



**Mood Disorders** Society of Canada  
La Société Pour **Les Troubles de L'Humeur** du Canada

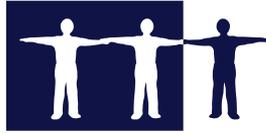
**QUICK FACTS:**

*Mental Illness  
& Addiction  
in Canada*



Expanded Edition





**Mood Disorders Society of Canada**  
**La Société Pour Les Troubles de L'Humeur du Canada**

## *Quick Facts: Mental Health & Addictions in Canada*

On behalf of the Mood Disorders Society of Canada (MDSC), I am pleased to present the fourth edition of "Quick Facts on Mental Illness & Addiction in Canada". In keeping up with the many changes that have occurred within the mental health field within the past ten years, we felt it was important that this resource be updated to reflect these changes. The incredible demand for copies of the first three editions has been phenomenal. There is now no doubt that there is a need in Canada to bring together, a comprehensive, evidence-based document containing important statistics relating to mental illnesses and addictions. The impact on individuals and their families, the healthcare system, the workplace, and the economy in general is extremely significant. There is also a need to develop a common understanding of the relationship between mental illnesses, addictions, and physical illnesses such as cancer, diabetes, and heart disease. We are certain that you will find this fourth edition useful and very informative.

We have added more sections and statistics and additional pages of important facts. We have written it in a style that will facilitate the uptake of the information by all members of the Canadian public. All facts provided in this handbook are evidence based. Fully sourced citations are provided on the Mood Disorders Society of Canada website including where reference documents can be accessed.

We trust that this Fourth Edition of "Quick Facts on Mental Illness & Addiction in Canada" will encourage public understanding and discussion of a subject that requires more dialogue by all. We ask that in using this document as a resource you provide credit to the MDSC. Additional hard copies of this publication or other publications of MDSC may be ordered by going to: [www.mdsc.ca](http://www.mdsc.ca) "contact us".

We would like to offer our thanks to Dr. Barbara Everett for providing additional research for this fourth edition booklet, and to all those who have contributed their time and efforts on this project. MDSC would like to thank everyone for their support and encouragement in the development of these educational resources.

A handwritten signature in black ink that reads "Dave Gallson".

**Dave Gallson**  
*National Executive Director  
Mood Disorders Society of Canada*



## TABLE OF CONTENTS

|    |  |
|----|--|
| 2  | Introduction   |
| 3  | Facts from the World   |
| 5  | Facts from Canada  |
| 9  | Facts About Types of Mental Illness                                |
| 21 | Facts About Substance Abuse Disorders                              |
| 24 | Facts About Concurrent Disorders and Dual Diagnosis                |
| 25 | Facts About Suicide  |
| 27 | Facts About Mental Illness in Vulnerable Groups                    |
| 36 | Facts About Mental Illness in the Professions                      |
| 39 | Facts About Mental Health in the Workplace                         |
| 41 | Facts About Psychiatric Hospitalization in Canada                  |
| 42 | Facts About Stigma   |
| 44 | Facts About Building Resiliency and Living a Mentally Healthy Life |

## Mental Health

Mental health (or mental well-being) is an ideal we all strive for. It is a balance of mental, emotional, physical and spiritual health. Caring relationships, a place to call home, a supportive community, work and leisure all contribute to mental health. However, no one's life is perfect, so mental health is also about learning the coping skills to deal with life's ups and downs the best we can.

## Mental Illness

Mental illness is serious. It is a disturbance in your thought, perceptions and emotions that affect your ability to think, make decisions and function on a day-to-day basis. There are degrees of mental illness. It can vary from mild to severe. However, any version merits diagnosis and treatment. There are many choices of medical treatment such as medication and therapy. People also benefit from good diet, exercise, meditation and what the medical community call "alternative therapies" such as acupuncture, homeopathy, naturopathy and, in some cases, dietary supplements.

Mental illnesses are formally defined by the psychiatric **Diagnostic and Statistical Manual** and include:

- **Schizophrenia** - seeing, smelling or hearing things that aren't there – or holding firm beliefs that make no sense to anyone else but you
- **Depression** - intense feelings of sadness and worthlessness – so bad that you have lost interest in life
- **Bipolar Disorder** - cycles of feeling intensely happy and invincible, followed by depression
- **Anxiety Disorders** – generalized overall anxiety, panic attacks, phobias, obsessions or post-traumatic stress disorder, eating disorders – anorexia (not eating), or bulimia (eating too much and then vomiting)
- **Personality Disorders** – there are a variety of personality disorders, but they all involve some form of difficulty with relationships, extremely poor judgement and decision-making, lack of regard for others, and the inability to manage emotions

**Note:** From time to time, discussions (and reporting) can include other diagnoses in the category of mental illness such as: autism, dementia, and traumatic brain injury. While these diagnoses involve the brain, they are not mental illness and it is inaccurate to label them as such.

## *Mental Health Issues*

This is a generic term that has evolved to refer to all forms and degrees of mental illness. It has become popular because it does not refer to a specific diagnosis which people, quite rightly, consider a private matter. As a catch-all term, it communicates clearly, but doesn't bog the reader or listener down in minute detail. It is also respectful to people who do not want to have a psychiatric diagnosis define who they are.

## *Recovery*

Recovery means living well, despite having a mental illness or a substance abuse problem. People "in recovery" have taken charge of their own lives and health. They have developed a sense of purpose and have found a way to live a full and rewarding life.

## Mental Illness

**Note:** The following facts are from the *World Health Organization (WHO)*, where mental disorders are defined broadly and include mental illness, neurological disorders and substance abuse.

- Percentage of global disease burden represented by mental illness, neurological disorders and substance abuse: **13%**<sup>1</sup>
- The 3rd leading cause of disease burden worldwide: **Depression**.<sup>1</sup>
- The expected leading cause of disease burden by 2030: **Depression**.<sup>1</sup>
- Percentage of people from low-income countries who receive no treatment: **76 – 85%**.<sup>1</sup>
- Percentage of people from high-income countries who receive no treatment: **35 – 50%**.<sup>1</sup>
- Mortality rate for people with schizophrenia: **1.6 times the general population**.<sup>1</sup>
- Mortality rate for people with depression: **1.4 times the general population**.<sup>1</sup>
- Worldwide percentage of mental health resources directed towards mental hospitals despite poor health outcomes and human rights violations: **67%**.<sup>1</sup>
- Worldwide spending per person on mental health resources: **Less than \$2 per person**.<sup>1</sup>

---

<sup>1</sup> Global burden of mental disorders and the need for a comprehensive, coordinated response from health and social services at the country level. March 16, 2012. Background paper for WHO Action Plan 2013 – 2020. Available at: [http://apps.who.int/gb/ebwha/pdf\\_files/WHA65/A65\\_10-en.pdf?ua=1](http://apps.who.int/gb/ebwha/pdf_files/WHA65/A65_10-en.pdf?ua=1)

## Worldwide Suicide Rates

- Number of people who die by suicide daily worldwide: **800,000.**<sup>2</sup>
- Number of people who attempt suicide for each person who dies: **20.**<sup>2</sup>
- The second leading cause of death for people aged 15 – 29 worldwide: **Suicide.**<sup>2</sup>
- Percentage of deaths accounted for by suicide: **1.4%.**<sup>2</sup>
- The 18th leading cause of death globally: **Suicide.**<sup>2</sup>

## Substance Abuse

- Percentage of all deaths worldwide attributed to alcohol and consequent diseases: **4%.**<sup>3</sup>
- The 3rd largest risk factor for disease and disability: **Alcohol misuse.**<sup>3</sup>
- Percentage of deaths among the age group of 15 – 29 attributed to alcohol: **9%**<sup>3</sup>
- Number of litres of pure alcohol consumed per person annually worldwide: **6.13.**<sup>3</sup>
- Number of diseases in which alcohol is a factor: **60.**<sup>3</sup>
- Percentage of the world's population that had not consumed alcohol in the last 12 months: **57%.**<sup>3</sup>
- **One half** the global population has never consumed alcohol.<sup>3</sup>

## Tobacco

Tobacco is the only legal drug that kills many users when used exactly as intended by the manufacturer.

Number of deaths per year worldwide attributed to tobacco use: **6 million with many occurring prematurely.** Included in this figure is 600,000 deaths from second-hand smoke.<sup>4</sup>

---

2 WHO suicide data. Available at: [http://www.who.int/mental\\_health/prevention/suicide/suicideprevent/en/](http://www.who.int/mental_health/prevention/suicide/suicideprevent/en/)

3 WHO global status report on alcohol and health (2018). Available at: <http://apps.who.int/iris/bitstream/handle/10665/274603/9789241565639-eng.pdf?ua=1>

4 WHO global report on trends in prevalence of tobacco smoking (2015). Available at: [http://apps.who.int/iris/bitstream/handle/10665/156262/9789241564922\\_eng.jsessionid=C51D23B91AB7E87383C3DE047C2E506D?sequence=1](http://apps.who.int/iris/bitstream/handle/10665/156262/9789241564922_eng.jsessionid=C51D23B91AB7E87383C3DE047C2E506D?sequence=1)

## Illegal Drug Use

- The country that leads the world in illegal drug use: **United States.**<sup>5</sup>  
*Note that countries with strict drug use policies do not have lower usership than countries with more liberal policies.*
- Number of deaths annually in UN member countries attributed to illegal drugs: **450,000.**<sup>6</sup>
- Number of these deaths attributed to overdoses, most likely opioids: **165,000.**<sup>6</sup>
- Number of people with access to treatment: **1 in 6.**<sup>6</sup>
- *Note: Outside of North America, the impact of fentanyl is low.*
- Percentage increase of global opium production from 2016 – 2017: **65%.**<sup>6</sup>
- Global cocaine production in 2016: **1,410 tonnes** – the highest ever.<sup>6</sup>

## Facts from Canada

---

### Mental Illness

The leading cause of disability in Canada is mental illness.<sup>7</sup>

- Chances of having a mental illness in your lifetime in Canada: **1 in 5.**<sup>8</sup>
- Chances of having a mental illness or a substance use disorder in your lifetime in Canada: **1 in 3.**<sup>8</sup>

---

5 Degenhardt, L. et al (2008). Toward a global view of alcohol, tobacco, cannabis and cocaine use: Findings from WHO World mental health surveys. PLoS Med vol 5(7) and as reported by CBS news: US leads the world in illegal drug uses. Available at: <https://www.cbsnews.com/news/us-leads-the-world-in-illegal-drug-use/>

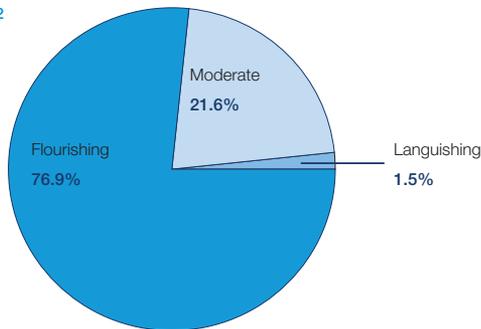
6 United Nations Office on Drugs and Crime (2018). World Drug Report (2018). Booklet 2: Latest trends, cross-cutting issues. Available at: [https://www.unodc.org/wdr2018/prelaunch/WDR18\\_Booklet\\_2\\_GLOBAL.pdf](https://www.unodc.org/wdr2018/prelaunch/WDR18_Booklet_2_GLOBAL.pdf)

7 Centre for Addiction and Mental Health. Mental illness and addictions: Facts and Statistics (undated). Available at: <https://www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics>

8 Pearson, C. Janz, T. & Ali, J (last modified 2015) Mental and substance use disorders in Canada. Statistics Canada Catalogue # 82-624-X. Available at: <https://www150.statcan.gc.ca/n1/pub/82-624-x/2013001/article/11855-eng.htm>

- At any given time, percentage of Canadians who have a mental illness: **10.4%**<sup>9</sup>
- Percentage of adolescents (aged 15 – 24) who report a mental illness or substance abuse problem: **18%**<sup>9</sup>
- Percentage of people who die by suicide and who had a diagnosable mental illness: **90%**<sup>9</sup>
- Chances of experiencing or having a mental illness by the time you reach the age of 40: **1 in 2.**<sup>10</sup>
- The number of people in Canada who die by suicide per year: **4,000 or almost 11 people per day.**<sup>10</sup>
- The percentage of people experiencing a major depression who do not receive adequate care: **50%**<sup>10</sup>
- Unemployment rate for people with severe mental illness: **70 – 90%**<sup>10</sup>
- Number of Canadians 15 years or older who, in the past 12-month period, reported symptoms consistent with either a major depressive episode, bipolar disorder, a generalized anxiety disorder or alcohol/drug abuse: **2.8 million.**<sup>11</sup>

**In 2012, the percentage of Canadians who reported that their mental health was:**<sup>12</sup>



9 Kirby, M. & Keon, W. (2004). Report 1, Mental health, mental illness and addiction: Overview of policies and programs in Canada (Chapter 5). Interim report of the Standing Senate Committee on Social Affairs, Science and Technology.

10 Centre for Addiction and Mental Health. Mental illness and addictions: Facts and Statistics (undated). Available at: <https://www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics>

11 Canadian community health survey: mental health (2012). Selected facts available at: <https://www150.statcan.gc.ca/n1/daily-quotidien/130918/dq130918a-eng.htm>

12 Gilmour, H. (Sept 17th 2014). Positive mental health and mental illness. Available at: <https://www150.statcan.gc.ca/n1/en/pub/82-003-x/2014009/article/14086-eng.pdf?st=R1hNbxqXf>

- Percentage of Canadians 15 years or older who self-reported that they met the criteria for at least 1 in 6 mental illness or substance abuse disorders: **10.1%**.<sup>12</sup>
- Percentage of Canadians 12 years old and older who reported poor mental health: **6%**.<sup>13</sup>
- Percentage of Canadians 12 years old and older who had talked to a health professional in the past 12 months: **1.4%**. *Of those 2/3 were female.*<sup>13</sup>
- Of Canadians diagnosed with a mood disorder, **60% of women** and **50% of men**.<sup>13</sup>
- Percentage of Canadians who, in the last 12-month period, had consulted a family physician for their mental health: **57%** while **22%** had consulted a psychiatrist.<sup>13</sup>
- Number of Canadians 15 and older who experienced a need for mental health care in a 12-month period: **4.9 million**.<sup>13</sup>
- *Of those, how many thought their needs were unmet: 600,000.*<sup>13</sup>
- Number of contacts with the police that involve people with a mental illness or a substance abuse disorder: **1 in 5**.<sup>14</sup>

### The percentage Canadian adults who felt the following several times in 2018:<sup>15</sup>

**34%**

Stressed to the point it impacted their lives

**21%**

Sad and depressed every day for a couple of weeks or more

**23%**

Stressed to the point of feeling unable to cope

**8%**

Seriously considered suicide or self-harm

13 Accessing mental health care in Canada (May 2017). Available at: <https://www150.statcan.gc.ca/n1/pub/11-627-m/11-627-m2017019-eng.htm>

14 Mental health and contact with the police in Canada 2012. Available at: <https://www150.statcan.gc.ca/n1/pub/85-002-x/2015001/article/14176-eng.htm>

15 Statista: The statistics portal. Available at: <https://www.statista.com/statistics/788827/canadian-adults-select-mental-health-issues/>

## Investment in Mental Health Services in Canada

- Percentage of overall health spending allocated to mental health: **7.2%.**<sup>16</sup>
- Percentage of mental health spending in Canada relative to other countries: **Australia, New Zealand and the UK spend between 10 – 14% of their overall health budget on mental health.**<sup>16</sup>
- Number of Canadians who report unmet mental health needs: **1.6 million.**<sup>16</sup>

## Disability Claims

- Number of disability claims in Canada due to mental illness or substance abuse disorders: **355,000.**<sup>17</sup>
- Number of workers in Canada absent from work due to mental illness: **175,000.**<sup>17</sup>
- Cost of disability leave for mental illness relative to physical illness: **The costs for mental illness are about double those of physical illness.**<sup>17</sup>

## Meeting Mental Health Needs in Canada

- Percentage of the population 15 years and older who reported a mental health condition in the last 12 months: **17%.**<sup>18</sup>
- *Of those, the percentage that said their needs were met: 67%.*<sup>18</sup>
- Percentage of those that said their needs were partially met: **21%.**<sup>18</sup>
- Percentage of those that said their needs were unmet: **12%.**<sup>18</sup>

---

16 Louise Bradley (2018). Report card on mental health care in Canada: Greater improvement needed. Available at: <https://ipolitics.ca/2018/06/04/report-card-on-mental-health-care-in-canada-greater-improvement-needed/>

17 Centre for Addiction and Mental Health. Mental illness and addictions: Facts and Statistics (undated). Available at: <https://www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics>

18 Sunderland, A. & Findlay, L (2013). Perceived need for mental health care in Canada: Results from the 2012 Canadian Community Mental Health Survey. Available at: <https://www150.statcan.gc.ca/n1/en/pub/82-003-x/2013009/article/11863-eng.pdf?st=wh1JOC1k>

## Substance Abuse in Canada

- Cost to the Canadian economy of alcohol abuse between 2007 and 2014: **\$38.4 billion.**<sup>19</sup>
- Percentage of the overall cost to the Canadian economy of alcohol abuse attributed to lost productivity: **40% or \$15.7 billion.**<sup>19</sup>
- Portion of the overall cost to the Canadian economy of alcohol abuse attributed to the criminal justice system: **\$9 billion.**<sup>19</sup>
- Percentage of crime in Canada attributed to alcohol abuse: **20%.**<sup>19</sup>

Of the **\$38.4 billion** costs per year attributed to substance abuse, the costs per category are:<sup>20</sup>

|                                  |                                |                                 |                                  |
|----------------------------------|--------------------------------|---------------------------------|----------------------------------|
| <b>\$14.6 billion</b><br>Alcohol | <b>\$12 billion</b><br>Tobacco | <b>\$3.5 billion</b><br>Opioids | <b>\$2.8 billion</b><br>Cannabis |
|----------------------------------|--------------------------------|---------------------------------|----------------------------------|

- Over a 10-year period, the number of people who died in vehicular crashes where drinking was a factor: **8,431.**<sup>21</sup>
- In 2010, the number of crashes where death occurred attributed to alcohol: **39.1%**<sup>21</sup>
- In 2010, the number of crashes where death occurred attributed to drug abuse: **34.2%**<sup>21</sup>
- The cost per year attributed to crashes in Canada where cannabis is involved: **\$1 billion.**  
*This includes 75 fatalities, 14,407 injuries and 7,794 victims of property damage.*<sup>22</sup>
- Number of Canadians who meet the criteria for a moderate risk of problem gambling, but who became problem gamblers: **1 in 50**<sup>22</sup>

19 Centre on Substance Abuse and Addiction. Canadian substance use costs and harms 2007 – 2014. Available at: <http://www.ccdus.ca/Eng/topics/Costs-of-Substance-Abuse-in-Canada/Pages/default.aspx>

20 Centre for Addiction and Mental Health. Mental illness and addictions: Facts and Statistics (undated). Available at: <https://www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics>

21 Centre on Substance Abuse and Addiction. Impaired driving. Available at: <http://www.ccdus.ca/Eng/topics/Impaired-Driving/Pages/default.aspx>

22 The human face of mental health and mental illness in Canada (2006). A publication of the Government of Canada available at: <http://www.phac-aspc.gc.ca/publicat/human-humain06/index.html>

- Number of Canadians who meet the criteria for substance dependence (alcohol or drugs): **1 in 30**.<sup>22</sup>
- Cannabis-related fatalities related to Canadians 16–34: **61%**, *noting that this group represents only 32% of the Canadian population*.<sup>23</sup>

## Facts About Types of Mental Illness

### **Depression**

- Percentage of Canadian men who are clinically depressed at any given time: **1%**.<sup>24</sup>
- Percentage of Canadian women who are clinically depressed at any given time: **2%**.<sup>24</sup>
- Percentage of Canadian men who will experience depression in their lifetime: **5%**.<sup>24</sup>
- Percentage of Canadian women who will experience depression in their lifetime: **10%**.<sup>24</sup>
- Percentage of adults over 65 who experience major depression: **3–5%**.<sup>25</sup>
- Percentage of seniors who experience some form of depression: **15%**.<sup>25</sup>
- The increased risk of an earlier death for seniors with depression: **2 to 3 times**.<sup>25</sup>
- In a pan-Canadian survey, the percentage of Canadians who met the criteria for a major depressive episode: **4.7%**.<sup>26</sup>

**For more information, visit [www.mdsc.ca](http://www.mdsc.ca) and download the *What is Depression?* publication.**

23 Centre on Substance Abuse and Addiction. Driving under the influence of cannabis. Available at: <http://www.ccdus.ca/Eng/topics/Impaired-Driving/Driving-under-influence-of-cannabis/Pages/default.aspx>

24 Canadian Psychological Association (2017). Psychology works fact sheet: Depression. Available at: [https://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet\\_Depression.pdf](https://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet_Depression.pdf)

25 Canadian Psychological Association (2014). Psychology works fact sheet: Depression among seniors. Available at: [https://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet\\_DepressionAmongSeniors.pdf](https://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet_DepressionAmongSeniors.pdf)

26 Canadian community health survey: mental health (2012). Selected facts available at: <https://www150.statcan.gc.ca/n1/daily-quotidien/130918/dq130918a-eng.htm>

## Depression with Anxiety

- Percentage of Canadians who report a mood and/or anxiety disorder: **11.6% or 3 million.**<sup>27</sup>
- Percentage of Canadians who said their disorder affected them “quite a bit” or “extremely”: **27%.**<sup>27</sup>
- Percentage of Canadians who reported these disorders who have not consulted a health professional: **23%.**<sup>27</sup>
- Percentage of Canadians who had seen a health professional who took medication for their disorder: **70%.**<sup>27</sup>
- Percentage who had received psychological counselling: **20%.**<sup>27</sup>

## The most common mental illness in Canada and the world: Mood and anxiety disorders.<sup>28</sup>

### Post-Partum Depression

**Note:** The statistics on the experience of post-partum depression can vary according to source.

#### Earlier Canadian study:

- Percentage of respondents who reported post-partum depression (6,421 women participated): **8.6% reported minor post-partum depression while 8.69% reported major post-partum depression.**<sup>29</sup>

#### Later Canadian study:

- Percentage of women who reported experiencing post-partum depression: **7.5%.**<sup>30</sup>

---

27 Public Health Agency of Canada (2014). Mood and anxiety disorders in Canada, 2014 survey on living with chronic disease in Canada. Available at: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/mood-anxiety-disorders-canada.html>

28 Report from the Canadian chronic disease surveillance system: Mood and anxiety disorders in Canada 2016. Available at: [https://www.canada.ca/en/public-health/services/publications/diseases-conditions/report-canadian-chronic-disease-surveillance-system-mood-anxiety-disorders-canada-2016.html?utm\\_source=StkId&utm\\_medium=Email&utm\\_campaign=MAD\\_Rp\\_Jun22\\_EN](https://www.canada.ca/en/public-health/services/publications/diseases-conditions/report-canadian-chronic-disease-surveillance-system-mood-anxiety-disorders-canada-2016.html?utm_source=StkId&utm_medium=Email&utm_campaign=MAD_Rp_Jun22_EN)

29 Lanes, A. Kuk, J.L. & Tamim, H. (2011). Prevalence and characteristic of post-partum depression symptomatology among Canadian women. Public Health Journal, Vol 11, p. 1 – 9. Available at: <https://crdcn.org/prevalence-and-characteristics-postpartum-depression-symptomatology-among-canadian-women-a-cross>

**Risk factors for developing post-partum depression:** Smoking, use of alcohol, use of non-prescription drugs, a history of physical and/or sexual abuse.<sup>30</sup>

- Percentage of women who experience post-partum psychosis: **0.1%**<sup>31</sup>

### *Seasonal Affective Disorder (SAD)*

- Percentage of all cases of depression attributed to SAD: **10%**.<sup>32</sup>
- Percentage of Canadians who report at least a mild case of SAD in their lifetime: **15%**.<sup>32</sup>
- Percentage of cases of SAD that are serious: **2 – 3%**.<sup>32</sup>

### *Treatment Resistant Depression (TRD)*

TRD is formally defined as people with depression who have not responded to two or more different medications. While eventually, their depression may lift with treatment, it comes back over and over again. TRD is now considered a chronic illness.

- Percentage of people diagnosed with depression who go on to experience treatment resistant depression: **21.7%**.<sup>33</sup>
- Other research sources place the number with TRD much higher, at **50– 60%**.<sup>34</sup>

---

30 Government of Canada (2014). Pregnancy and women's health in Canada results from the Canadian maternity experiences survey. Available at: <https://www.canada.ca/en/public-health/services/publications/healthy-living/pregnancy-women-mental-health-canada.html>

31 Post-Partum Support International (many Canadian provinces have chapters). Available at: <http://www.postpartum.net/>

32 Canadian Psychological Association (2018). Psychology works fact sheet: Seasonal affective disorder (depression with seasonal pattern). Available at: [https://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet\\_SeasonalAffectiveDisorder.pdf](https://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet_SeasonalAffectiveDisorder.pdf)

33 Rizi, S.J. Grima, R+E. Tan, M. Lin, P. McIntyre, R. s. & Kennedy, S. (2014). Treatment resistant depression in primary care across Canada. Canadian Journal of Psychiatry. Vol 59 (7), pg. 349 – 57. Abstract available at: <https://www.ncbi.nlm.nih.gov/pubmed/25007419>

34 Fava, M. (2003). Diagnosis and definition of treatment resistant depression. Biological Psychiatry, Vol 53(8), pg. 649 – 59. Abstract available at: <https://www.ncbi.nlm.nih.gov/pubmed/12706951>

## Results from a 2018 Mood Disorders Society of Canada Survey on Treatment Resistant Depression (199 respondents):<sup>35</sup>

|   |   |  |
|---|---|--|
| <b>51%</b><br>reported 10 or more bouts of depression                     | <b>63%</b><br>reported visiting the Emergency Department for depression | <b>19%</b><br>had been admitted to hospital with stays that varied from 11–30 days |
| <b>1/3</b><br>were currently engaging in self-harm and/or substance abuse |   | <b>3/4</b><br>reported also being treated for anxiety                              |

For more information, please visit [www.depressionhurts.ca](http://www.depressionhurts.ca)

## Anxiety Disorders

### Most common mental illness in Canada: Anxiety disorders<sup>36</sup>

- Percentage of the population affected by an anxiety disorder in any given year: **9% men and 16% women.**<sup>36</sup>

### Types of Anxiety Disorders and the Percentage of Canadians Affected:<sup>36</sup>

|                                    |  |                               |
|------------------------------------|--|-------------------------------|
| <b>1.1%</b><br>Generalized Anxiety | <b>6.2–8%</b><br>Specific Phobia             | <b>unavailable</b><br>PTSD    |
| <b>6.7%</b><br>Social Phobia       | <b>1.8%</b><br>Obsessive Compulsive Disorder | <b>0.7%</b><br>Panic Disorder |

## Generalized Anxiety Disorder (GAD)

- Number of people who will develop a generalized anxiety disorder in their lifetime: **1 out of 20.**<sup>37</sup>

35 Mood Disorders Society of Canada survey: Treatment resistant depression (TRD) (2018). Available at: <https://mdsc.ca/treatment-resistant-depression-trd-survey/>

36 Report on mental illness in Canada (2002). Available at: <http://www.phac-aspc.gc.ca/publicat/miic-mmacc/index.html>

37 Canadian Psychological Association (2014). Psychology works fact sheet:



## Phobias (including Agoraphobia)

- Number of Canadians who report phobias: **1 in 10**.<sup>42</sup>

### Types of Phobias: <sup>42</sup>

- Animal (for example, spiders, snakes, rodents)
- Natural environment (for example, thunderstorms, going outside - agoraphobia)
- Blood-injection-injury
- Situational (for example, fear of flying or heights)

Figures on prevalence of specific phobias in the Canadian population from another source: **6.2 – 8%**.<sup>43</sup>

## Post-Traumatic Stress Disorder

- Number of people who recover completely after being exposed to a traumatic event: *The majority experience symptoms for a few weeks, but most recover*.<sup>44</sup>
- Percentage of people who experience PTSD for a month: **20–40%**, but *50 – 66% recover after a year*. The remainder can have continuing symptoms for over a year.<sup>44</sup>

**Women are about twice as likely to develop PTSD than men.** <sup>44</sup>

## Bipolar Disorder

- Percentage of Canadians who will experience bipolar disorder in their lifetime: **1%**.<sup>45</sup>

---

SocialAnxiety.pdf

42 Canadian Psychological Association, Psychology works fact sheet: Phobias (2015). Available at: [https://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet\\_Phobias.pdf](https://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet_Phobias.pdf)

43 Report on mental illness in Canada (2002). Available at: <http://www.phac-aspc.gc.ca/publicat/miic-mmacc/index.html>

44 Canadian Psychological Association (2014). Psychology works fact sheet: PTSD. Available at: [https://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet\\_PTSD.pdf](https://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet_PTSD.pdf)

45 Report on Mental Illnesses in Canada (2002). Available at: <http://www.phac-aspc.gc.ca/publicat/miic-mmacc/index.html>

- Mortality rate, including suicide, among people with bipolar disorder: **2 – 3 times higher than the general population.**<sup>45</sup>
- Rates of bipolar disorder among men and women: **Roughly equal.**<sup>45</sup>
- Percentage of Canadians 15 years or older who reported symptoms that met the criteria for bipolar disorder: **1%.**<sup>46</sup>
- Number of adults aged 25 – 44 who reported symptoms of bipolar disorder in their lifetime: **1 in 15.**<sup>46</sup>
- Mortality rate, including suicide, among people with bipolar disorder: **2 – 3 times higher than the general population.**<sup>47</sup>
- Number of doctors a person will see, on average, before obtaining the correct diagnosis of bipolar disorder: **4.**<sup>48</sup>
- Number of years a person with bipolar disorder will spend seeking help, on average, before they are successful: **8.**<sup>48</sup>

For more information, visit [www.mdsc.ca](http://www.mdsc.ca) and download the *What is Bipolar Disorder?* publication.

## Eating Disorders

- Percentage of Canadians dieting at any given time: **70% women and 35% of men.**<sup>49</sup>
- The disorder with the highest mortality rate of all mental illnesses: **1 in 10 people with eating disorders eventually die from the effects.**<sup>49</sup>

### Types of Eating Disorders:

**Anorexia**  
depriving one's self  
of food

**Bulimia**  
eating and  
then vomiting,  
taking laxatives  
or engaging in  
excessive exercise

**Binge Eating  
Disorder (BED)**  
binge eating leading  
to obesity

46 Government of Canada Public Health Agency. What I should know about bipolar disorder. Available at: <https://www.canada.ca/en/public-health/services/chronic-diseases/mental-illness/what-should-know-about-bipolar-disorder-manic-depression.html>

47 Report on Mental illnesses in Canada (2002). Available at: <http://www.phac-aspc.gc.ca/publicat/miic-mmacc/index.html>

48 Brochure: What is bipolar disorder? Available at: <https://mdsc.ca/educate/what-is-bipolar-disorder/>

49 National Initiative for Eating Disorders. Available at: <https://nied.ca/>

- Percentage of Canadians affected by eating disorders in their lifetime: **3% of women and 0.3% of men.**<sup>50</sup>
- Women: **0.5 – 4% experience anorexia, 1 – 4% experience bulimia and 2% experience binge eating disorder.**<sup>50</sup>
- Age at which there is the highest rate of hospitalizations for eating disorders: **15 – 19.**<sup>50</sup>
- Rate of increase of hospitalization since 1987 for Canadian girls under 15 with an eating disorder: **34%.**<sup>50</sup>
- Rate of increase of hospitalizations since 1987 for women aged 15 – 24: **29%.**<sup>50</sup>
- Rate of increase in hospitalization for eating disorders: **42% for 10 – 19 year old females in the last two years when rates were measured.**<sup>51</sup>
- Number of Emergency Department visits for females reporting eating disorders that resulted in hospitalization: **28%.**<sup>51</sup>

**The three most common mental illness diagnoses of those visiting the Emergency Department for eating disorders: Depression, anxiety disorders and severe stress and adjustment disorders.**<sup>51</sup>

- Percentage of Canadian women with anorexia nervosa: **From 0.3% - 1%.**<sup>52</sup>
- Percentage of Canadian women with binge eating disorders: **3%.**<sup>52</sup>
- Percentage of Canadian women who will develop an eating disorder over their lifetime: **3%.**<sup>52</sup>

50 Report on mental illness in Canada (2002). Available at: <http://www.phac-aspc.gc.ca/publicat/miic-mmacc/index.html>

51 Canadian Institute for Health Information (CIHI). More women being hospitalized for eating disorders: Available at: [https://www.cihi.ca/web/resource/en/eatingdisord\\_2014\\_pubsum\\_en.pdf?\\_ga=2.1658930.2019344480.1543513191-1312923659.1543513191](https://www.cihi.ca/web/resource/en/eatingdisord_2014_pubsum_en.pdf?_ga=2.1658930.2019344480.1543513191-1312923659.1543513191)

52 Canadian Psychological Association (2015). Psychology works fact sheet: Eating disorders. Available at: [https://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet\\_EatingDisorders.pdf](https://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet_EatingDisorders.pdf)

### Types of Personality Disorders:

- **Borderline:** volatile interpersonal relationships and extreme impulsivity
  - **Antisocial:** disregard for, and violation of the rights of others and the laws of society
  - **Histrionic:** highly emotional and in need of constant attention from others
  - **Narcissistic:** focused on self and own needs, lacks of empathy for others
  - **Avoidant:** social isolation and extreme sensitivity to opinions of others
  - **Dependent:** submissive and clinging
  - **Schizotypal Personality:** detachment from others and limited range of emotional expressions
  - **Paranoid:** distrustful, suspicious, negative interpretation of others' intentions
  - **Schizoid:** cognitive or perceptual distortions, eccentric behaviour
- 
- Prevalence of personality disorders in the general population: **1.5%.**<sup>53</sup>
  - US figures report prevalence rates of **6% - 9%.**<sup>54</sup>
  - Hospitalization rate for young Canadian women with personality disorders as opposed to young men: **3 times higher.**<sup>54</sup>
  - Age of onset of personality disorders: **Adolescence and early adulthood.**<sup>55</sup>

53 Canadian Agency for Drugs and Technologies in Health (CADTH) (2010). Inpatient treatment for borderline personality disorder: A review of clinical effectiveness and guidelines. Available at: [https://www.cadth.ca/media/pdf/10211\\_inpatient\\_treatment\\_bpd\\_htis-2.pdf](https://www.cadth.ca/media/pdf/10211_inpatient_treatment_bpd_htis-2.pdf)

54 The human face of mental health and mental illness in Canada (2006). A publication of the Government of Canada available at: <http://www.phac-aspc.gc.ca/publicat/human-humain06/index.html>

55 Mental illness in Canada (2002). Available at: [https://cpa.ca/cpasite/UserFiles/Documents/Practice\\_Page/reports\\_mental\\_illness\\_e.pdf](https://cpa.ca/cpasite/UserFiles/Documents/Practice_Page/reports_mental_illness_e.pdf)

- Highest rate of hospitalization for personality disorders: **Ages 15 – 44.**<sup>55</sup>
- Percentage of personality disorders among offenders: **As high as 50%.**<sup>55</sup>

## Schizophrenia

- Percentage of people who are diagnosed with schizophrenia: **1%.** This statistic is stable worldwide.<sup>56</sup>
- Age of onset for schizophrenia: **Men (18 – 25), women (25 – 35).**<sup>57</sup>

It affects men and women with equal frequency, schizophrenia most often appears in men in their late teens or early twenties, while it appears in women in their late twenties or early thirties.<sup>57</sup>

- Chances of developing schizophrenia if both parents have the disease: **50%.**<sup>58</sup>
- Chances of developing schizophrenia if an identical twin has the disease: **50%.**<sup>58</sup>
- Age of onset for schizophrenia: **15 – 25 years of age.**<sup>58</sup>
- Highest percentage of hospitalizations for people with schizophrenia: **52% for those aged 25 – 44.**<sup>59</sup>
- Percentage of people with schizophrenia that attempt suicide: **40 – 60%.**<sup>59</sup>
- Likelihood of people with schizophrenia dying by suicide: **15 – 20 times greater than the general population.**<sup>59</sup>
- Percentage of people with schizophrenia who die by suicide: **10%.**<sup>59</sup>

56 Canadian Psychological Association (2014). Psychology works fact sheet: Schizophrenia. Available at: [https://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet\\_Schizophrenia.pdf](https://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet_Schizophrenia.pdf)

57 Schizophrenia Society of Canada. Available at: [http://www.schizophrenia.ca/learn\\_more\\_about\\_schizophrenia.php](http://www.schizophrenia.ca/learn_more_about_schizophrenia.php)

58 Learning about schizophrenia: Rays of hope (2003). Available at: <http://www.schizophrenia.ca/english/support.php>

59 Report on mental illness in Canada (2002). Available at: <http://www.phac-aspc.gc.ca/publicat/miic-mmacc/index.html>

- Percentage of the global burden of disease attributed to schizophrenia: **3%.**<sup>59</sup>
- The most common cause of early death for people with schizophrenia: **Suicide.**<sup>60</sup>

Schizophrenia costs the Canadian economy \$2.02 billion in direct and indirect costs, in addition to \$4.83 billion for lost productivity and suicide, for a total of \$6.85 billion.<sup>61</sup>

- Number of years that the lifespan of people with schizophrenia is reduced: **10 – 15 years.**<sup>62</sup>
- Rate of death from natural cause for people with schizophrenia: **2 times that of the general population.**<sup>62</sup>
- Percentage of people with schizophrenia who die from cardiovascular disease, respiratory disease or cancer: **80%.**<sup>62</sup>
- Percentage of deaths related to smoking: **60%.**<sup>62</sup>
- The most common threats to health for people with schizophrenia: **obesity, heart disease and diabetes.**<sup>62</sup>
- Highest percentage of hospitalizations for people with schizophrenia: **52% for those aged 25 – 44.**<sup>63</sup>
- Percentage of people with schizophrenia who attempt suicide: **40 – 60%.**<sup>63</sup>
- Percentage of the global burden of disease attributed to schizophrenia: **3%.**<sup>63</sup>

*The most common cause of death for people with schizophrenia: Suicide.*<sup>64</sup>

60 Fact Sheet, Suicide statistics. Available at: [www.ontario.cmha.ca](http://www.ontario.cmha.ca)

61 Goeree, R. et al (2005). Economic burden of schizophrenia in Canada in 2004, Current Medical Research and Opinion, Vol 21(12), p. 2017-2028.

62 Schizophrenia Society of Canada, Learning about schizophrenia: Rays of hope 4th edition (2012). Available at: [http://www.schizophrenia.ca/docs/Rays\\_of\\_Hope\\_4th\\_edition.pdf](http://www.schizophrenia.ca/docs/Rays_of_Hope_4th_edition.pdf).

63 Report on mental illness in Canada (2002). Available at: <http://www.phac-aspc.gc.ca/publicat/miic-mmacc/index.html>

64 Fact Sheet, Suicide statistics. Available at: [www.ontario.cmha.ca](http://www.ontario.cmha.ca)

## Mental Illness and Physical Illness

- The number of years that mental illness can cut from Canadians' life expectancy: **From 10 to 20 years.**<sup>65</sup>

People with long-term medical conditions are more likely to also have mood disorders and, conversely, people with mood disorders are more likely to develop a medical condition.<sup>65</sup>

| Medical Diagnosis   | Prevalence rates of depression as shown through research <sup>66</sup> |
|---------------------|--|
| Cardiac Arrest      | 17–27%   |
| Stroke              | 14–19%   |
| Alzheimer Disease   | 20–50%   |
| Parkinson's Disease | 4–75%  |
| Epilepsy            | 20–55%   |
| Diabetes            | 26%  |
| Cancer              | 22–29%   |
| HIV/AIDS            | 5–20%  |
| Chronic Pain        | 30–54%   |
| Obesity             | 2–30%  |

65 Centre for Addiction and Mental Health. Mental illness and addictions: Facts and Statistics (undated). Available at: <https://www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics>

66 Mood disorders in the medically ill: Scientific review and recommendations (2005). Biological Psychiatry, Vol 58, p. 175-189.

## Medical Diagnosis

## Heightened risk of medical illness for people with depression<sup>66</sup>

|                   |  |
|-------------------|--|
| Stroke            | 2.6 times the rate for the general population                |
| Epilepsy          | 4–6 times the rate for the general population                |
| Alzheimer Disease | 1.71–2.67 times the rate for the general population          |
| Diabetes (Type 2) | Depression is an Independent Risk Factor                     |
| Cancer            | 1.35–1.88 times the rate for the general population          |
| Obesity           | Childhood or adolescent depression is a predictor of obesity |

- Likelihood of suffering a depression if you are diabetic: **2 times that of the general population.**<sup>67</sup>
- A risk factor for developing breast cancer: **Depression.**<sup>68</sup>
- Predictor of poor outcome or even death for people with cardiac disease: **Depression.**<sup>69</sup>
- Likelihood of cardiac disease for people with depression: **1.64 times that of the general population.**<sup>69</sup>
- Risk of death after a heart attack: **4 times greater for people with depression.**<sup>69</sup>
- Percentage of post-menopausal women who become depressed and who are likely to develop heart disease: **50%.**<sup>70</sup>

67 Canadian Diabetes Association. Available at: <http://www.diabetes.ca/cpg2003/chapters.aspx?depression.htm>

68 Jacobs, J.R., & Bovasso, G.B. (2000, May). Early and chronic stress and their relation to breast cancer. *Psychological Medicine*, 30(3), 669-678.

69 Mood disorders in the medically ill: Scientific review and recommendations (2005). *Biological Psychiatry*, Vol 58, p. 175-189.

70 Heart and Stroke Foundation: Is depression a heart breaker? Available at: <http://www2.heartandstroke.ca/Page.asp?PageID=1562&ArticleID=3733&Src=&From=SubCategory>

- Percentage of adults who suffer poor health because of stress: **43%.**<sup>71</sup>
- Percentage of physician visits due to stress-related ailments: **75 – 90%.**<sup>71</sup>
- Strongest predictor of physician visits and hospitalization: **Depression and psychological stress among people with a physical illness.**<sup>71</sup>
- Rate of death among heart patients who are also depressed: **These patients are four times more likely to die in the next six months after a heart attack.**<sup>71</sup>
- Likelihood of people who are depressed suffering a heart attack: **Four times more likely.**<sup>71</sup>
- Predictor of early menopause: **Depression.**<sup>71</sup>
- Likelihood people with both a physical illness and depression will not follow through on their treatment plans: **3 times more likely.**<sup>71</sup>

#### Effects of Group Therapy:<sup>71</sup>

Women with breast cancer live longer

People with heart attacks have an improved survival rate

#### Effect of Individual Counselling on Re-hospitalization for Heart Patients:<sup>70</sup>

Those who receive two hours of counselling per week are 60% less likely to have to return to hospital

## Mental Illness and Violent Victimization

- Number of people with mental illness who had experienced violence in the last 12 months: **1 in 10** (*double that of the general population*).<sup>72</sup>
- Prevalence of women with mental illness experiencing sexual assault: **3 times as likely as the general population of women.**<sup>72</sup>
- Percentage of people with mental illness who experience repeat victimization: **30%.**<sup>72</sup>

71 Fact Sheet: The connection between mental health and physical health. Available at: [www.ontario.cmha.ca](http://www.ontario.cmha.ca)

72 Violent victimization of Canadians with mental health related disabilities (2014). Available at: <https://www150.statcan.gc.ca/n1/daily-quotidien/181018/dq181018b-eng.htm>

- Likelihood of spousal abuse among people with mental illness: **4 times more common than among the general population.**<sup>72</sup>
- Percentage of violent incidents that involved people they knew: **60%.**<sup>72</sup>

### People with Mental Illness with the Following Experiences: <sup>72</sup>

- Childhood physical and/or sexual abuse: **51%**
  - Homelessness: **23%**
  - Also have other forms of disability: **63%**
  - Recent alcohol abuse: **44%**
  - Recent drug abuse: **15%**
- The percentage of those with mental illness who report the symptoms of PTSD after being victimized: **29% versus 11% of other victims who did not have a mental illness.**<sup>72</sup>
  - Number of violent incidents among people with mental illness reported to the police: **25% with 75% of violent incidents going unreported.**<sup>72</sup>

## Facts About Substance Abuse Disorders

### Alcohol

- Percentage of Canadians who drank in the last year: **75%.**<sup>73</sup>
- Percentage of Canadians who drink heavily each week (defined as six or more drinks per occasion): **6%.**<sup>73</sup>
- Percentage of men who are alcohol dependent: **20%.**<sup>73</sup>
- Percentage of women who are alcohol dependent: **8%.**<sup>32</sup>
- In a pan-Canadian survey, the percentage of Canadians who met the criteria for a substance abuse disorder (most commonly alcohol): **4.4%.**<sup>74</sup>

<sup>73</sup> Canadian Psychological Association (2009). Psychology works fact sheet: Alcoholism. Available at: [https://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet\\_Alcoholism.pdf](https://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet_Alcoholism.pdf)

<sup>74</sup> Canadian community health survey: mental health (2012). Selected facts available at: <https://www150.statcan.gc.ca/n1/daily-quotidien/130918/dq130918a-eng.htm>

## Fetal Alcohol Spectrum Disorder (FASD)

Fetal alcohol spectrum disorder describes a range of difficulties that babies born to mothers who drank alcohol during pregnancy experience. The amount, frequency and timing of consumption of alcohol affect the nature and extent of the disability in the child. The majority of people with FASD have no outward signs but do exhibit a constellation of learning, behavioural and judgment problems. A very few have specific facial features.

There are no firm national statistics on FASD in Canada but there are estimates.

- The number of children per 1,000 births that the Public Health Agency of Canada estimates will have some form of FASD: **9 in 1,000 births.**<sup>75</sup>
- The number of Canadians living with FASD according to Public Health Agency of Canada estimates: **300,000.**<sup>75</sup>

US statistics are available for the Center for Disease Control (CDC).

- The incidence of FASD per 1,000 live births: **0.2/1000.**<sup>76</sup>
- The incidence of FASD detected in school age children: **6–9/100.0.**<sup>76</sup>

The variation in these statistics may be related to the difficulty in diagnosing FASD early. Problems become more and more obvious as children grow up.

- The likelihood of people with FASD being incarcerated in Canada's criminal justice system: **19 times higher than for people without FASD.**<sup>77</sup>

---

75 FASD Network. Available at: <http://saskfasdnetwork.ca/learn>

76 Center for Disease Control. Fetal alcohol spectrum disorder data and statistics (prevalence). Available at: <https://www.cdc.gov/ncbddd/fasd/data.html>

77 Environment scan: FASD and the justice system in Canada (Nov 2015). Available at: <http://www.fasdontario.ca/cms/wp-content/uploads/2014/01/FASD-Justice-E-Scan-Nov-2015-1.pdf>

## Drug Abuse

### Opioids/Fentanyl (a specific opioid)

- Number of hospitalizations in Canada in 2016 -2017 related to opioid poisoning: **16 per day**.<sup>78</sup>
- Numbers of deaths in Canada attributed specifically to fentanyl: **1 death every 3 days**.<sup>79</sup>
- Percentage of opioid deaths in Canada attributed to fentanyl or fentanyl analogues: **72%**.<sup>79</sup>
- Percentage of Canadians who used opioids in 2015: **13.1%**<sup>79</sup>

Of those, percentage who report using them for non-medical reasons: **2.2% or 82,000 Canadians**.

- Number of deaths in Canada attributed to opioid overdoses in 2017: **3,998** <sup>79</sup>
- The rate of increase in hospitalizations attributed to opioid poisoning between 2007/08 and 2014/15: **30%**.<sup>80</sup>
- The province with the highest rate of opioid related deaths: **20 per 100,000 people in British Columbia**.<sup>80</sup>

### Cannabis

- In a pan-Canadian survey, the percentage of Canadians who met the criteria of a substance abuse disorder related to cannabis use: **1.3%**<sup>81</sup>

### Gambling

- Percentage of Canadian recreational gamblers who develop problems: **5%**.<sup>82</sup>
- Percentage of those who have problems who go on to develop severe gambling addiction: **1%**<sup>82</sup>

---

78 Canadian Institute for Health Information (CIHI). Opioid crisis having a “significant” impact on Canada’s health systems. Available at: <https://www.cihi.ca/en/opioid-crisis-having-significant-impact-on-canadas-health-care-system>

79 Overview of national data on opioid-related harms and deaths Available at: <https://www.canada.ca/en/health-canada/services/substance-use/problematic-prescription-drug-use/opioids/data-surveillance-research/harms-deaths.html>

80 Centre on Substance Abuse and Addiction. Report on opioid use. Available at: <http://www.ccdus.ca/Eng/Opioids/issue/Pages/default.aspx>

81 Canadian community health survey: mental health (2012). Selected facts available at: <https://www150.statcan.gc.ca/n1/daily-quotidien/130918/dq130918a-eng.htm>

82 Canadian Psychological Association (2014). Psychology works fact sheet: Gambling. Available at: [https://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet\\_Gambling.pdf](https://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet_Gambling.pdf)

## Sex/Pornography Addiction

Sex or pornography addiction are not formal psychiatric diagnoses. As a result, prevalence statistics are hard to come by with Canada having no credible research-based sources of information. However, there are some US statistics that give a picture – which is likely similar to that in Canada.

- Percentage of adults who admit to internet sex addiction: **10%. Of those, 28% are women.**<sup>83</sup>
- Number of Americans who suffer sexual compulsion disorder: **12 million.**<sup>84</sup>
- Percentage of Americans who suffer sexual compulsion disorder: **3 – 5%.**<sup>84</sup>

**For every three men who are addicted, there is one women addicted.**<sup>84</sup>

## Video/Online Gaming Addiction

Online gaming is not a formal diagnosis, so prevalence statistics are just emerging. However, in June 2018, the World Health Organization designated online gaming as a disorder.

- Estimated percentage of youth in the US who play video games: **97% boys and 83% girls.**<sup>85</sup>

*Of those, estimated percentage who are addicted: 5 – 12%.*

---

83 Safe Families. Statistics on pornography sexual addiction and online perpetrators. Available at: <http://www.safefamilies.org/sfStats.php>

84 Karge, C. The statistics on sexual addiction. Available at: <https://www.addictionhope.com/sexual-addiction/sexual-addiction-the-statistics/>

85 Vancouver Sun. J.J. Adams (2018). Is video gaming an addiction? Former players and statistics say yes. Available at: <https://vancouversun.com/technology/gaming/is-video-game-addiction-real-former-players-statistics-say-yes>

# Facts About Concurrent Disorders and Dual Diagnosis

---

## Concurrent Disorders (Mental Illness and Substance Abuse)

People with mental illnesses are 2 times more likely to have a substance abuse problem than the general population.<sup>86</sup>

- Percentage of people with mental illness who also have a substance abuse problem: **20%**.<sup>86</sup>
- Percentage of people with schizophrenia who have a substance abuse problem: **50%**.<sup>86</sup>
- **People with a substance abuse problem are 3 times more likely to also have a mental illness.**<sup>86</sup>
- Percentage of people with a substance abuse problem who also have a mental illness: **15%**.<sup>86</sup>

## Dual Diagnosis (Mental Illness and an Intellectual Disability)

- Percentage of all people with an intellectual disability who also have a mental illness: **30 – 35%**.<sup>87</sup>
- **Experiences that could lead to such a high incidence rate of mental illness:** Social isolation, rejection, bullying, stigmatization, inadequate social supports, sexual, physical and emotional trauma, constantly changing caregivers, isolation due to speech and hearing disabilities, and problem behaviours.<sup>87</sup>
- Likelihood of people with an intellectual disability developing a mental illness: **3 to 4 times the rate of the general population.**<sup>88</sup>

**Note:** Accurate prevalence rates are difficult to ascertain because studies use different criteria for: a) intellectual disability and b) mental illness.

86 Centre for Addictions and Mental Health: Mental illness and addictions: Fact sheet. Available at: <https://www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics>

87 National Association of Dual Diagnosis. Information on dual diagnosis. Available at: <http://thenadd.org/resources/information-on-dual-diagnosis-2/>

88 Canadian Mental Health Association, Ontario. Dual diagnosis. Available at: <https://ontario.cmha.ca/documents/dual-diagnosis/>

# Facts About Suicide

- Number of Canadians who die by suicide per year: **4,000.**<sup>89</sup>
- Percentage of those who die by suicide who are men: **75%, with middle aged or older men most at risk.**<sup>89</sup>

## Suicide is the second leading cause of death among Canadians aged 15 – 43.<sup>89</sup>

- Number of attempts compared to those who complete suicide: **From 10 – 20 people attempt suicide for every person who dies.**<sup>89</sup>
- Percentage of those who die by suicide who have some form of mental illness: **90%.**<sup>89</sup>

## Suicide accounts for 24% of all deaths among Canadians 15 – 24 and 16% of all deaths for the age group 25 – 44.<sup>90</sup>

- Percentage of all deaths in Canada attributed to suicide: **2%.**<sup>91</sup>
- Likelihood men will die by suicide: **4 times that of women.**<sup>91</sup>
- Age range with the highest suicide rate: **35 – 44.**<sup>91</sup>
- Province with the highest suicide rate: **Quebec.**<sup>91</sup>
- National average: **14 suicides per 100,000 population.**<sup>91</sup>
- Canada's rate in comparison to 12 industrialized countries: **Canada ranks 9th. The lowest suicide rate is in the UK and the highest is in Finland.**<sup>91</sup>

89 Canadian Psychological Association (2014). Psychology works fact sheet: Suicide. Available at: [https://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet\\_Suicide.pdf](https://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet_Suicide.pdf)

90 Report on mental illness in Canada (2002). Available at: <http://www.phac-aspc.gc.ca/publicat/miic-mmacc/index.html>

91 Kirby, M. & Keon, W. (2004). Report 1, Mental health, mental illness and addiction: Overview of policies and programs in Canada (Chapter 5). Interim report of the Standing Senate Committee on Social Affairs, Science and Technology.

## Percentage of young people thinking about or attempting suicide:<sup>\* 92</sup>

- Those who knew of someone who had attempted or died of suicide: 34%
- Had themselves, seriously contemplated suicide: 16%
- Had made a suicide plan: 14%
- Had attempted suicide: 7%
- Had to have medical attention due to an attempt: 2%
- Number of people who hinted to family or friends before attempting suicide: 8 out of 10 people

\*According to a British Columbia study of 15,000 Grade 7 – 12 students

- Rate of suicide in the world: **Someone dies by suicide every 40 seconds.**<sup>93</sup>
- Likelihood of men completing suicide: **Four times that of women.**<sup>93</sup>
- **Females are 3 times more likely to attempt suicide.**<sup>93</sup>

## In Ontario, more men die by suicide than in car crashes.<sup>93</sup>

- Hospitalization for suicide attempts for women: **1.5 times more likely than men.**<sup>93</sup>
- Age at which suicide attempts result in hospitalization: **73% of hospitalizations for suicide attempts are for people aged 15 – 44.**<sup>93</sup>
- **In 2015, 3,396,000 aged twelve and over had suicidal thoughts.**<sup>93</sup>
- Months where there is the highest rate of suicide in Canada: **late July and all of August.**<sup>94</sup>
- Percentage of people with chronic depression who die by suicide: **15%.**<sup>94</sup>

92 Suicide Statistics for Youth, Vancouver Island Crisis Society Available at: <https://www.vicrisis.ca/statistics-3/>

93 Suicide in Canada, Canadian Association for Suicide Prevention. Available at: <https://suicideprevention.ca/page-18154>

94 Fact Sheet: What happens if people with mental illness can't get help? Available at: [www.ontario.cmha.ca](http://www.ontario.cmha.ca).

# Facts About Mental Illness in Vulnerable Groups

## Children and Youth

- The most common problem among children and youth: **Anxiety (6.5%).**<sup>95</sup>
- The least common problem: **Substance abuse (0.8%).**<sup>95</sup>
- Percentage of young adults aged 15 – 24 with a mental illness or substance abuse problem: **18%.**<sup>95</sup>
- Of the 17,500 children and youth hospitalized in Canada in 2013 – 2014 the number of injuries due to self-harm: **3,000.**<sup>96</sup>

*Of these 3,000 80% were girls.*<sup>96</sup>

- The age group most likely to experience mental illness and/or substance abuse: **Youth 15 – 24 years of age.**<sup>97</sup>
- Percentage of children with a mental illness who did not access specialized services for care: **75%.**<sup>98</sup>
- Rate of increase of visits to the Emergency Room by Canadian teens between 2006–2014: **Up 45% from 946 per 100,000 to 1,371 per 100,000.**<sup>99</sup>

---

95 Kirby, M. & Keon, W. (2004). Report 1, Mental health, mental illness and addiction: Overview of policies and programs in Canada (Chapter 5). Interim report of the Standing Senate Committee on Social Affairs, Science and Technology.

96 Canadian Institute for Health Information (CIHI). Self-harm and assault: A closer look at children and youth. Available at: [https://www.cihi.ca/web/resource/en/pub\\_sum\\_child\\_injury\\_en.pdf?\\_ga=2.178936487.2019344480.1543513191-1312923659.1543513191](https://www.cihi.ca/web/resource/en/pub_sum_child_injury_en.pdf?_ga=2.178936487.2019344480.1543513191-1312923659.1543513191)

97 Centre for Addiction and Mental Health. Mental illness and addictions: Facts and Statistics (undated). Available at: <https://www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics>

98 Centre for Addiction and Mental Health. Mental illness and addictions: Facts and Statistics (undated). Available at: <https://www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics>

99 CBC News (May 7, 2015). Teens heading to the ER from mental health care called “exceeding frustrating.” Available at: <https://www.cbc.ca/news/health/teens-heading-to-er-for-mental-health-care-called-exceedingly-frustrating-1.3064823>

## Child Maltreatment

- Percentage increase in child maltreatment in Canada over the last 8 years: **125%**.<sup>100</sup>
- Number of suspected cases of maltreatment investigated in 2003: **235,315**.<sup>100</sup>
- Number of cases confirmed: **One-half were substantiated for an incidence rate of 18.67 cases per 1,000 children**.<sup>100</sup>

### Forms the Maltreatment took: <sup>100</sup>

|                                 |     |        |
|---------------------------------|-----|--------|
| • Neglect                       | 30% | 30,366 |
| • Exposure to domestic violence | 28% | 29,370 |
| • Physical abuse                | 24% | 25,257 |
| • Emotional abuse               | 15% | 15,369 |
| • Sexual abuse                  | 3%  | 2,935  |

- Proportion of all sexual assaults involving youth under 18: **20%**.<sup>101</sup>
- Age a person is most likely to be murdered In Canada: **Under one year of age**.<sup>101</sup>
- Percentage of all physical assaults in Canada involving children and youth as victims: **21%**.<sup>101</sup>
- Percentage of murders of children and youth committed by a family member: **Two-thirds**.

*Of those, over 50% were committed by the father and 32% by the mother – with 9% by another family member.* <sup>101</sup>

- Percentage of Ontario Crown wards (children and youth) on psychotropic medications: **50%**.<sup>102</sup>

100 Trocme, N., et al. (2005) Canadian incidence study of reported child abuse and neglect 2003: Major findings. Available at [www.phac.aspc.gc.ca](http://www.phac.aspc.gc.ca).

101 Juristat: Children and youth as victims of violent crime (April 20, 2005). Statistics Canada. Available at: <http://www.statcan.ca/Daily/English/050420/d050420a.htm>

102 Behaviour drugs top child-advocates agenda, The Globe and Mail, Saturday, June 9th, 2007

Women are twice as likely as men to develop depression in their lifetime.<sup>103</sup>

### Percentage of women aged 25 – 44 who met the criteria for:<sup>104</sup>

- Alcohol abuse or dependency: **13%**
  - Drug abuse: **5%**
  - Cannabis dependency: **4%**
- Percentage of women 65 or older who were deemed heavy drinkers: **3%**.<sup>104</sup>
  - Percentage of Canadian women in 2014 who rated their mental health as fair to poor: **7%** (an increase since 2003).<sup>104</sup>
  - Percentage of women 65 or older who reported their mental health as fair to poor: **6%**.<sup>104</sup>
  - Number of Canadian women in 2014 who met the criteria for a mood disorder: **1.5 million (also an increase since 2003)**.<sup>104</sup>
  - **More women than men meet the criteria for a major depressive disorder as well as a generalized anxiety disorder.** <sup>104</sup>
  - Women are more likely than men to use antidepressants.<sup>104</sup>

|       | Age Group | Percentage of group that uses anti-depressants |
|-------|-----------|--|
| Women | 25–44     | 9%   |
|       | 45–64     | 17%  |
| Men   | 25–44     | 4%   |
|       | 45–64     | 8%   |

- **Use of mental health services for women aged 20 – 64 was 1.5 times higher than men.**<sup>104</sup>

103 Stewart, D. et al (undated). Women's Health Surveillance report: depression. Available at: [www.phac-aspc.gc.ca/publicat/whsr-rssf/pdf/WHSR\\_Chap\\_18\\_e.pdf](http://www.phac-aspc.gc.ca/publicat/whsr-rssf/pdf/WHSR_Chap_18_e.pdf)

104 Bushnik, T. (2016). The health of girls and women in Canada. Available at: <https://www150.statcan.gc.ca/n1/pub/89-503-x/2015001/article/14324-eng.htm>

| Use of Mental Health Services         | Women | Men |
|---------------------------------------|-------|-----|
| Aged 25–29                            | 16%   | 10% |
| Aged 45–49                            | 25%   | 14% |
| Perceived Need for Mental Health Care | Women | Men |
| Aged 25–44                            | 25%   | 14% |
| Aged 45–64                            | 22%   | 13% |

- In the world, of those most affected by violent conflict, war, disaster and displacement: **80% are women and children.**<sup>105</sup>
- Percentage of women in the world who experience rape or attempted rape in their lifetime: **20%.**<sup>105</sup>

## Seniors

- The prevalence of mental health problems in people aged 65 and older: **17 – 30%.** The variation depends on the diagnoses included in the various analyses.<sup>106</sup>
- Number of seniors who have symptoms of depression: **1 in 5.**<sup>107</sup>
- Percentage of seniors in long term care facilities who exhibit symptoms of depression: **40%.**<sup>107</sup>
- Number of Canadian older adults admitted to hospital for intentional self-harm in a 12 month period: **1,000.**<sup>108</sup>

105 Gender and women's health, A WHO publication available at: [http://www.who.int/mental\\_health/prevention/genderwomen/en/](http://www.who.int/mental_health/prevention/genderwomen/en/)

106 Canadian Mental Health Association, Ontario (undated). Mental health and addictions issues in older adults: Opening the doors to a strategic framework. Available at: <https://ontario.cmha.ca/documents/mental-health-and-addictions-issues-for-older-adults-opening-the-doors-to-a-strategic-framework/>

107 Canadian Coalition for Seniors' Mental Health. Depression in older adults: A guide for seniors and their families. Available at: [https://ccsmh.ca/wp-content/uploads/2016/03/ccsmh\\_depressionBooklet.pdf](https://ccsmh.ca/wp-content/uploads/2016/03/ccsmh_depressionBooklet.pdf)

108 Canadian Coalition for Seniors' Mental Health. Suicide risk and the prevention of suicide. Available at: <https://ccsmh.ca/projects/suicide/>

- Number of older Canadians living with a mental health problem or illness in 2016: **1.8 million**.<sup>109</sup>
- Percentage of seniors in long term care facilities who are depressed or psychotic: **From 80 to 90% (depression), from 12–21% (psychosis)**.<sup>110</sup>
- Group with the highest suicide rate in Canada: **Men over 80 years of age (31 per 100,000)**.<sup>110</sup>
- Percentage of seniors affected by Alzheimer Disease: **1 in 13 over 65 and 1 in 3 over 85**.<sup>110</sup>
- Percentage of seniors who experienced symptoms of a mental illness or substance abuse problems: **3%**.<sup>110</sup>
- Percentage of seniors who reported suicidal thoughts in the last 12 months: **2%**.<sup>110</sup>

Approximately ½ of Canadian seniors over the age of 80 report feeling lonely.<sup>111</sup>

## Offenders

Proportion of federal inmates with mental health needs (identified at intake) doubled between 1997 and 2008.<sup>112</sup>

Of those, the percentage who had mental health problems on admission to federal prisons:

- Men                      13%
- Women                    29%

109            Mental Health Commission of Canada: Seniors: What are the issues. Available at: <https://www.mentalhealthcommission.ca/English/what-we-do/seniors>

110            Kirby, M. & Keon, W. (2004). Report 1, Mental health, mental illness and addiction: Overview of policies and programs in Canada (Chapter 5). Interim report of the Standing Senate Committee on Social Affairs, Science and Technology.

111            The human face of mental health and mental illness in Canada (2006). A publication of the Government of Canada available at: <http://www.phac-aspc.gc.ca/publicat/human-humain06/index.html>

112            Public Services Foundation of Canada (2015). Crisis in correctional services: Overcrowding and inmates with mental health problems in provincial correctional facilities. Available at: [https://publicservicesfoundation.ca/sites/publicservicesfoundation.ca/files/documents/crisis\\_in\\_correctional\\_services\\_april\\_2015.pdf](https://publicservicesfoundation.ca/sites/publicservicesfoundation.ca/files/documents/crisis_in_correctional_services_april_2015.pdf)

### Percentage of those, upon admission, reported a previous admission to a hospital for psychiatric problems:

- Men 14.5%
- Women 30.1%

- Percentage of offenders, upon admission to a federal prison, were “flagged” as needing a further mental health assessment or mental health services: **62%**.<sup>112</sup>
- Proportion of offenders who have a mental health issue who also have a substance abuse problem: **4 out of 5**.<sup>112</sup>

### Percentage of women offenders who report the following histories:

- Self-harm 50%
- Physical abuse 85%
- Addiction 56%
- Sexual abuse 68%

- Percentage of prisoners in Ontario, in remand custody, who have mental health alerts attached to them: **44.1%**.<sup>112</sup>
- Percentage of British Columbia prisoners in remand, who have mental health or substance abuse problems: **56%**.<sup>112</sup>

### *First Nations and Inuit Mental Health and Substance Abuse*

- The number one challenge facing indigenous communities according to a 2008 – 2011 national survey: **Alcohol and drug abuse (82.6%), followed by housing (70.7%) and employment (65.9%)**.<sup>113</sup>

### The rate of suicide among First Nations youth: 5 to 6 times the national Canadian average.<sup>114</sup>

- The rate of suicide among Inuit youth: **11 times the national average**.<sup>114</sup>

113 Centre on Substance Abuse and Addiction. Survey results. Available at: <http://www.ccdus.ca/Eng/topics/First-Nations-Inuit-and-Metis/Pages/default.aspx>

114 Centre for Addiction and Mental Health. Mental illness and addictions: Facts and Statistics (undated.) Available at: <https://www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics>

- The rate of completed suicides among First Nations aged 15 – 24: **5 to 7 times the Canadian average for the same age group.**<sup>115</sup>

**Percentage of the First Nations population who have attempted suicide:**

|       |  |
|-------|--|
| Women | <b>19%</b> (4% in general Canadian population) |
| Men   | <b>13%</b> (2% in general Canadian population) |

- The rate of suicide attempts among First Nations people: **2 times the general Canadian population.**<sup>115</sup>
- The rate at which First Nations people experience depression: **2 times the national average.**<sup>115</sup>

**Percentage of First Nations and Inuit communities who report problems with alcohol use:**

**75%** report that alcohol is a problem in their community  
**33%** report that alcohol is a problem in their family  
**25%** report that alcohol use is a personal problem

- Rate of cannabis use among First Nations: **27% of adults and 32% of youth.**<sup>115</sup>
- Number of deaths due to injury and poisoning among First Nations peoples (includes suicide, motor vehicle accidents, suffocation, drowning, homicide and fire): **67.6 per 100,000 for women and 146 per 100,000 for men.**<sup>116</sup>
- Percentage of all deaths among Aboriginal men attributed to injury or poisoning: **40%.**<sup>116</sup>

**Leading cause of death of Aboriginal people between the ages of 1 and 44: suicide.**<sup>116</sup>

Ages 10 – 19    38% of all deaths  
 Ages 20 – 44    23% of all deaths

115      Khan, S. (2008). Aboriginal health: The statistical reality. Visions Journal, vol 5 (1), p. 6 – 7. Available at: <http://www.heretohelp.bc.ca/visions/aboriginal-people-vol5/aboriginal-mental-health-the-statistical-reality>

- Rate of injury and poisoning among Aboriginal peoples as opposed to other Canadians: **3 times higher.** <sup>116</sup>
- Overall suicide rate as compared to the rest of Canada: **2.1 times higher.** <sup>116</sup>
- Years of life lost to suicide among Aboriginal peoples: **Greater than all cancers combined.** <sup>116</sup>
- Suicide rate among Aboriginal men aged 15 - 34: **From 4 – 5 times greater than the general population.**<sup>116</sup>
- Suicide rate among Aboriginal women aged 15 - 34: **From 5 – 8 times greater than the general population.**<sup>116</sup>
- **Area in Canada where the suicide rate is 50 times that of the general population: Aboriginal peoples in the Sioux Lookout Region.**<sup>116</sup>
- The most important factor in reducing suicide in Aboriginal communities: *Community self-government.*<sup>116</sup>

#### **Other protective factors:**

- Control over land
- Band-controlled schools
- Community control over health services
- Presence of cultural facilities
- Community control over fire and police services
- Rate of suicide in Aboriginal communities where none of these factors are present: **137.5 per 100,000 (note that the national average is 14 per 100,000).**<sup>116</sup>
- Rate of suicide in Aboriginal communities where all of these factors are present: **Zero.**<sup>116</sup>
- Percentage of Aboriginal youth who use solvents: **20%.**<sup>116</sup>
- Percentage of Aboriginal youth under age of 15 who use solvents: **33%.**<sup>116</sup>
- Age at which solvent use is most likely to begin: **before 11 years of age.**<sup>116</sup>

---

<sup>116</sup> A statistical profile on the health of First Nations in Canada (2003). Available at: [http://www.hc-sc.gc.ca/fnih-spni/pubs/gen/2003\\_stat\\_profil/index\\_e.html](http://www.hc-sc.gc.ca/fnih-spni/pubs/gen/2003_stat_profil/index_e.html)

## Homeless and Low-Income

- Likelihood of people in the lowest income bracket to have poor to fair mental health: **3 to 4 times higher than those in higher income brackets.**<sup>117</sup>
- Percentage of homeless people who report having a mental illness: **From 23 – 67%.**<sup>117</sup>
- People with disabilities are most likely to experience “hidden homelessness”, defined as having to live with friends, family, in their car – or in other temporary or unstable environments.<sup>118</sup>
- The disability with the highest incidence of hidden homelessness: **mental/psychological disabilities.**<sup>118</sup>
- Percentage of British Columbia homeless population who had attempted suicide in the last 12 month period: **15% males and 30% females.**<sup>119</sup>
- In a Toronto study, the percentage of shelter users who had a lifetime diagnosis of mental illness: **67%.**<sup>119</sup>
- In a Toronto study, the percentage of shelter users who had a lifetime diagnosis of substance abuse: **68%.**<sup>119</sup>

## Immigrants/Refugees

- Percentage of immigrants who report emotional problems: **29%.**<sup>120</sup>
- Percentage of immigrants who report high levels of stress: **16%.**<sup>120</sup>
- Women immigrants are more likely than men to report emotional problems.<sup>120</sup>

---

117 Centre for Addiction and Mental Health. Mental illness and addictions: Facts and Statistics (undated.) Available at: <https://www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics>

118 Rodrigue, S. (2016). Statistics Canada. Insights on Canadian Society: Hidden homelessness in Canada. Available at: <https://www150.statcan.gc.ca/n1/pub/75-006-x/2016001/article/14678-eng.htm>

119 Hulchanski, J. D. Campsie, P. Chau, S. Hwang, S. & Paradis, E. (2009). Finding home: Policy options for addressing homelessness in Canada, a Canadian population health initiative of the Canadian Institute for Health Information. Chapter 2.3: Mental health, mental illness and homelessness in Canada: Available at: <https://www.homelesshub.ca/sites/default/files/2.3%20CPHI%20Mental%20Health%20Mental%20Illness%20and%20Homelessness.pdf>

120 Robert, A-M. & Gilkinson, T. (2012). Mental health and well-being of recent immigrants to Canada: Evidence from the longitudinal survey of Immigrants to Canada. Available at: <https://www.canada.ca/en/immigration-refugees-citizenship/corporate/reports-statistics/research/mental-health-well-being-recent-immigrants-canada-evidence-longitudinal-survey-immigrants-canada-lsic.html#executive>

- Immigrants from South and Central America, Asia and the Pacific areas report the highest levels of stress.<sup>120</sup>
- Immigrants from North America, the United Kingdom and Western areas report the lowest levels.<sup>120</sup>

**Immigrants are less likely than native-born Canadians to seek help for their mental distress because they come from countries where:<sup>121</sup>**

- Mental illness is highly stigmatized
  - The only form of treatment is in custodial facilities
  - Language barriers
- Risk that immigrant women will experience postpartum depression: **2 to 3 times higher than native-born Canadians.**<sup>121</sup>
  - Refugee women have high rates of experiences of rape and violence.<sup>121</sup>
  - According to a 2010 review of the literature, there is an increased risk of post-traumatic stress disorder and depression among refugees.<sup>122</sup>
  - There is also an increased rate of mental health problems among refugee children (2013 literature review).<sup>122</sup>
  - The range of reported mental health problems among refugees varies from 10 – 40%.<sup>122</sup>
  - The risk of developing mental health problems among refugees is increased if they are settled in a country that doesn't allow them to work.<sup>122</sup>
  - Percentage of people living in Canada who were born elsewhere: **18%.**<sup>123</sup>
  - Percentage of those who are refugees: **10%.**<sup>123</sup>
  - Health status of immigrants: Surveys have found that immigrants have lower rates of depression and substance abuse than people born in Canada; however, their positive health status erodes over time.<sup>123</sup>

121 Kimayer, L. et al (2011). Common mental health problems in immigrants and refugees: General approach in primary care. Canadian Medical Association Journal, vol 183 (12), p. E959 – E967. Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3168672/>

122 The Mental Health Commission of Canada (Jan 2016). Supporting the mental health of refugees to Canada. A report developed by Agie, B. McKenzie, K. & Antwi, M. Available at: <https://ontario.cmha.ca/wp-content/files/2016/02/Refugee-Mental-Health-background.pdf>

123 The human face of mental health and mental illness in Canada (2006). A publication of the Government of Canada available at: <http://www.phac-aspc.gc.ca/publicat/human-humain06/index.html>

- Immigrants with the highest risk of developing a mental disorder: those who experienced pre-immigration trauma (war, famine, torture, incarceration, witnessing violence, for example).<sup>123</sup>

## Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ)

- Risk of LGBTQ people developing PTSD: **Double that of the general population.**<sup>124</sup>
- Risk of suicide and substance abuse among LGBTQ youth: **Double that of the general population.**<sup>124</sup>
- In an Ontario study, the percentage of LGBTQ respondents who reported seriously considering suicide: **77% while 45% had attempted suicide.**<sup>124</sup>
- Rate of smoking among LGBTQ people: **36% as compared to 17% in the general population.**<sup>124</sup>

### A study involving 433 transgender respondents reported:<sup>125</sup>

- Proportion of transgender people who have levels of depression consistent with a clinical diagnosis: **More than 1/2**
- Percentage of transgender people who had a history of attempting suicide: **43%**  
(10% had an attempt within the past 12 month period)
- Percentage that had considered suicide in the past year: **35%**

*Quoting figures from the Canadian Community Mental Health Survey findings (2007 – 2012):*<sup>126</sup>

- Rate at which gay and lesbian Canadians experience anxiety and mood disorders: 2 times the rate of the heterosexual population.
- Rate at which bisexual Canadians experience anxiety and mood disorders: 4 times the rate of the heterosexual population.

<sup>124</sup> Canadian Mental Health Association. Ontario. Lesbian, gay, bisexual, trans and queer identified people and mental health (undated). Available at: <https://ontario.cmha.ca/documents/lesbian-gay-bisexual-trans-queer-identified-people-and-mental-health/>

<sup>125</sup> Baur, G. & Scheim, A. (2014, updated in 2015). Transgender people in Ontario, Canada: Statistics from the Trans Pulse project to inform human rights policy. Available at: <http://transpulseproject.ca/wp-content/uploads/2015/06/Trans-PULSE-Statistics-Relevant-for-Human-Rights-Policy-June-2015.pdf>

<sup>126</sup> Amos, H. Lesbian, gay, bisexual Canadians report higher rates of mental health issues (march 18, 2016). UBC News. Available at: <https://news.ubc.ca/2016/03/18/lesbian-gay-bisexual-canadians-report-higher-rates-of-mental-health-issues/>

# Facts About Mental Illness in the Professions

## Physicians

### Results from a survey of Canadian physicians:<sup>127</sup>

- Flourishing **58%**
- Moderately mentally healthy **30%**
- Languishing **4%**

### Self-report results from the same survey

- Resilient **83%**
- Burnout **29%**
- Depression **32%**
- Suicidal ideation **18%**

### Differences between men and women physicians:

|                              | Men | Women |
|------------------------------|-----|-------|
| • Burnout                    | 27% | 32%   |
| • Depression                 | 31% | 37%   |
| • Lifetime Suicidal Ideation | 16% | 20%   |

## Lawyers

- Percentage of lawyers in Canada who call the Lawyers Assistance Program in their province/territory for help who state that mental health or psychological problems as their primary concern: **66%**.<sup>128</sup>

*The Canadian Bar Association cites some American studies:*

- Of the 28 occupations studied by Johns Hopkins, lawyers were the most likely to suffer from depression.<sup>128</sup>

127 Canadian Medical Association. National physician health survey (2018). Available at: <https://cma.ca/sites/default/files/2018-11/nph-survey-e.pdf>

128 The Canadian Bar Association: Three case studies (2009). Available at: <https://www.cba.org/Publications-Resources/CBA-Practice-Link/Work-Life-Balance/Health-Wellness/Lawyers-and-Depression-Three-Case-Studies>

- In a Washington State survey, lawyers reported an incidence level of **19% for depression** (as compared to 5 – 10% in the general population).<sup>128</sup>
- In a Carolina Bar survey, **25% of respondents reported symptoms of depression and of those, 12% said that they thought about suicide at least once a month.**<sup>128</sup>

## Nurses

- Percentage of Canadian nurses reporting that they have experienced depression: **9%**.<sup>129</sup>
- Number reporting that their mental health had made it difficult to handle their workload in the last month: **1 in 5**.<sup>129</sup>

## First Responders

- Percentage of first responders who have symptoms consistent with a mental health disorder: **45%**, *four times higher* than the general population.<sup>130</sup>
- Percentage of first responders who have suicidal thoughts: **28%**.<sup>130</sup>

*In an anonymous survey of 5,000 Canadian first responders, it was found that:*<sup>131</sup>

- Suicidal behavior over the past year showed no difference in levels between men and women.

However, women were more likely to engage in suicidal behavior over their lifetime.

- Single, separated, divorced or widowed first responders were more likely to report suicidal behavior, as were those aged 19 – 29.

---

129      Cavanaugh, S. (2014). Improving psychological health in the workplace, a joint publication of the Mental Health Commission of Canada and the Canadian Nurses Association. Available at: [https://www.mentalhealthcommission.ca/sites/default/files/Mental%252520Health%252520Series%252520in%252520Canadian%252520Nurse%252520-%252520Apr%2525202014%252520-%252520ENG\\_1.pdf](https://www.mentalhealthcommission.ca/sites/default/files/Mental%252520Health%252520Series%252520in%252520Canadian%252520Nurse%252520-%252520Apr%2525202014%252520-%252520ENG_1.pdf)

130      CBC (2018). First responders getting mental health clinic of their own. Available at: <https://www.cbc.ca/news/canada/ottawa/ottawa-first-responders-to-get-mental-health-research-clinic-in-2019-1.4887978>

131      Carleton, R.N. (2018). Suicidal ideation, plans and attempts among public safety personnel in Canada. Available at: <https://www.cipsrt-icrtsp.ca/en/research/suicidal-ideation-plans-and-attempts-among-public-safety-personnel-in-canada/>

Correctional officers and paramedics are more likely to report suicidal behavior; police and firefighters were less likely to report suicidal behavior.<sup>131</sup>

### *Military*

- Number of regular forces who report symptoms of mental illness: **1 in 6 reported one of the following disorders:** Major depressive episode, panic disorders, post-traumatic stress disorder, generalized anxiety disorder and alcohol abuse or dependence.<sup>132</sup>
- Most common mental illness: **Depression, reported by 8% of respondents.**<sup>132</sup>
- Post-traumatic stress disorder reported for those deployed to Afghanistan: **2 times higher than other Force members.**<sup>132</sup>
- Rates of generalized anxiety disorder and depression: **Higher than the general Canadian population.**<sup>132</sup>

### *Facts About Mental Health in the Workplace*

- Percentage of coworkers who would be concerned how work would be affected if they knew a colleague had a mental illness: **64%**<sup>133</sup>
- The amount that mental health problems and illness cost employers in 2011: **more than \$6 Billion in lost productivity, absenteeism and presenteeism (being at work but not functioning well).**<sup>134</sup>
- The total cost per year to the Canadian economy of mental health problems per year: **\$50 Billion or \$1,400.00 per person living in Canada.**<sup>134</sup>
- The number of Canadians, each week, who are unable to work due to mental health problems: **500,000.**<sup>134</sup>
- Proportion of disability claims in Canada related to mental illness: **1 in 3.**<sup>134</sup>

132 Peason, C. Zamoski, M. & Janz, T. (2014). Mental health of the Canadian Armed Forces. Available at: <https://www150.statcan.gc.ca/n1/en/pub/82-624-x/2014001/article/14121-eng.pdf?st=hM1APik>

133 Centre for Addiction and Mental Health. Mental illness and addictions: Facts and Statistics (undated. Available at: <https://www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics>

134 Mental Health Commission of Canada. Backgrounder: Case study research project – final report. Available at: <https://www.mentalhealthcommission.ca/English/csrp-backgrounder>

- Percentage of disability costs in Canada related to mental illness: **70%.**<sup>134</sup>
- Percentage of people with serious mental illness who are unemployed: **70 – 90%.**<sup>135</sup>
- Percentage of people with serious mental illness who want to work: **80%.**<sup>136</sup>

Please visit [www.mdsc.ca](http://www.mdsc.ca) and download the *Workplace Mental Health* publication for additional information.

## *Facts About Psychiatric Hospitalization in Canada*

**Hospitalization rates for people with psychiatric diagnoses have remained stable over the period of the data collections:**<sup>137</sup>

- 2006 – 2007      **484 per 100,000 Canadians**
- 2009 – 2010      **461 per 100,000 Canadians**

*Where the majority of people with mental illness have been treated: General hospitals.*

- Number of separations (discharges) for a mental illness diagnosis for all hospitals in Canada: **189,000 over the period of study.**<sup>137</sup>
- Percentage of these discharges that were from general hospitals: **87%.**<sup>137</sup>
- Percentage of discharges from psychiatric hospitals: **13%.** *However, psychiatric hospitals had the longest stays – 40% of all stays.*<sup>137</sup>
- The most common diagnosis for those admitted to general hospitals: **Mood disorders.**<sup>137</sup>
- The most common diagnoses for those admitted to psychiatric hospitals: **Schizophrenia and other psychotic disorders.**<sup>137</sup>
- The percentage of all hospitalizations in Canada for psychiatric diagnoses: **14.7%.**<sup>137</sup>

135      Fact Sheet, Employment and mental illness. Available at: [www.ontario.cmha.ca](http://www.ontario.cmha.ca)

136      World Health Organization (2000). Mental health and work: Impact, issues and good practices. Available at: [www.who.int/mental\\_health/media/en/712.pdf](http://www.who.int/mental_health/media/en/712.pdf)

137      Canadian Institute for Health Information (CIHI). Hospital mental health services in Canada 2009 – 2010. Available at: [https://secure.cihi.ca/free\\_products/Mental%20Health%20Annual%20Report%202009-2010%20FY\\_2012\\_EN-web.pdf](https://secure.cihi.ca/free_products/Mental%20Health%20Annual%20Report%202009-2010%20FY_2012_EN-web.pdf)

# Facts About Stigma

Stigma and discrimination remain the number one concern for persons with mental illness and families, because they live with its effects every day.<sup>138</sup>

- The prototypical image of disability recognized by most Canadians: **The wheel chair.**<sup>139</sup>
- Percentage of Canadians that agree chronic depression is a disability: **67%.**<sup>139</sup>

**Canadians' judgment regarding capacity to fulfill roles such as community volunteer, teacher, parent, police officer;**<sup>139</sup>

**Physical disability:** Likely | **Chronic depression:** Unlikely

**Attitude toward people with disabilities:**

**Physical disability:** Most comfortable | **Depression:** Least comfortable

- The percentage of 556 UK respondents who reported that either they or a family member had experienced stigma as a result of mental illness: **70%.**<sup>140</sup>

Of those, the percentage who experienced stigma:

- within their own family: **56%**
- from friends: **52%**
- from their primary care physician: **44%**
- from other health care professionals: **32%**
- within their workplace: **30%**

**Please visit <https://mdsc.ca/stigma/elephant-in-the-room-campaign/> and access all your stigma busting resources and information.**

138 Mood Disorders society of Canada. Stigma and discrimination. Available at: <https://mdsc.ca/stigma/>

139 Canadian attitudes towards disability issues: 2004 benchmark survey. Social Development Council of Canada: Available at: <http://www.sdc.gc.ca/asp/gateway.asp?hr=en/hip/odi/documents/attitudesPoll/index.shtml&hs=pyp>

140 Pull yourself together: A survey of peoples' experience of stigma and discrimination as a result of mental distress (2000). Mental Health Foundation, London, UK. Available at: <http://www.mentalhealth.org.uk/page.cfm?pagecode=PBUP0204>

# Facts About Building Resiliency and Living a Mentally Healthy Life

- Nearly seven out of 10 Canadians report that their mental health is excellent or very good.<sup>141</sup>

## Factors related to good mental health:

- The ability to handle day-to-day demands
  - The ability to handle unexpected problems
  - In youth – integration with peers and positive feelings about appearance
  - In seniors – retaining life satisfaction through maintaining value systems, roles, activities and relationships
- Factors lowers the levels of the stress hormone cortisol in humans: **happiness defined as leisure time, positive family relationships, social networks and a sense of belonging.**<sup>142</sup>
  - The activity known to reduce the symptoms of anxiety, depression and panic disorder: **Exercise.**<sup>143</sup>
  - The amount of exercise required to reduce symptoms: **Moderate.**<sup>144</sup>

## The Five Psychological Aspects of Work that Promote Mental Health:<sup>145</sup>

|  |   |
|--|---|
| Time structure<br>(known and reasonable deadlines) | Social identity                         |
| Collective effort and purpose (team work)          | Regular activity (organization of work) |
|  | Social contact                          |

141 The social determinants of health: An overview of the implications for policy and the role of the health sector (2004). Proceedings of a conference entitled The Social Determinants of Health across the Life Span held at York University in 2002. Available at: [http://www.phac-aspc.gc.ca/ph-sp/phdd/overview\\_implications/01\\_overview.html](http://www.phac-aspc.gc.ca/ph-sp/phdd/overview_implications/01_overview.html)

142 Steptoe, A et al (2005). Positive affect and health-related neuroendocrine, cardiovascular and inflammatory disease. Proceedings of the National Academy of Science of the United States. May, Vol 102(180), p. 6508-6512. Available at: [www.canadian-health-network.ca](http://www.canadian-health-network.ca)

143 Be active for body and mind: Part one. Available at: [www.canadian-health-network.ca](http://www.canadian-health-network.ca)

144 Daley, A. (2002). Advances in psychiatric treatment. The Royal College of Psychiatrists. Vol 8, p. 262-270.

145 World Health Organization (2000). Mental health and work: Impact, issues and good practices. Available at: [www.who.int/mental\\_health/media/en/712.pdf](http://www.who.int/mental_health/media/en/712.pdf)

- The group that shows the lowest rate of mental and physical illness, and the lowest rate of alcoholism: **People who are married.**<sup>146</sup>
- Percentage of people in Canada who feel strongly connected to their community and who also report positive mental health: **78%.**<sup>147</sup>

#### The protective factors that build resiliency in First Nations youth:<sup>148</sup>

- Family harmony and cohesion
- Health and wellness
- Involvement in family and community activities
- Involvement in extra-curricular activities and school supports
- Parental support
- Effective clinical care for mental and physical health/problems and substance abuse
- Securing self-government for the community

#### The protective factors that guard against juvenile delinquency:<sup>149</sup>

- Adequate parenting and positive parental practices
  - Quality of family ties
  - Integration of families into the life of the community.
- Factors that support good mental health and positive child development: Emotional literacy, meaning developing competency in understanding one's own feelings and those of others. **Children who learn emotional literacy are less like to hurt or bully others.**<sup>150</sup>

146 Stanton, G. (1997). Only a piece of paper: How marriage improves mental health. Available at: [www.divorcereform.org/mel/abetterhealth.html](http://www.divorcereform.org/mel/abetterhealth.html)

147 Community belonging and self-perceived health: Early Canadian Community Health Survey findings (January to June 2005). Available at: [www.statcan.ca](http://www.statcan.ca)

148 First Nations Information and Governance Centre (2014). Youth resilience and protective factors associated with suicide in First Nations communities. Available at: [http://www.afnigc.ca/main/includes/media/pdf/digital%20reports/Youth%20Resilience%20FINAL%20PAPER\\_Mar%202014.pdf](http://www.afnigc.ca/main/includes/media/pdf/digital%20reports/Youth%20Resilience%20FINAL%20PAPER_Mar%202014.pdf)

149 Government of Canada, Public Safety Canada (2008). Family based risk protective factors and their effects on juvenile delinquency: What do we know. Available at: <https://www.publicsafety.gc.ca/cnt/rsrscs/pblctns/wht-knw/index-en.aspx#a2>

150 Roots to Empathy. Available at: <https://rootsofempathy.org/about-us/>

## *Where Can I Get More Information?*

---

The Mood Disorders Society of Canada (MDSC) is a national, not-for-profit, registered charitable organization that is volunteer-driven and committed to improving the quality of life for those Canadians living with mood disorders and their families.

The website ([www.mdsc.ca](http://www.mdsc.ca)) contains more information on depression, bipolar disorder and medications, as well as other mood disorders, contact information for finding mental health services and links to provincial Mood Disorders Associations. Of particular note is a popular MDSC publication called What Is Depression, also available on the website.

Our website [www.depressionhurts.ca](http://www.depressionhurts.ca) provides further information on depression, including causes and symptoms, information on recovery and managing your depression symptoms, questions to ask your doctor, information for family and friends and much more. With over 2.5 million visitors, and available in four languages, we are sure this resource will be of great assistance in your journey.

MDSC also leads the national Defeat Depression campaign. These walks/runs are held from coast to coast, hosted by community organizations coming together to support local mental health services. At these events people share their stories, knowledge and experiences. Here you will find friends and neighbours in your area who learn from each other and tackle depression together. Please visit [www.defeatdepression.ca](http://www.defeatdepression.ca)

## *How Can You Help?*

---

At the Mood Disorders Society of Canada, we strive to support the needs of Canadians impacted by mental illness. Without ongoing core funding, we rely on generous donations from the public to assist us in this work.

If you would like to support our efforts, you can make a tax deductible donation on our website or by mailing your donation to:

Mood Disorders Society of Canada  
110 North Front St. Unit A3  
Suite 325  
Belleville, ON  
K8P 0A6

Email: [info@mdsc.ca](mailto:info@mdsc.ca)

Website: [www.mdsc.ca](http://www.mdsc.ca)

When quoting statistics from the Quick Facts: Mental Health & Addictions in Canada book reference must be made to "Mood Disorders Society of Canada's Quick Facts: Mental Health & Addictions in Canada" booklet



**Mood Disorders Society of Canada**  
La Société Pour **Les Troubles de L'Humeur** du Canada