

# MNP Consumer Debt Index

Canadians' current debt perception reaches all-time low



**MNP LTD**  
Toll Free 310-DEBT

January 2024

## Growing concern and regret about debt



## Struggling with debt repayment



## Finances taking a toll on mental health

Canadians' current debt perception reaches all-time low

What is the mental health impact			
Anxiety	60%	Stress	59%
Isolation	48%	Embarrassment	40%

**MNP LTD**  
**3 Minute**  
**DEBT BREAK**  
**Podcast**

### 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 podcast episode delivers one key money management tip in less time than it takes to brew yourself a cup of coffee.

### About the MNP Consumer Debt Index

The MNP Consumer Debt Index measures Canadians' attitudes toward their consumer debt and gauges their ability to pay their bills, endure unexpected expenses, and absorb interest-rate fluctuations without approaching insolvency. Conducted by Ipsos and updated quarterly, the Index is an industry-leading barometer of financial pressure or relief among Canadians.

Now in its twenty-seventh wave, the Index decreased to 83 points, down three points since last quarter. The data was compiled by Ipsos on behalf of MNP LTD between November 28 and December 4, 2023.

#MNPcdi

MNPdebt.ca/CDI