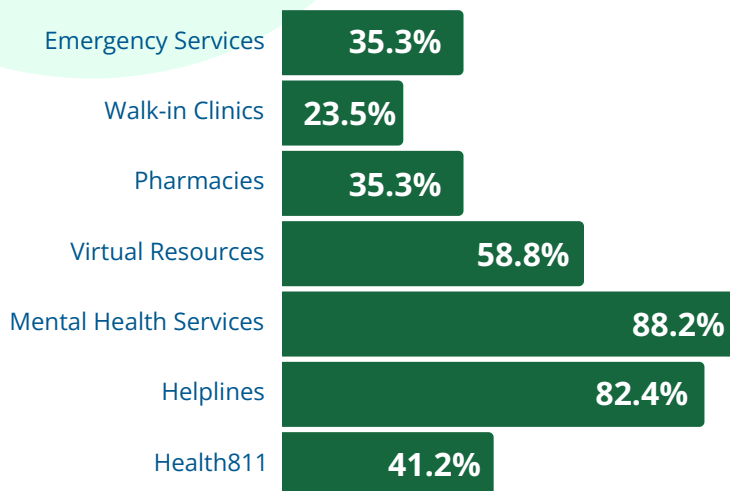


# Results - Question of the Month (December)

The holiday season can be difficult for some people due to challenges such as grief, anxiety or loneliness. What resources or services would you recommend for support during this time?



The December question focused on the resources and services recommended for individuals facing challenges during the holiday season. Generally, the most recommended resources by respondents were directly related to mental health. Indeed, challenges such as grief, anxiety, and loneliness are often addressed by mental health professionals or organizations working in this field.

More specifically, the results indicate that many services are considered important to offer to individuals going through difficult times and needing support during the holiday season. The most recommended service, chosen by the vast majority of respondents, is mental health services (88.2%). This may be explained by the variety of services offered in the mental health field, making this response option considerably broad. The second most recommended services by respondents are helplines (82.4%). In rural areas and during a time of year when schedules vary greatly, helplines are often considered more easily accessible resources.

More than half of respondents (58.8%) recognized the importance of virtual resources, which can be perceived as diverse and easily accessible, free of charge, and available at any time. Other resources suggested as response options, including Health 811 (41.2%), emergency services (35.3%), pharmacies (35.3%), and walk-in clinics (23.5%), were also recommended by a few respondents.

