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 was:

- 72% Excellent or Very Good
- 22% Good
- 6% Fair or Poor

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. Of those, 2/3 were female and 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.

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

Approximately 4.9 million 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. Of those, 12% consulted a health professional and 27% consulted an informal source.

In 2012, 39% of Canadians aged 15 to 24 experienced a need for mental health care in the previous 12 months. Approximately 600,000 Canadians felt it was unmet. More than 1 million Canadians felt it was partially met.

When seeking professional care for their mental health, Canadians consulted:

- 57% a family doctor or general practitioner
- 22% a social worker
- 22% a psychologist
- 17% a psychiatrist
- 5% a nurse
- 7% an other health care professional

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