



**Mood Disorders Society of Canada**  
**Société pour les troubles de l'humeur du Canada**

[www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca) | [www.troubleshumeur.ca](http://www.troubleshumeur.ca)

**MEDIA RELEASE**

September 18, 2013

**New Mental Health Survey shows 17% of Canadians over 15 years of age perceived they required mental health care in the previous 12 months**

*Increased Collaborative Efforts Needed to Address Mental Illness in Canada*

**OTTAWA, Ont.** — A staggering one in six Canadians believed they required mental-health care in the last year, however roughly one third of those persons did not have their needs met, according to [a new Statistics Canada report](#).

The report examined data collected in the 2012 Canadian Community Health Survey, which polled 25,113 people over the age of 15. The agency also says that in 2012, 17 per cent of Canadians over 15, or about 4.9 million people, perceived themselves as having had a need for mental health care in the previous 12 months. Of these, while two-thirds said their needs were met, 12 per cent said they didn't get help and 21 per cent said they received some care, but perceived a need for more.

The national population health survey found that symptoms consistent with a mood disorder were cited by 5.4 per cent of Canadians aged 15 and older, with a major depressive episode being the most common problem.

“The Government of Canada, and all provincial/ territorial governments must work collaboratively and immediately on increasing dedicated resources and funding to improve access and address the epidemic of mental illness in our country.” says Phil Upshall, National Executive Director of the MDSC.

The Mood Disorders Society of Canada (MDSC) says the survey adds to the body of work they rely upon to provide resources and supports for the Canadian community and the crucial need to increase mental health services and supports in all areas of the country is crystal clear.

The six disorders measured by the survey were: major depressive episode, bipolar disorder, generalized anxiety disorder and abuse of or dependence on alcohol, cannabis or other drugs.

Mental illness costs the Canadian economy an estimated \$51 billion annually in costs related to health care, criminal justice, lost income and lost productivity.

**About the Mood Disorders Society of Canada:**

The Mood Disorders Society of Canada was launched in 2001 to provide people with mood disorders, their families and caregivers a strong, cohesive voice at the national level on issues relating to mental health and mental illness. With particular regard to depression, bipolar disorder and other associated mood disorders, the MDSC aims to improve access to treatment, inform research, shape program development and government policy to improve the quality of life for people affected by mood disorders.

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For more information:

Phil Upshall

National Executive Director

(519) 803-8547 or 519-824-5565

[info@mooddisorderscanada.ca](mailto:info@mooddisorderscanada.ca)