



MENTAL HEALTH STATISTICS

Who is affected by mental health issues?

- Currently, more than 6.7 million people are living with a mental health condition in Canada.ⁱⁱ
- More than 28% of people aged 20-29 experience a mental illness in a given year.ⁱⁱⁱ
- Approximately 8% of adults will experience major depression at some time in their lives.^{iv}
- About 1% of Canadians will experience bipolar disorder (or “manic depression”).^{iv}
- Schizophrenia affects 1% of the Canadian population.^{iv}
- Anxiety disorders affect 5% of the household population, causing mild to severe impairment.^{iv}
- Suicide accounts for 24% of all deaths among 15-24 year olds and 16% among 25-44 year olds.^{iv}
- The mortality rate due to suicide among men is four times the rate among women.^{iv}

Seeking support

- Almost one half (49%) of those who feel they have suffered from depression or anxiety have never gone to see a doctor about this problem.^{iv}
- Once depression is recognized, help can make a difference for 80% of people who are affected.^{iv}
- Stigma or discrimination attached to mental illnesses presents a serious barrier, not only to diagnosis and treatment but also to acceptance in the community.^{iv}
- In 2012, 17% of Canadians aged 15 and older, approximately 4.9 million individuals, perceived themselves as having had a need for mental health care in the past 12 months. Among these people, two-thirds (67%) had their needs met, while 12% reported needs that were unmet. The remaining 21% had partially met needs, as they received some mental health care, but perceived a need for more.^v

Societal impacts of mental health issues

- Mental health issues account for more than \$6 billion in lost productivity (from absenteeism, presenteeism and turnover) in 2011.^{vi}
- Those with lower incomes generally report poorer physical and mental health than those in the higher income quintiles.^{vii}

- According to Statistics Canada, Canadians in the lowest income bracket are 3-4 times more likely than those in the highest income bracket to say that their mental health is fair to poor.^{viii}
- Research indicates that only 10-20% of persons with the most serious mental illnesses are even in the workforce.^{ix}
- 21.4% of the working population in Canada currently experience mental health conditions, which can affect their productivity.^x
- Mental health conditions account for approximately 30% of short- and long-term disability claims and are rated one of the top three drivers of such claims by more than 80% of Canadian employers.^x
- If unaddressed, the impact of mental health conditions on lost productivity will cost Canadian businesses \$198 billion over the next 30 years.^x

Youth and mental health

- In Canada, only 1 out of 5 children who need mental health services receives them.^{iv}
- Approximately 5% of male youth and 12% of female youth, age 12 to 19, have experienced a major depressive episode.^{iv}
- Mental illness is increasingly threatening the lives of our children; with Canada's youth suicide rate the third highest in the industrialized world.^{iv}
- Suicide is among the leading causes of death in 15-24 year old Canadians, second only to accidents; 4,000 people die prematurely each year by suicide.^{iv}

Housing and mental health

- People with serious mental health conditions are disproportionately affected by homelessness.^{xi}
- Housing designed for people with mental health conditions can contribute to significant cost savings for the health system. It costs \$486 a day (\$177,390 per year) to keep a person in a psychiatric hospital, compared to \$72 per day (\$26,280 per year) to house a person in the community with supports.^{xii}

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