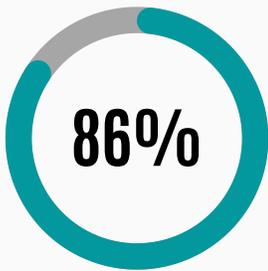


# COVID-19 WELL-BEING SURVEY HIGHLIGHTS

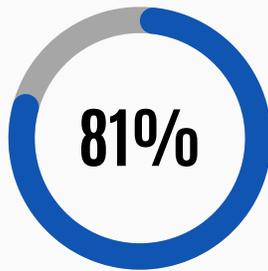
In an effort to understand the important impact the COVID-19 Pandemic has had on residents, the Town of Vermilion FCSS and County of Vermilion River FCSS conducted a COVID-19 Well-Being Survey. The survey was open from June 1-25, 2021 and had 299 respondents. Here we are presenting highlights from the survey. These results will identify service gaps and emerging needs and help the Town, County and Villages advocate for funding, programs and opportunities to support the health and wellness of our residents.

Full survey results can be found online at:  
[www.vermilion.ca](http://www.vermilion.ca) or [www.vermilion-river.com](http://www.vermilion-river.com).

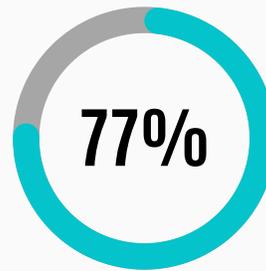
## How concerned are you about the following?



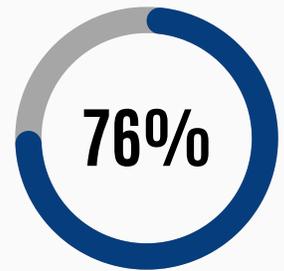
Concerned about loss of social connection



Concerned about family member's mental health

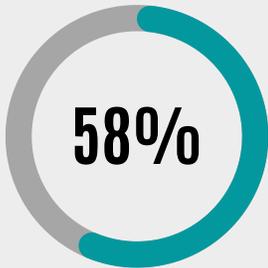


Concerned about family stress from confinement

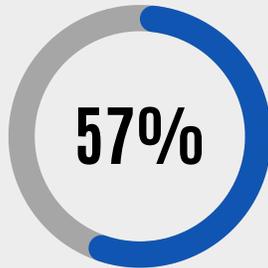


Concerned about lack of access to services and programs

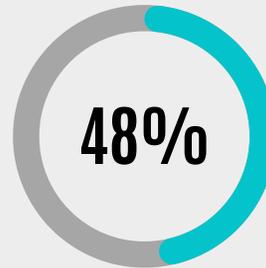
## Have you experienced any of the following?



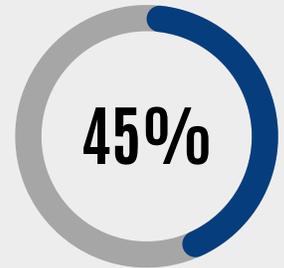
Feeling more tired than usual



Moments of anxiety



Feeling helpless about the situation



Loss of interest and pleasure in your daily activities

## Themes of High Importance

FAMILY  
&  
FRIENDS

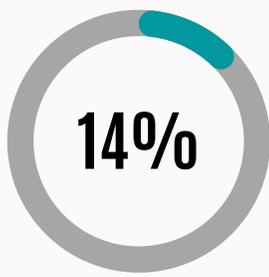
MENTAL &  
PHYSICAL  
HEALTH

SOCIAL  
ISOLATION

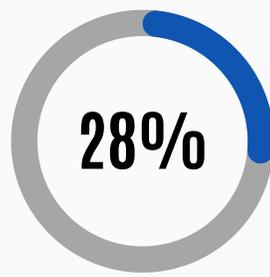
RESTRICTIONS

STRESS  
&  
ANXIETY

## Have you or anyone in your household lost their job or experienced job instability?



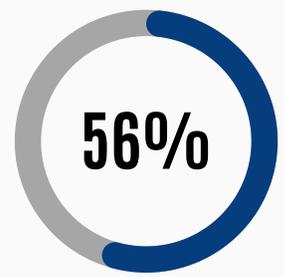
Yes, I have



Yes, someone in my household

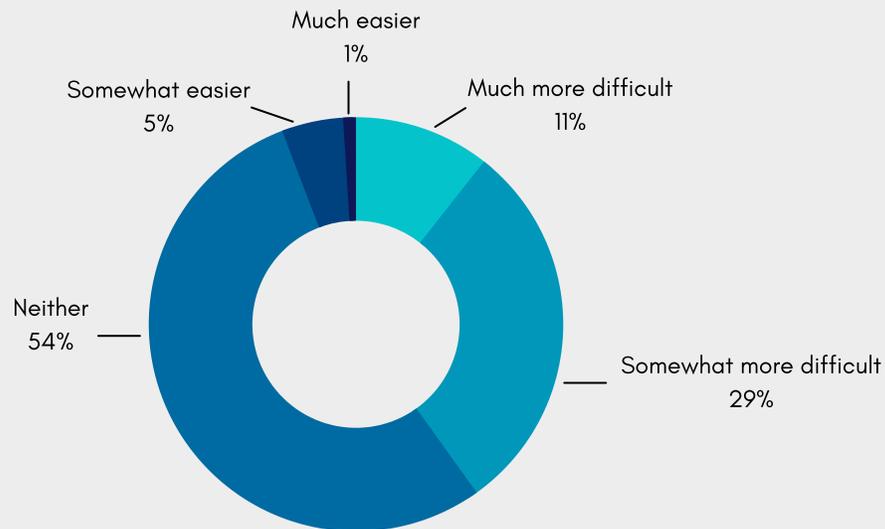


No, but my hours have been reduced



No, my job/family income has not changed

## How has it been for you or your household to meet its financial needs?



## Feedback

Thank you for offering this survey. The pandemic has made my family more aware of our community's health as a whole and how individuals' decisions impact the whole community.

*I am very social and need face to face contact to recharge . . .*

Stress of having to work during COVID and knowing I am on the front line, feeling exposed and vulnerable every day, not having the choice to stay at home.

*The disconnect, anger and hurt in the community is disheartening . . .*

. . . essential services being inaccessible and not answering messages. Government services by appointment only or closed and important services shutting their doors adds to the stress of the whole situation.

*Most worrisome outcome is a loss of social energy and a weariness with making the effort to reach out. . .*

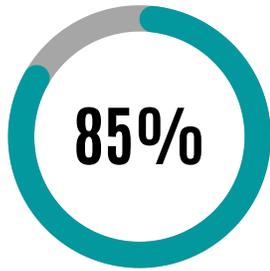
I feel concern for the local businesses that have had to navigate and try to survive the confusing "on again off again" cycles of inconsistent regulations dictating different levels of closure and operation.

*Opportunities to connect with others online or in person and learn about ways to promote positive wellbeing are really helpful.*

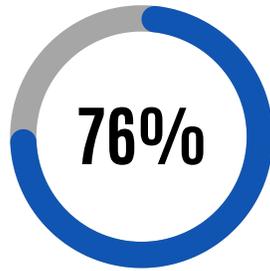
I am usually a very positive person, but I began to feel lonely and unable to find joy in my life with not being able to have people in my home and visit my family.

*I think there are many people who are struggling financially, mentally and emotionally. . . I consider myself lucky to be secure.*

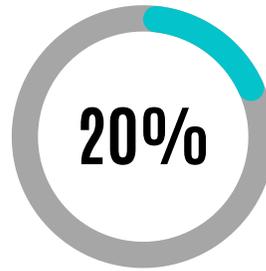
## Who do you turn to for help and support?



Family



Friends



Health Professionals

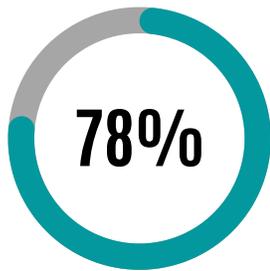


Local Community Agencies

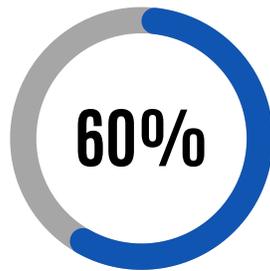
**69%**

Aware of mental health and personal well-being resources in the community

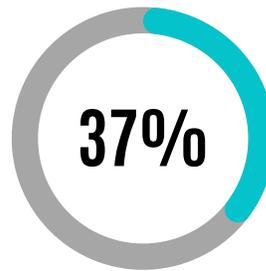
## How do you find out information regarding services, programs and events?



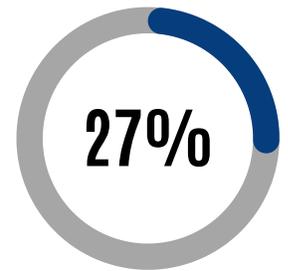
Social Media



Word of Mouth



Municipality's Website



Newspaper

## Conclusion

This is a sample of how our residents have worked through the COVID-19 Pandemic. There have been impacts on the mental health and well-being of individuals and that it will take time for people to regain trust and stability in many sectors of their life.

Most notably are the following:

- 67% of respondents say their mental health is worse or significantly worse due to the COVID-19 Pandemic.
- Anxiety, tiredness and a feeling of hopelessness are the most common reported experiences.
- Respondents turn to family and friends when needing help and support.

This data will uphold the work of support agencies as they apply for grants and choose their service delivery priorities.

Thank you to all who participated within the Town of Vermilion and County of Vermilion River.