

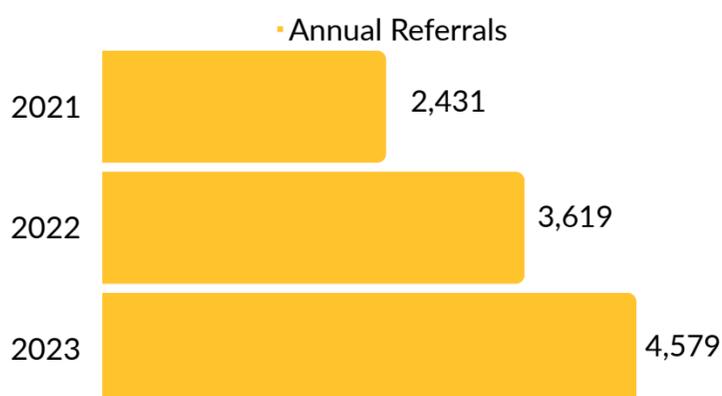
## Anxiety is the primary issue across all ages

Depression ranks second among adults and teens, while children primarily face challenges related to emotion regulation. Trauma is a significant concern for adults, whereas ADHD is prevalent among teens and children, ranking third. School-related issues hold the fifth position for teens and fourth for children.



### Bypassed 10,000 Referrals

in October 2023



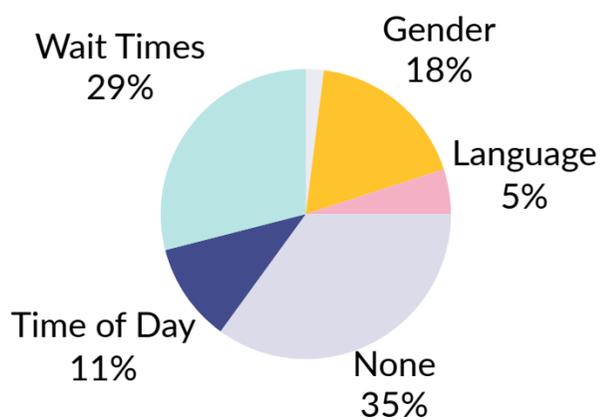
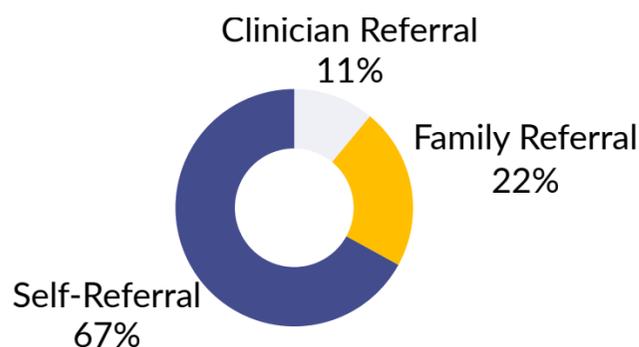
## Growing demand for psychological services

- Private services on the rise post-COVID due to limited access to public agencies
- 27% more referrals in 2023 compared to 2022 (as of November 30th)
- Largest annual rise seen in children & youth (0-12) from 2021 to 2022
- Seniors (66+) saw the highest increase between 2022 & 2023

Individual therapy continues to be the most sought-after psychological service. Psychological assessment services, which saw a 224% increase between 2021 and 2023, was second.

## Referral patterns

11% of referrals were sent by physicians, nurse practitioners & other clinicians. Of these, 60% were sent as part of the publicly funded frontline workers program, indicating the public sector will leverage services when they are publicly funded (e.g., OHIP).



## Patient preferences

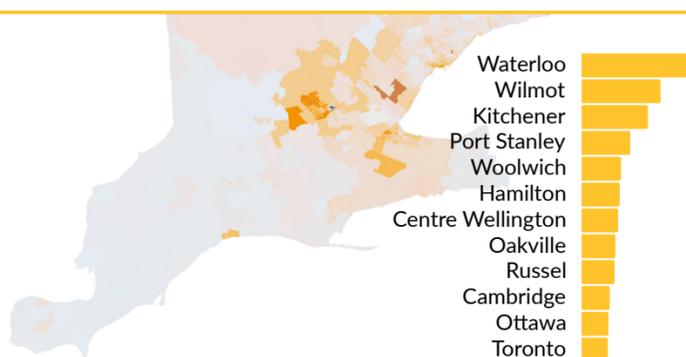
While 35% of Ontarians had no specific preference with regards to their psychologist, many indicated low wait times & the clinician's gender as most important.

In-person visits preferred over virtual care in 2023; a reversal from 2021 & 2022.



## Regional insights

Higher demand per capita in southern Ontario cities. This may signal greater need, less access to publicly funded services, and/or better access to benefits, among other things.



OPA provides a scalable and integrated centralized intake service that matches patients of all ages with the support they need. Get in touch with us today to discover more.