

# The 2025 CAMH MONITOR eREPORT

## Executive Summary

The Centre for Addiction and Mental Health's *CAMH Monitor* is the longest-running population survey on adult substance use and mental health in Canada. Spanning 49 years, the study comprises 39 repeated cross-sectional surveys conducted among adults aged 18 and older across Ontario between 1977 and 2025.

This summary highlights estimates of substance

use, mental health, and well-being indicators among Ontario adults in the 2024 and 2025 surveys. It also compares estimates of substance use and mental health indicators in 2025 with those from select prior years, specifically, five years (2020) and ten years ago (2015) as well as the year (2019) immediately prior to the COVID-19 pandemic.

### Substance Use, Mental Health & Well-Being Indicators, 2024-2025 CAMH Monitor

Indicator	2024 (n=3,024)			2025 (n=3,012)		
	T %	M %	W %	T %	M %	W %
<b>Alcohol</b>						
% drinking alcohol - past 12 months	77.5	78.2	76.8	76.2	77.4	75.0
% drinking daily						
- total sample	7.4	9.2	5.6	*	7.6	9.8
- among drinkers	9.5	11.8	7.4	*	10.1	12.7
% consuming 5 or more drinks on a single occasion weekly (weekly binge drinking)						
- total sample	9.8	12.9	6.9	*	9.6	13.7
- among drinkers	12.6	16.4	9.0	*	12.7	17.7
% reporting hazardous or harmful drinking (AUDIT 8+)						
- total sample	18.9	24.8	13.4	*	16.5 <sup>¶</sup>	21.9
- among drinkers	24.7	32.1	17.8	*	22.2	28.9
% reporting symptoms of alcohol dependence (based on the AUDIT)						
- total sample	13.5	16.6	10.5	*	12.1	15.2
<b>Tobacco</b>						
% currently smoking cigarettes	19.6	25.0	14.6	*	16.2 <sup>¶</sup>	19.5 <sup>¶</sup>
% daily smoking	12.4	15.3	9.7	*	11.6	13.5
% of daily smokers reporting high nicotine dependence						
- among daily smokers	8.0	7.4	9.0		9.0	7.9
% reporting use of nicotine pouch	4.8	7.7	2.2	*	6.4	9.4
<b>E-cigarette</b>						
% reporting electronic cigarette use - past 12 months	15.5	18.1	13.1	*	14.5	16.6
% reporting electronic cigarette use - past 30 days	11.9	14.3	9.7	*	10.9	13.1
<b>Cannabis</b>						
% using cannabis in lifetime	51.3	51.8	50.9		52.9	52.6
% using cannabis - past year	29.7	33.3	26.3	*	29.3	31.1
% using cannabis - past 3 months	24.4	27.6	21.4	*	24.1	26.5
% using cannabis – daily in the past 3 months	7.6	8.7	6.5	*	6.6	7.1
% reporting moderate to high risk of cannabis use problems (ASSIST-CIS 4+) in the past 3 months						
- total sample	16.5	20.0	13.4	*	16.0	18.5
- among users	61.1	64.9	56.6		60.4	66.9

Indicator	2024 (n=3,024)			2025 (n=3,012)				
	T %	M %	W %	T %	M %	W %		
% using cannabis for recreational purposes in the past year -total sample	<b>6.8</b>	6.8	6.8	<b>6.7</b>	5.5	7.9	*	
% using cannabis for medical purposes in the past year -total sample	<b>11.7</b>	11.8	11.6	<b>11.5</b>	11.6	11.5		
<b>Cocaine</b>								
% using cocaine in lifetime	<b>14.8</b>	17.5	12.3	*	<b>15.1</b>	18.2	12.2	*
% using cocaine - past year	<b>3.6</b>	4.7	2.5	*	<b>4.1</b>	4.7	3.4	
<b>Prescription Opioid Pain Relievers</b>								
% reporting any use (medical or nonmedical) of prescription opioid pain relievers - past 12 months	<b>33.9</b>	32.9	34.8	<b>29.8<sup>¶</sup></b>	29.7	29.8 <sup>¶</sup>		
% using prescription opioid pain relievers for nonmedical purposes - past 12 months	<b>18.8</b>	21.2	16.7	*	<b>14.7<sup>¶</sup></b>	17.2	12.3 <sup>¶</sup>	*
% using prescription opioid pain relievers to get high- past 12 months	<b>2.9</b>	4.0	1.9	*	<b>2.1</b>	2.9	1.4	*
<b>Driving<sup>2</sup></b>								
% of drivers who drove after drinking two or more drinks in the previous hour - past 12 months	<b>4.6</b>	7.7	1.5	*	<b>4.5</b>	7.1	1.9	*
% of drivers who drove after using cannabis in the previous hour - past 12 months	<b>3.1</b>	4.7	1.6	*	<b>3.7</b>	5.0	2.5	*
<b>Mental Health</b>								
% reporting moderate to serious psychological distress during the past 30 days (K6/8+)	<b>36.8</b>	35.4	38.0	<b>36.7</b>	32.9	40.3	*	
% reporting serious psychological distress during the past 30 days (K6/13+)	<b>15.3</b>	14.3	16.3	<b>15.6</b>	14.8	16.4		
% using prescribed antianxiety medication - past 12 months	<b>23.6</b>	19.5	27.4	*	<b>21.9</b>	16.9	26.5	*
% using prescribed antidepressant medication - past 12 months	<b>19.4</b>	15.6	23.0	*	<b>17.8</b>	13.3	22.0	*
% reporting fair or poor mental health in general	<b>28.2</b>	25.1	31.2	*	<b>29.0</b>	25.0	32.9	*
% reporting frequent mental distress days (14+) during the past 30 days	<b>17.7</b>	14.2	21.0	*	<b>18.7</b>	16.3	21.0	*
% reporting suicidal ideation - past 12 months	<b>8.3</b>	7.4	9.1	<b>6.4<sup>¶</sup></b>	6.7	6.1 <sup>¶</sup>		
% reporting mental health service use (1+)	<b>33.0</b>	29.2	36.4	<b>31.5</b>	26.7	36.0	*	
<b>General (Overall) Health</b>								
% reporting fair or poor health in general	<b>19.1</b>	18.0	20.2	<b>20.8</b>	18.2	23.3	*	
% reporting frequent physically unhealthy days (14+) during the past 30 days	<b>13.4</b>	10.5	16.1	*	<b>14.0</b>	10.8	17.0	*
<b>Climate Change</b>								
% reporting fairly to extremely worried/anxious about climate change risks	<b>53.4</b>	50.8	55.7	<b>40.8<sup>¶</sup></b>	42.8 <sup>¶</sup>	38.7 <sup>¶</sup>		

Notes: \* Within year significant difference between men (M) and women (W) at p<0.05; <sup>¶</sup> Significant change between 2024 and 2025, <sup>2</sup> estimates are based on licensed drivers.

## Key Findings in 2025

### Significant Sex Differences in 2025

Men are more likely to report:	Women are more likely to report:
<ul style="list-style-type: none"><li>◆ daily drinking</li><li>◆ exceeding low-risk drinking</li><li>◆ weekly binge drinking</li><li>◆ drinking hazardously or harmfully</li><li>◆ symptoms of alcohol dependence</li><li>◆ current smoking</li><li>◆ daily smoking</li><li>◆ using nicotine pouches</li><li>◆ using e-cigarettes</li><li>◆ using cannabis in the past 30 days</li><li>◆ cannabis use problems</li><li>◆ lifetime cocaine use</li><li>◆ non-medical use of opioids</li><li>◆ driving after drinking</li><li>◆ driving after cannabis use</li></ul>	<ul style="list-style-type: none"><li>◆ moderate to serious psychological distress</li><li>◆ anxiety symptoms</li><li>◆ antianxiety medication use</li><li>◆ use of antidepressants</li><li>◆ fair/poor self-rated mental health</li><li>◆ frequent mental distress days</li><li>◆ mental health service use</li><li>◆ fair/poor self-rated general health</li><li>◆ frequent physically unhealthy days</li></ul>

### Significant Age and Regional Differences in 2025

Adults **18 to 29 years old** were more likely than their older counterparts to report:

- ◆ weekly binge drinking
- ◆ drinking hazardously or harmfully
- ◆ symptoms of alcohol dependence
- ◆ nicotine pouches use
- ◆ e-cigarette use in the past year
- ◆ e-cigarette use in the past 30 days
- ◆ past year cannabis use
- ◆ cannabis use in past 30 days
- ◆ moderate to high-risk cannabis use problems
- ◆ non-medical use of opioids
- ◆ driving after cannabis use
- ◆ moderate to serious psychological distress
- ◆ report serious psychological distress

- ◆ depressive symptoms
- ◆ anxiety symptoms
- ◆ suicidal ideation
- ◆ mental health service use
- ◆ worry about climate change risks

Adults aged **65 years and older** were more likely than their younger counterparts to report:

- ◆ drinking daily
- ◆ fair or poor overall health
- ◆ frequent physically unhealthy days in the past 30 days

## Overall changes between 2024 and 2025 among the overall sample

Indicators	2024	2025
Hazardous or harmful drinking (AUDIT 8+)	18.9%	16.5% 
Currently smoking cigarettes	19.6%	16.2% 
Any use of prescription opioid pain relievers	33.9%	29.8% 
Non-medical use of prescription opioid pain relievers	18.8%	14.7% 
Suicide ideation	8.3%	6.4% 
Worry about climate change (fairly to extremely worried)	53.4%	40.8% 

## Significant changes among subgroups between 2024 and 2025

There were subgroup differences (▲increase /▼decrease) observed between the 2024 and 2025 surveys for the following substance use and mental health indicators:

- ✚ Hazardous or harmful drinking (▲40 to 49, ▼50 to 64, ▼Toronto)
- ✚ Alcohol dependence (▼50 to 64 years old)
- ✚ Currently smoking cigarettes (▼Men, ▼50 to 64, ▼Toronto, ▼North)
- ✚ Cannabis use for medical purposes (▼50 to 64 years old)
- ✚ Any use of prescription opioids (▼Women, ▼30-39)
- ✚ Non-medical use of prescription opioids (▼Women, ▼50+, ▼Central West, ▼East)
- ✚ Moderate to serious psychological distress (▲30 to 39 years old)
- ✚ Suicide ideation (▼Women)

## Significant changes between 2020 and 2025 among the overall sample

Indicators	2020	2025
Drinking alcohol in the past year	80.4%	 76.2%
Daily drinking	12.1%	 10.1%
Hazardous or harmful drinking (AUDIT 8+)	21.2%	 16.5%
Non-medical use of prescription opioid pain relievers	17.8%	 14.7%
Driving after cannabis use	2.4%	 3.7%
Fair or poor mental health	26.2%	 29.0%
Fair or poor health in general	16.3%	 20.8%

## Changes among subgroups between 2020 and 2025

Significant changes between the 2019 and 2025 (▲increase /▼decrease) in the following indicators:

- ✚ Past year drinking (▼Women, ▼30-39, ▼40-49, ▼West, ▼East)
- ✚ Daily drinking among drinkers (▼30-39, ▼65+, ▼Toronto)
- ✚ Weekly binge drinking (▼30-39, ▼Toronto)
- ✚ Hazardous or harmful drinking (▼Men, ▼Women, ▼50-64, ▼65+, ▼Toronto, ▼Central East, ▼West)
- ✚ Alcohol dependence (▼Toronto, ▲North)
- ✚ Daily smoking (▼West)
- ✚ E-cigarette use (▼Toronto)
- ✚ Cannabis use (▼18-29, ▼30-39, ▼Central West)
- ✚ Non-medical use of prescription opioids (▼Women, ▼50+, ▼Toronto)
- ✚ Driving after drinking (▼West)
- ✚ Driving after cannabis use (▲Men)
- ✚ Moderate to serious psychological distress (▲30 to 39, ▲East)
- ✚ Serious psychological distress (▲East)
- ✚ Antianxiety medication (▲Women, ▲North)
- ✚ Antidepressant medication (▲65+)
- ✚ Fair or poor mental health (▲Men, ▲30 to 39, ▲Toronto)
- ✚ Frequent mental distress days (▲Men, ▲30-39, ▲East)
- ✚ Fair or poor health in general (▲Women, ▲50-64, ▲65+, ▲Toronto, ▲Central East)
- ✚ Frequent physically unhealthy days (▲East)

## Significant changes between 2019 (pre-COVID-19) and 2025 among the overall sample

Indicators	2019	2025
Drinking alcohol in the past year	79.9%	76.2% 
Daily drinking among drinkers	7.1%	10.1% 
Weekly binge drinking (5+ drinks)	6.0%	9.6% 
Hazardous or harmful drinking (AUDIT 8+)	13.2%	16.5% 
Symptoms of alcohol dependence	7.4%	12.1% 
Cannabis use in the past year	25.6%	29.3% 
Cocaine use during lifetime	8.3%	15.1% 
Any use of prescription opioid pain relievers	24.5%	29.8% 
Non-medical use of prescription opioid pain relievers	5.3%	14.7% 
Moderate to serious psychological distress	17.7%	36.7% 
Serious psychological distress	6.8%	15.6% 
Use of prescribed antianxiety medication	13.9%	21.9% 
Use of prescribed antidepressant medication	11.8%	17.8% 
Fair or poor mental health	12.9%	29.0% 
Frequent mental distress days (14+) during the past 30 days	13.3%	18.7% 
Suicidal ideation	3.9%	6.4% 
Fair or poor health in general	13.7%	20.8% 

Note: The 2019 cycle used telephone interviews; from 2020 onward, it was conducted online.

## Changes among subgroups between 2019 (pre-pandemic) and 2025

Significant changes between the 2019 and 2025 ( increase /  decrease) in the following indicators:

- ✚ Past year drinking (Men, Women, 18-29, 30-39, 40-49, 65+, East)
- ✚ Daily drinking (Men, Women, 40-49, 50-64, Central West)
- ✚ Weekly binge drinking (Men, Women, 40-49, 50-64, Central West, East)
- ✚ Hazardous or harmful drinking (Women, 40-49, 50-64, 65+, Central West, North)
- ✚ Alcohol dependence (Men, Women, 18-29, 30-39, 50-64, 65+, Central West, East, North)
- ✚ Current smoking (Toronto, Central East, North)
- ✚ Daily smoking (Central East, West, North)
- ✚ E-cigarette use (40-49)
- ✚ Cannabis use (Women, 18-29, 40-49, 50+, Toronto)

- Moderate to high cannabis use problems (▲Women, ▲30+)
- Cannabis use for medical purposes (▲Women)
- Any use of prescription opioids (▲Men, ▲40-49, ▲Toronto)
- Non-medical use of prescription opioids (▲Men, ▲Women, ▲18-29, ▲30-39, ▲40-49, ▲50+, ▲Toronto, ▲Central East, ▲Central West, ▲West, ▲East)
- Moderate to serious psychological distress (▲Men, ▲Women, ▲all age groups and regions in Ontario)
- Serious psychological distress (▲Men, ▲Women, ▲all age groups and regions except that no change in Central West)
- Antianxiety medication (▲Men, ▲Women, ▲18-29, ▲50-64, ▲65+, ▲Central East, ▲Central West, ▲East, ▲North)
- Antidepressant medication (▲Men, ▲Women, ▲30-39, ▲50-64, ▲65+, ▲Toronto, ▲Central West, ▲North)
- Fair or poor mental health (▲both men and Women, and all age groups and regions in Ontario)
- Frequent mental distress days (▲Men, ▲Women, ▲40-49, ▲50-64, ▲West, ▲East, ▲North)
- Suicidal ideation (▲Men)
- Fair or poor health in general (▲Women, ▲30-39, ▲40-49, ▲50-64, ▲among all regions in Ontario)
- Frequent physically unhealthy days (▲Women, ▲50-64)

## Overall Summary of Changes in Substance Use, Mental Health and Well-Being, CAMH Monitor<sup>1</sup>

Indicator	10-year period 2025 vs. 2015	6-year period 2025 vs. 2019	5-year period 2025 vs. 2020	1-year period 2025 vs. 2024
% drinking alcohol in the past year	⬇️	⬇️	⬇️	—
% drinking daily (total sample)	—	⬆️	⬇️	—
% drinking daily (among drinkers)	—	⬆️	⬇️	—
% weekly binge drinking (5+ drinks)	⬆️	⬆️	—	—
% hazardous or harmful drinking (AUDIT 8+)	—	⬆️	⬇️	⬇️
% reporting symptoms of alcohol dependence	⬆️	⬆️	—	—
% currently smoking cigarettes	⬆️	—	—	⬇️
% daily smoking cigarettes	—	—	—	—
% using e-cigarettes in the past year	⬆️	—	—	—
% using e-cigarettes in the past 30 days	⬆️	⬆️	⬆️	—
% using cannabis in the past year	⬆️	⬆️	—	—
% using cannabis in the past 30 days	⬆️	⬆️	—	—
% using cannabis daily in the past year	⬆️	—	—	—
% cannabis use problems (assist) in the past three months	⬆️	—	—	—
% cannabis use for medical purposes in the past year	⬆️	—	—	—
% cocaine use during lifetime	⬆️	⬆️	—	—
% cocaine use in the past year	⬆️	⬆️	—	—

Indicator	10-year period 2025 vs. 2015	6-year period 2025 vs. 2019	5-year period 2025 vs. 2020	1-year period 2025 vs. 2024
% non-medical use of prescription opioid pain relievers	▲	▲	▼	▼
% any use of prescription opioid pain relievers	▲	▲	—	▼
% moderate-to-serious psychological distress	▲	▲	—	—
% serious psychological distress	▲	▲	—	—
% fair or poor self-rated mental health	▲	▲	▲	—
% frequent mental distress days	▲	▲	—	—
% prescription for anxiety in the past year	▲	▲	—	—
% prescription for depression in the past year	▲	▲	—	—
% suicide ideation	▲	▲	—	▼
% fair or poor self-rated health	▲	▲	▲	—
% frequent physically unhealthy days	▲	—	—	—

Note: Increased (▲), Decreased (▼), — No significant change between estimates. Statistically significant difference considered at  $p<0.05$ . Survey cycles prior to 2020 were conducted via telephone interviews; from 2020 onward, they have been administered online.