What is the Mental Health & Wellness Survey?
The Survey is an innovative outreach project conducted by Canadian Actors’ Equity Association (Equity), seeking to identify prevalent mental health challenges across all of Equity’s disciplines.

What is the Survey’s purpose?
Data gathered through this Survey will help Equity establish support strategies for artists to sustain healthy lives in healthy careers. It will also be a powerful tool for insurance planning.

Where can I find more background?
Visit www.caea.com. The theme of the Fall 2019 Issue is the Mental Health & Wellness Survey. This issue contains in-depth discussions from members of our community, and detailed background on the Survey.

Insurance planning
Equity was recently notified by CHUBB Life that we should anticipate an administrative cost increase to weekly insurance premiums effective April 2020. Because Equity is facing a potential premium increase, this is a good time to explore options for making changes to our plan. The results of the Survey will help guide Equity’s upcoming negotiations with CHUBB Life and ensure that we provide the benefits members want and need while minimizing any premium increases.

Is the Mental Health & Wellness Survey open to all Equity disciplines?
Every question in the Survey is designed to be answered by a member in any discipline (performer, director, choreographer, fight director and stage manager). Reference to the term “performance” in a question should be interpreted as performance of your individual work responsibilities.

Who should complete the Survey?
All Regular, Extended Visa and Life members of Equity (including members on dues remission), in good standing, have been invited to participate. While participation is not mandatory, Equity members are strongly encouraged to take part. Parental consent must be provided if a member is under the age of 17.

How is the Survey being conducted?
This is an online and telephone initiative. Members with an email address on file with Equity will be sent an email invitation which includes a link to the Survey and a unique access code. If we don’t receive your completed online survey, we may follow up by calling you.

How long does it take to complete the Survey?
Depending on the detail of your answers, the Survey will take about 20 minutes.

I require visual accommodation
The online Survey version has been formatted to assist members with visual impairments. Please click the button in the top right-hand corner of the screen to switch to the Accessibility mode.

May I have a paper copy?
Please contact Equity as soon as possible at 1-800-387-1856 (416-867-9165 in Toronto) to request a hard copy.

A $180 value.

Please note: This Mental Health & Wellness Survey includes questions that may elicit strong emotions, or challenging thoughts or memories. Click HERE for referrals to resources and support at any time.

You can step away from the Mental Health & Wellness Survey at any point if you feel the need, and return to it when you feel ready to continue. You may come back to the Survey as many times as you need.

What happens after?
Equity will share a comprehensive report on the Survey results and Equity’s plans for future action in an upcoming EQ issue.