

Provincial Labour Stress Score Data Tables

Complete LSS scores, component breakdowns, and tier classifications for all 10 Canadian provinces. February 2026.

TABLE 1: PROVINCIAL LSS RANKINGS & TIER CLASSIFICATION

Tier thresholds: **Critical (>60)**, **Elevated (55-59.9)**, **Moderate (<54.5)**

#	PROVINCE	LSS	TIER	UNEMPLOYMENT	DEPRESSION	JOB INSECURITY	TECH ANXIETY
1	Newfoundland & Labrador	64.8	Critical	10.5%	18.5%	68/100	62/100
2	Ontario	57.9	Elevated	7.9%	17.2%	61/100	63/100
3	Prince Edward Island	56.8	Elevated	7.1%	17.8%	58/100	60/100
4	Alberta	56.3	Elevated	6.7%	17.8%	57/100	64/100
5	New Brunswick	55.3	Elevated	6.5%	17.6%	56/100	60/100
6	Saskatchewan	55.3	Elevated	6.4%	19.4%	55/100	59/100
7	British Columbia	54.6	Elevated	6.3%	17.3%	55/100	62/100
8	Nova Scotia	54.6	Elevated	6.4%	17.5%	55/100	61/100
9	Manitoba	53.0	Moderate	5.7%	17.5%	54/100	59/100
10	Quebec	48.1	Moderate	5.3%	13.6%	52/100	58/100

METHODOLOGY

LSS = (C1 × 0.30) + (C2 × 0.28) + (C3 × 0.27) + (C4 × 0.15). Weights derive from meta-analytic evidence on relative impact to worker mental health. Data sources: Statistics Canada Labour Force Survey (Dec 2025), Canadian Community Health Survey, Survey of Business Conditions (Q3 2025).

