

# Perceived mental health, symptoms of depression and consultations with a mental health professional, among adults living in the territories, 2023/2024

Released at 8:30 a.m. Eastern time in *The Daily*, Wednesday, May 6, 2026

Available today are the findings on perceived mental health, symptoms of depression and consultations with a mental health professional, using data from the 2023/2024 Canadian Community Health Survey. These findings have been released in the *Health Fact Sheets*.

Results are based on territorial data from the 2023/2024 two-year cycle of the Canadian Community Health Survey, covering adults aged 18 and over.

## Note to readers

Also released today are updates to tables [13-10-0972-01](#) and [13-10-0973-01](#), which now include historical data, estimated for the adult population, using two-year files from 2015 to 2022. Previously released estimates for the population aged 12 and older can be found in the archived tables [13-10-0113-01](#) and [13-10-0805-01](#).

**Available tables:** [13-10-0972-01](#) and [13-10-0973-01](#).

**Definitions, data sources and methods:** survey number [3226](#).

The fact sheet "[Perceived mental health, symptoms of depression and consultations with a mental health professional, Territories, 2023/2024](#)" is now available in the publication *Health Fact Sheets* ([82-625-X](#)).

For more information, or to enquire about the concepts, methods or data quality of this release, contact us (toll-free 1-800-263-1136; 514-283-8300; [infostats@statcan.gc.ca](mailto:infostats@statcan.gc.ca)) or Media Relations ([statcan.mediahotline-ligneinfomedias.statcan@statcan.gc.ca](mailto:statcan.mediahotline-ligneinfomedias.statcan@statcan.gc.ca)).

