

3 GOOD HEALTH AND WELL-BEING



ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES

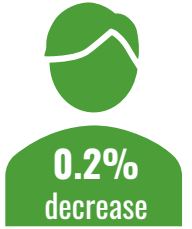
MENTAL HEALTH & COVID-19

Almost **1 in 10** Canadians perceived their mental health to be “fair or poor” in 2020.

Compared to 2019, **458,000 fewer** Canadians rated their mental health as “**excellent or very good**” in 2020.



Women's mental health suffered more than men's.



15% of women aged 18-34 rated their mental health as “**fair or poor**”.



DRUGS & ALCOHOL & CANADIANS

2019 → 2020

The rate of apparent opioid toxicity deaths **increased by 74%**.



Total volume per capita sales of alcohol **increased by 2.5%**.

Footnote: Apparent opioid toxicity deaths data are from the 2019 and 2020 calendar years. Alcohol volume sales data are from April 2020 to April 2021.

SUICIDE IN CANADA, 2020



Suicide was the **12th leading cause of death** – down from 9th in 2019.



1 in every 100 deaths was caused by suicide.



The suicide rate among **men** was **3 times higher** than women.

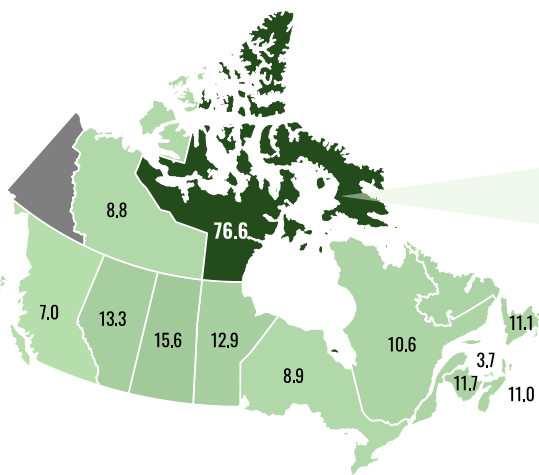
AT A GLANCE SUICIDE IN NUNAVUT

CANADA

10.1 per 100,000 deaths

NUNAVUT

76.6 per 100,000 deaths



In 2020, rates of suicide were **almost eight times higher in Nunavut**, compared with the national rate.

Research has shown that historical trauma from colonization and colonial practices along with ongoing discrimination and marginalization that have resulted in social and economic inequities may be linked to the high rates of suicide among First Nations people, Métis and Inuit.

COMMUNITY SPOTLIGHT KIDS HELP PHONE

Kids Help Phone is Canada's only 24/7 e-mental health service offering **free, confidential support** to young people in English and French.



In 2020, **Kids Help Phone** received an **137% increase** in service interactions across Canada

1.9M interactions in 2019...

... **4.6M** interactions in 2020

Source(s): Statistics Canada, Vital Statistics – Death Database, 2019/2020. Statistics Canada, Canadian Community Health Survey - Annual Component, 2019/2020. Public Health Agency of Canada, Opioid- and Stimulant-related Harms in Canada, 2019/2020. Statistics Canada, Centre for Indigenous Statistics and Partnerships.. Kids Help Phone, Annual Report 2020. ISBN: 978-0-660-42399-9

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