

# CIHI's Mental Health and Substance Use Surveys



As part of the Canadian Institute for Health Information (CIHI) commitment to [A Common Statement of Principles on Shared Health Priorities](#), CIHI is working with governments to understand peoples' experiences of accessing mental health and substance use (MHSU) services.

CIHI is doing this through 2 self-reported indicators:

- [Navigation of Mental Health and Substance Use Services](#) (age 15 and older); and
- [Early Intervention for Mental Health and Substance Use Among Children and Youth](#) (age 13 to 24).

**Surveys to gather data for these important indicators are now open.** These 2 surveys are completely **voluntary**, and responses are kept **anonymous**.

The surveys are available in English and French until **May 17, 2025**. Related indicator results will be published in fall 2025.

## Why this is important

It's more apparent than ever that having access to timely mental health and substance use services is vital.

Decision-makers can use this mental health and substance use data to

- Develop policies, programs or services that **address the needs** of those with MHSU conditions;
- Develop and implement **early intervention and prevention strategies** for MHSU; and
- Understand what **barriers or challenges** persist when individuals access MHSU services.

## How the results will be used

Survey results feed into health indicators that will be provided to federal, provincial and territorial governments.

These indicators will help governments better understand challenges in accessing mental health and substance use services. They will also help governments learn how to improve MHSU access in their jurisdictions.

They can also help decision-makers

- **Identify** jurisdictions where people are experiencing challenges in accessing or navigating MHSU services;
- **Implement** strategies to address barriers to accessing MHSU services; and
- **Tailor** MHSU services to meet the specific needs of jurisdictions.

## How this can benefit your organization

Ensuring that all provinces and territories have these survey-related indicators can offer evidence-based insights to

- **Improve** client-level services based on identified barriers and challenges;
- **Secure** further public funding or grants by referencing the need for services highlighted in this data; and
- **Influence** both micro- and macro-level policy change through data-driven means.

## How you can help

**Help us spread the word.** Support this important pan-Canadian initiative by **sharing the surveys** across your social networks. You can also help by **completing the surveys yourself**.

Scan the QR code below or access the [early intervention](#) and [navigation](#) surveys now.



**Questions? Contact us at**

[hspspecialprojects@cihi.ca](mailto:hspspecialprojects@cihi.ca)

© 2025 Canadian Institute for Health Information

How to cite this document:

Canadian Institute for Health Information. *CIHI's Mental Health and Substance Use Surveys*. Ottawa, ON: CIHI; 2025.

