

PRIMARY CARE SURVEY

# Mental Health and Substance Use Services



Province  
New Brunswick

## Mental health and substance use services in the last 12 months

### Need for care

Felt the need to talk to a health professional %   2025	19.2
....But did not (perceived unmet need) %   2025	5.6

### Reasons for perceived unmet need

Wait time for services was too long %   2025	57.2
Did not know how or where to get help %   2025	47.4
Services not available at a convenient time %   2025	43.2
Services not available in area %   2025	41.3
Thought the problem would go away on its own %   2025	39.1

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Was too busy %   2025	38.1
Could not afford the cost or insurance did not cover enough %   2025	33.0
Was concerned about what others would think %   2025	17.7
Other reasons %   2025	36.6
<b>Experience with mental health and substance use services</b>	
Satisfaction with services received, somewhat or very satisfied %   2025	82.7

## About this Table

### Content and description

Data on self-reported information regarding the mental health needs of New Brunswickers. Topics include self-reported needs and perceived unmet needs for mental health and substance use services.

### Why it is important

The results from the Primary Care Survey allows the NBHC to inform citizens and health system stakeholders about the quality of primary health care services from citizens' perspectives. This information can be used to make future improvements to primary health care in the province.

### Availability of the data

The information for this data table is available at different geographical levels as well as by demographic groups. More information is available on our [Primary Care Survey](#) page.

### Note about demographic groups


In 2023, the NBHC undertook a review of the demographic questions in its surveys to more accurately report on the experience of citizens who identify with particular groups. As such, starting in 2024, all demographic groups (characteristics) have been adjusted to reflect this change. Data tables and indicator pages were adjusted to allow for trending where applicable.

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### Caption

n/a = Not applicable / not available

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

 Above-average performance

 Below-average performance