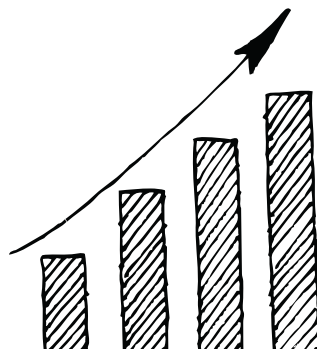
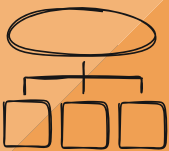




2025 State of Homelessness

What Happened?

A conversation starter about recent trends in social issues, and the rise in homelessness in New Brunswick.





CONTEXT

New Brunswick has been grappling with a growing set of challenges in recent years. Since the pandemic, the province has faced an escalating housing crisis alongside unprecedented affordability struggles. At the same time, health concerns have been rising, and the healthcare system is struggling to meet peoples' needs.

This report will provide a brief overview of these issues, offering simple data and insights to illustrate how worsening conditions in the past five years have contributed to an increase in homelessness. New Brunswick is experiencing the convergence of multiple systemic and social issues, each compounding the other, creating a perfect storm of social and economic hardship. Those who were already struggling with the rising cost of basic necessities and precarious housing have been pushed further into crisis. The result is that many individuals have ended up ultimately experiencing homelessness.

This report highlights key trends and data to show how recent years have brought unprecedented challenges in housing, affordability, and health. The data is intended to start a conversation about the realities facing New Brunswickers and how shifting social conditions have contributed to where we are today.



INCREASE



In March 2021, 493 individuals were identified as experiencing homelessness for at least one day in Moncton, Fredericton, and Saint John. In March 2025, that number had risen to 1,529. That corresponds to an increase of:

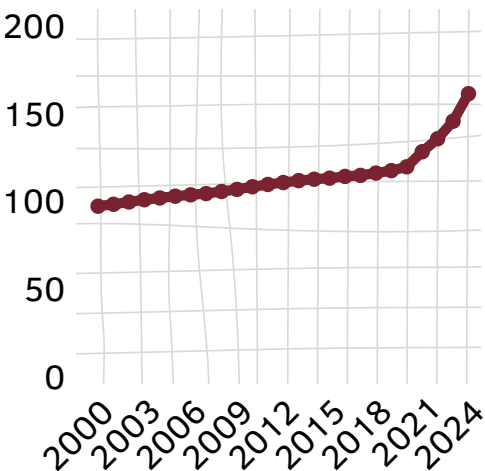
210% ¹

HOUSING

Change in Rent Over Time (Consumer Price Index)²

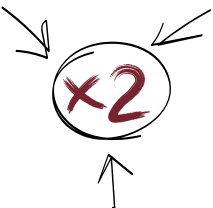


New Brunswick experienced some of the highest rent increases in Canada. From 2020 to 2024, rent rose by **34.7%**.



In the decade before the pandemic, the MLS® average residential sale price was relatively stable. Then, from 2019 to 2024, it increased by **84%**.³

In 5 years, the price of residential properties almost doubled



Vacancy Rate

New Brunswick is experiencing some of the lowest vacancy rates in decades. In 2024, it was 2.0%.⁴

New Brunswick is **losing affordable units**.



The # of unsubsidized units that cost less than \$750 dropped by **25%** from 2016 to 2021.⁵



The housing stock in New Brunswick grew **7%**, not keeping up with population growth of **12%**.

Period	Population ⁶	Housing Stock ⁷
Q4 2016	764,820	360,202
Q4 2024	857,381	383,906
% Increase	12%	7%

AFFORDABILITY

New Brunswick had the **highest provincial low-income rate** in the country in 2023 at **16.7%**.⁸

16.7% in
Low Income



The low-income rate is increasing. It increased by **4.6%** from 2021 to 2022, and **0.2%** from 2022 to 2023.

Food Insecurity Has Been Rising

From 2019 to 2024, food bank visits increased by

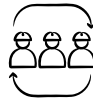


Low Wage Employees¹⁰



earned less than the living wage in 2024.

45% of employees in NB earned less than the provincial living wage of \$24.62 in 2024.



Who Are Low Wage Employees?

89%	Aged 15 to 64 Are Not Students
89%	Are 20 or Older
53%	Are Woman+
55%	Work at Firms with 100+ Employees
75%	Are Full-Time Employees
82%	Are Permanent Employees

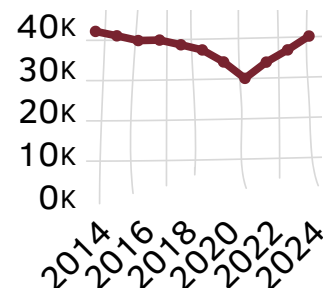
\$ Certain **basic needs** greatly increased in cost from 2021 to 2024:

¹¹

% Increase in Cost	
Gasoline	25%
Food	22%

The number of Social Assistance recipients has **returned to pre-pandemic levels** and is increasing.¹²

Social Assistance Recipients

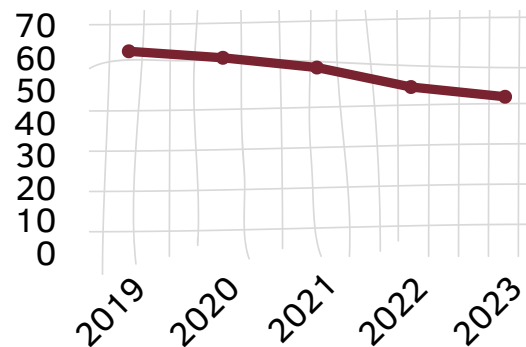


HEALTH

Perceived mental health (very good or excellent) in New Brunswick **dropped from 2019 to 2023**. It went from:

62.4% in 2019
to
47.6% in 2023.¹³

% Reporting Very Good or Excellent Mental Health



Overall perceived health (very good or excellent) also dropped. It went from:

51.4% in 2019
to
41.9% in 2023.¹⁴

The percent of New Brunswickers reporting unmet health care needs (those who reported that they needed care, excluding home care, but didn't receive it) has nearly **doubled** since 2019.¹⁵

2019
6.0%



2023
11.0%

Ambulance New Brunswick



In 2019, naloxone was administered to 253 suspect opioid overdose patients. In 2024, it was 659. That corresponds to a:

160% Increase in 5 Years¹⁶

The percentage of people reporting that they have access to a primary care provider has gone from:

93% in 2017
to
79% in 2023.¹⁷





CONCLUSION

Homelessness is a complex social issue affecting far too many New Brunswickers. Its causes are multifaceted, and each individual experiencing homelessness has a unique story with distinct challenges. Therefore, no single factor can be pinpointed as the sole cause. However, we can identify correlations between recent social trends that have made life increasingly difficult for many and the rise in homelessness.

Housing has become unaffordable and scarce, the cost of living continues to rise beyond what many can afford, and wages have not kept pace. Additionally, certain health indicators are worsening, and the healthcare system is struggling to meet demand. While not all measures of community well-being are declining in New Brunswick, this report highlights some of the added pressures and challenges faced by individuals and families in precarious housing situations, pressures that have inevitably pushed some into homelessness.

It is important to recognize that the three critical issues New Brunswick has faced in recent years (housing, affordability, and healthcare) are not the sole causes of homelessness. Homelessness is deeply connected to broader systemic issues such as the financialization of the housing market, inadequate tenant protections, and failures within social support systems. Many of these challenges have been perpetuating homelessness for far longer than the past five years.

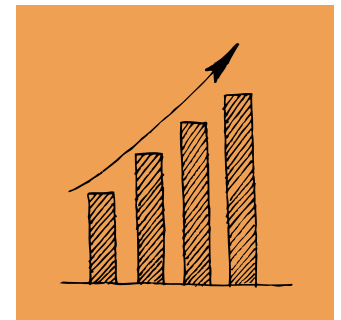
For those interested in learning more about the causes of homelessness and the barriers affecting society's most vulnerable, there are several valuable resources:

- The **New Brunswick Coalition for Tenants' Rights** provides extensive research on the financialization of housing, weak tenant protections, and the lack of rent controls.
- The **Human Development Council** publishes reports on topics like poverty and

living wages. Some of their homelessness reports explore the connections between homelessness and systems like foster care, corrections, and healthcare.

- The **New Brunswick Women's Council** publishes research on public policy issues, including low-wage work, homelessness, and poverty.
- The **New Brunswick Health Council** provides reports, research, and comprehensive data on the health of New Brunswickers.
- **NB Social Pediatrics** publishes academic research on best practices in health and social care.
- The **New Brunswick Coalition for People with Disabilities** publishes research and blogs on disability and accessibility.

These organizations offer insights into the structural issues contributing to homelessness and poverty, helping to inform both policy and public discourse.



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