

MENTAL ILLNESS IN ONTARIO

LET'S INCREASE THESE NUMBERS

66% perceive their mental health as 'very good' or 'excellent'

13% have seen or talked to a health professional about emotional or mental health, when needed

LET'S DECREASE THESE NUMBERS

7% report poor mental health in general

7% perceive their mental health as 'fair' or 'poor'

Mental and Psychological Health



Stress



LET'S DECREASE THESE NUMBERS

28% report most days at work to be 'quite a bit' or 'extremely' stressful (working population)

22% self-perceive being 'quite a bit' or 'extremely' stressed

13% report psychological distress during the past few weeks

7% report frequent mental distress days (14+) during the past 30 days

17% experience 'very high' stress associated with family caregiving

Access to Health Care



LET'S DECREASE THESE NUMBERS

24% of people with mental health conditions report unmet need for general health care

26% of people with mental disorders report unmet need for mental health care

Discrimination

LET'S DECREASE THIS NUMBER

38% of people with a mental health condition experience discrimination



For more information and full references, see: www.ocdpa.ca

Data is for adult population 18+ years unless otherwise noted.

October 2016