



RECEIVING CARE FOR A MENTAL ILLNESS, 2018

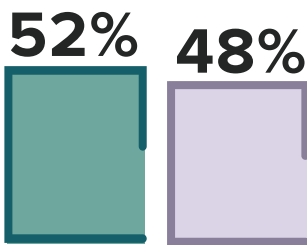
Overall, **mental illness** was cited as the most common reason for needing care (**18%**), especially among young care receivers.¹



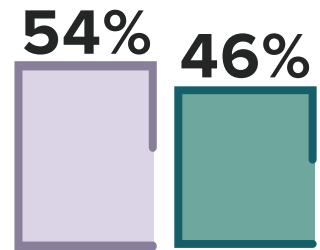
Almost **6 in 10** young care receivers identified mental illness as the leading reason for needing care, compared with only **11%** of those **aged 55 to 64**.



Receiving care for a mental illness was more common among **young men** than **young women**.¹



Conversely, **women older than 35** were more likely than **men** to receive care for a mental illness.

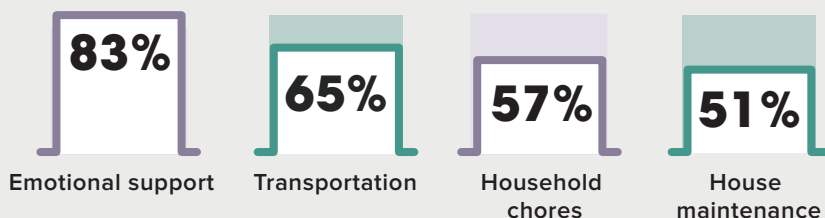


Almost **9 in 10** young people received care for a mental illness from a **family member or a friend**, most often a parent (**72%**).



Among young care receivers, **76%** said that were it not for their primary caregiver,² they would have had trouble finding help.

The most common types of care:



74% of young care receivers were satisfied with the balance of help from family members or friends and professionals.

79% of those who were dissatisfied would have preferred more professional help.

1. Those aged 15 to 34.

2. Primary caregiver includes family, friends, or neighbours.

Source: Statistics Canada, General Social Survey - Caregiving and Care Receiving, 2018.

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Catalogue number: 11-627-M | ISBN: 978-0-660-33759-3

