondents' Health & Well-being

Although a total of **95%** of newcomer respondents rated that they have **good-to-fair overall health**, they still experience challenges to their mental health.



 **60%** experienced varied levels of **stress, anxiety and/or depression** that they **found challenging to cope with**

58% felt **isolated or alone** in Canada in the past year
▲ **7% increase** from 2023



Among them, only **46%** sought help to deal with **anxiety, stress and/or depression**

And **45%** sought support for the **feelings of isolation and loneliness**

✓ Access to Health Care Services



37% of respondents said they need help **finding reliable health care information and resources in their language**



33% of respondents said they need help with **language interpretation** when **accessing health care services**

Despite more than half of respondents experienced mental health challenges, only **8%** of them **accessed mental health services**



Same as prior year, almost **1 in 4** respondents say they **have not used any other community services** in the past year



REFLECTION

How do we better support newcomers' health and wellbeing?