

Memorandum 21:71

Date: December 2, 2021

To: Presidents and Administrative Officers
Local, Federated and Provincial Associations

From: David Robinson, Executive Director

Re: **2021 Post-Secondary Counselling Sector Survey Report**

The report of the 2021 CAUT Post-Secondary Counselling Sector Survey is now available on the [CAUT website](#). The survey was developed at the request of CAUT Council, in response to concerns about counselling faculty workload and the shift by some administrations to the use of non-academic mental health professionals and e-mental health solutions.

Distributed between June and September 2021 to individual counsellors and mental health professionals at post-secondary institutions across Canada, the survey received 103 responses.

Key findings include:

- Half of respondents were members of their institutions' academic staff association, 33% were members of another union, and 14% were not in any union or association.
- 54% of respondents indicated that their workload had increased since the COVID-19 pandemic began.
- 50% of respondents reported that their workload was negatively affecting their health.
- Academic staff association and union membership was associated with lower annual counselling caseloads for respondents. The overall average caseload of respondents was 203, but for respondents in academic staff associations it was 186, for respondents in other unions it was 280, and for respondents who were not in an association or union it was 338.
- Prior to COVID-19, the most common method of providing counselling services was in-person only (53%). At the time of the survey, it was video or telephone only (57%).
- More than one-third (37%) of respondents had raised an issue with their union during the last round of bargaining. The most common issues were remote or hybrid work, outsourcing and job security, and workload.

Note: the survey results reflect the experiences and characteristics of the respondents, but do not comprise a comprehensive study of all post-secondary mental health professionals.

Thank you to everyone who completed the survey or aided in its distribution. For more information about the survey or report, please contact CAUTresearch-rechercheACPPU@caut.ca.