

Going it Alone



The mental health and well-being of entrepreneurs in Canada

To better understand the unique pressures that entrepreneurs face, BDC supported the Canadian Mental Health Association to survey almost 500 small and medium-sized businesses.

Your mental health concerns can come to work with you.



62%

of business owners feel depressed at least once a week

46%

say mental health issues interfere with the ability to work

21%

are unsatisfied with their mental health, while 8% of the Canadian general population are unsatisfied with their mental health

Businesses where employees are more likely to report mental health issues:



Businesses led by women entrepreneurs



Businesses in growth or in early stage



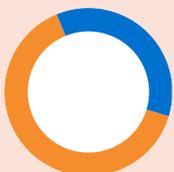
Businesses with few employees or low revenue

Entrepreneurs are more likely to use **personal coping strategies** to maintain their mental health.

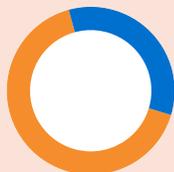
Fewer than 1 in 5

is likely to seek professional help.

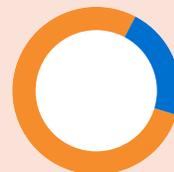
Reasons for not seeking mental health support:



36%
stigma concerns



34%
cost of mental health services



22%
lack of access to support or awareness of it

The impact of mental health issues at work:

67%

stressed about their cash flow

66%

face difficulty maintaining work-life balance

54%

say stress impacts their concentration

Let's shift the popular view of entrepreneurs as "tireless visionaries" and allow them to show vulnerability, if they choose.

Lucie*, in Quebec's manufacturing sector:



If you see a psychologist or a psychiatrist, you get a very negative "tag." As an entrepreneur, you can't mention it because it's not possible, it's not compatible with the image that you want to project."



Ahmed*, CEO of a digital health business in Ontario:



Entrepreneurship causes high levels of anxiety because there's so many uncertainties. You're taking a leap of faith in something that you're building... It's a lot of anxiety, a lot of pressure."



*Pseudonyms



Entrepreneurs who are concerned about anxiety, stress, depression or any other mental health issue, should consult a doctor or a mental health professional.

If you want to learn more, download the study at:
cmha.ca/news/entrepreneurs-and-mental-health-study

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