

MNP Debt Literacy Month 2026

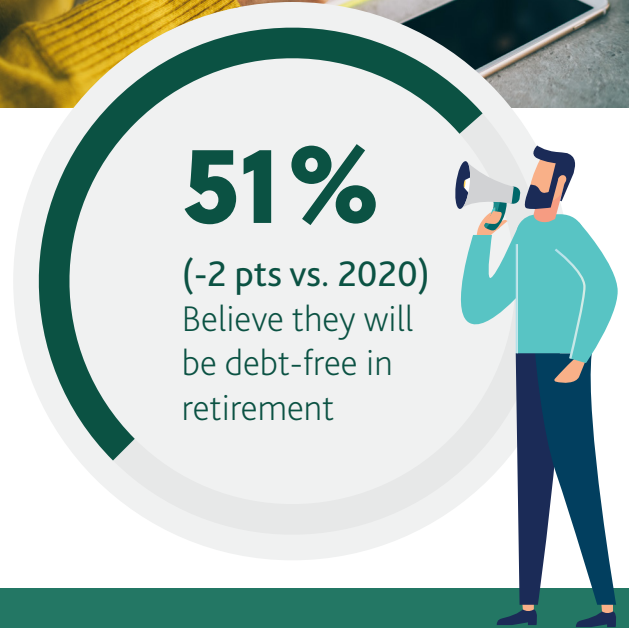
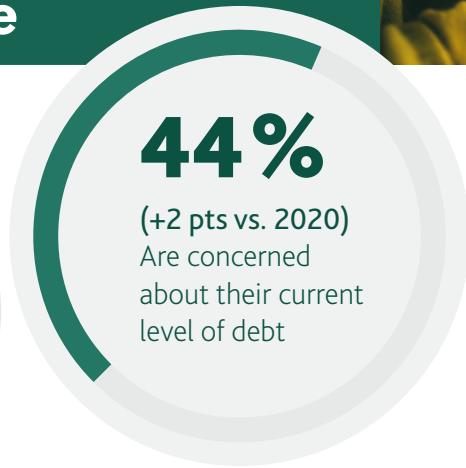
MNP LTD

Toll Free **310-DEBT**

Debt blind spots leave many Canadians financially vulnerable



Debt regret and concern increase



Debt anxiety high among younger generations

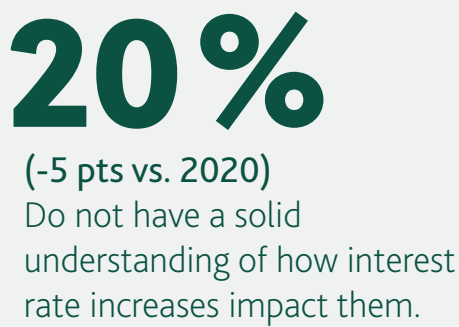


Of Gen Z are concerned about their current level of debt. (+13 pts vs. 2020)



Of Millennials regret the amount of debt they have taken on. (+2 pts vs. 2020)

Debt literacy gap leaves many Canadians financially vulnerable



About MNP Debt Literacy Month

MNP Debt Literacy Month is an annual initiative focused on helping Canadians better understand their personal finances, identify common debt blind spots, and build the knowledge needed to navigate borrowing costs with confidence.

Now in its thirty-fifth wave, this tracking, which has been conducted since 2017, measures Canadians' attitudes toward their consumer debt, confidence in managing household finances, and aspects of their debt literacy. The data was compiled by Ipsos on behalf of MNP LTD between November 28 and December 1, 2025.



Take a 3-Minute Debt Break

Get up to speed quickly with the bite-sized insights you need to better manage your debt and stay on top of your finances. Every MNP 3-Minute Debt Break episode delivers one key money management tip in less time than it takes to brew yourself a cup of coffee.

MNPdebt.ca