

## Citizens who felt they needed to see or talk to a health professional about their mental or emotional health, or about the use of alcohol or drugs in the last 12 months but did not because they were concerned about what others would think

Unit : %

	Year 2025	Year 2024	Year 2023	Year 2022
<b>Province</b>				
New Brunswick	17.7	19.8	27.3	22.4
<b>Health zones</b>				
Zone 1 - Moncton and South-East Area	13.1	19.9	24.1	25.5
Zone 2 - Fundy Shore and Saint John Area	25.0	27.5	38.4	33.8
Zone 3 - Fredericton and River Valley Area	14.6	15.4	27.8	S
Zone 4 - Madawaska and North-West Area	S	S	S	S
Zone 5 - Restigouche Area	S	S	S	S
Zone 6 - Bathurst and Acadian Peninsula Area	S	S	S	S
Zone 7 - Miramichi Area	S	S	S	S
<b>Age</b>				
18-64	18.0	19.3	27.6	23.1
65 and over	15.4	24.5	24.6	16.4
<b>Gender</b>				
Female	20.4	21.9	24.0	18.2
Male	15.4	18.7	30.3	26.8
<b>2SLGBTQIA+ status</b>				
2SLGBTQIA+	31.0	S	S	S
<b>Language</b>				
Most comfortable in English	18.5	17.2	29.8	n/a

	Year 2025	Year 2024	Year 2023	Year 2022
Most comfortable in French	15.5	34.1	21.1	n/a
Comfortable in both English and French	S	S	S	n/a
<b>Indigenous identity</b>				
Indigenous	S	S	S	S
<b>Immigrant</b>				
Immigrants	14.7	S	33.7	S
<b>Education level</b>				
High school or less	30.0	9.2	35.8	25.9
Postsecondary	12.7	23.6	24.0	20.7
<b>Disability or special need</b>				
Disability or special need	24.0	S	14.9	n/a
<b>Household income</b>				
Less than \$30,000	16.9	23.4	24.9	n/a
\$30,000 to less than \$60,000	23.5	15.2	27.8	n/a
\$60,000 or more	13.7	22.3	26.9	n/a
<b>Racialized groups</b>				
Racialized groups	11.8	S	S	n/a

## About

This indicator is the percentage of citizens who felt they needed to see or talk to a health professional about their mental or emotional health, or about the use of alcohol or drugs in the last 12 months but did not because they were concerned about what others would think.

## Source

Primary Health Survey and Primary Care Survey

## Calculations

This indicator is based on respondents who felt that they needed to see or talk to a health professional in the last 12 months about their mental or emotional health, or their use of alcohol or drugs and who didn't. This indicator is calculated by dividing the number of respondents who answered "yes" by the number of respondents who answered "yes or no" to the question: In the last 12 months, why didn't you see or talk to a doctor, nurse or other health professional about your mental or emotional health, or about the use of alcohol or drugs? g) I was concerned about what others would think

## Notes

The 2020 edition of the Primary Health Survey (PHS) was conducted during the COVID-19 pandemic. While the pandemic did not influence the survey's response rate, NBHC had to assess the impact of surveying during the pandemic. Accordingly, advanced statistical analyses were performed to allow for comparison between the results obtained in 2020 and those obtained in previous PHS cycles. Despite these analyses, users are advised to use the PHS 2020 data with caution, especially when creating estimates for small sub-populations or when comparing it to other PHS editions.

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<b>Unit</b>	<b>Interpretation</b>	<b>NBHC code</b>
%	Lower is better	PH_MHI06_7

## Caption

n/a = Not applicable / not available

S = Data suppressed due to confidentiality requirements and/or small sample size