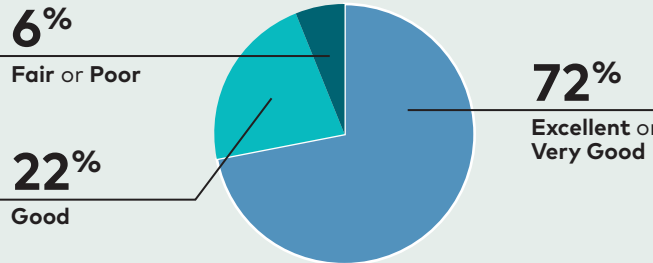


Accessing Mental Health Care in Canada

The following numbers look at how Canadians perceive their mental health and their access to mental health services

In 2015, Canadians aged 12+ reported that their current mental health^[1] was:



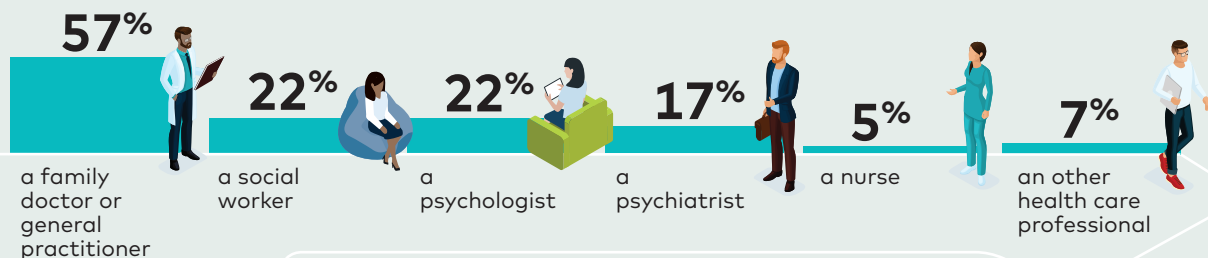
14% of Canadians aged 12+ reported that they had **seen or talked to a health professional** about their mental or emotional health in the past 12 months.^[1]

Of those, $\frac{2}{3}$ were female $\frac{1}{3}$ were male.

60% of females who were diagnosed with a mood or anxiety disorder **talked to a professional** in the last 12 months.^[1]

50% of males who were diagnosed with a mood or anxiety disorder **talked to a professional** in the last 12 months.^[1]

When seeking professional care for their mental health^[1], Canadians consulted:



Approximately 4.9 million

Canadians aged 15+ experienced a need for mental health care in the previous 12 months.^[2]

Approximately **600,000 Canadians** felt it was *unmet*.

More than **1 million Canadians** felt it was *partially met*.

In 2012, 39% of Canadians aged 15 to 24 reported that they **consulted a resource** about problems with emotions, mental health, or the use of alcohol or drugs in the previous year.^[3] Of those,



(1) Canadian Community Health Survey - 2015 (released March 22, 2017)
 (2) Canadian Community Health Survey - Mental Health (2012) CANSIM: 105-1101
 (3) Findlay and Sunderland Health Reports. Vol. 25, no.12

Catalogue number: 11-627-M, ISBN : 978-0-660-08488-6

