



## PRESS RELEASE –

### A timely survey in an era of hyperconnectivity and polarization

**February 2, 2026** – Deteriorating mental health, increased medication use, managing screens in family life, polarization that complicates interpersonal relationships, discrimination: these are just some of the rapidly evolving issues that are impacting families' well-being.

That is why the English Parents Committee Association of Quebec (EPCA) the Fédération des comités de parents du Québec (FCPQ), and Dr. Mélissa Généreux survey parents every year to better understand their reality—and, in turn, better support them. Together with their partners, they are inviting parents of elementary and secondary students to take part, starting today, in the third edition of the National Survey on Family Well-Being.

Each year since 2024, more than 10,000 parents of elementary and secondary students have participated. This year again, the goal is to reach—or surpass—that benchmark in order to obtain a representative portrait of Québec families.

Under the supervision of Dr. Généreux, from the Faculty of Medicine and Health Sciences at the Université de Sherbrooke, this new edition of the survey looks at the place of digital technology in children's lives, as well as the relationships they maintain with others. Closely related themes are also explored, such as everyday challenges and the strategies used to cope with them. As in previous years, attention is also given to students' quality of life and to the realities of children with special needs. Responses will be anonymous, and the data collected will remain confidential.

[Click here](#) to access the national family well-being survey questionnaire. The deadline to participate is February 13, 2026. [Click here](#) to consult the results of the second edition.

## Quotes

"In Quebec, we have documented this year that parents are increasingly seeking help for their children's mental health and that children are consuming more medication, particularly psychostimulants and antidepressants. Parents are also more likely than before to report poorer mental health. Our survey will help us better understand these phenomena, among other things."  
*Dr. Mélissa Gagné*

"In a context where digital technology, polarization, and isolation can weaken social ties, it is essential to listen to families. This survey allows parents to share their reality and contribute to concrete actions to support the well-being of children and adolescents." *Katherine Korakakis, President of the EPCA*

" There is no easy solution to complex issues that influence our family life. This annual snapshot nevertheless helps us understand how parents and their children are doing, so that we can amplify their voices and support them. I encourage everyone to take part."  
*Mélanie Laviolette, President of the FCPQ*

"The Association pour la santé publique du Québec is proud to contribute to this essential initiative. By giving a voice to thousands of parents, this effort will produce robust new data on young people's mental and social health—data that are indispensable to better understand their reality and to guide effective prevention actions. The objective is to identify clear priorities and to support directions that truly respond to the needs of Québécois. *Thomas Bastien, Executive Director of the ASPQ*

"The first two editions of the survey led to a pilot project on screen management at home. Trends observed among families during this project will be validated in this third edition. By participating in the survey, parents are helping to identify issues, which leads to concrete solutions." *Stéphanie Dionne, L'École Branchée*

*For an interview with one of the above individuals, please contact Véronique Ferret at 450-626-8879.*