

# MENTAL ILLNESS

is more  
common than  
you think



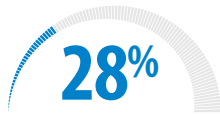
Mental illness affects about **9.1 million** people during their lifetime—that's

## one in three Canadians.

It affects people of all cultures, ages, education and income levels, both directly and indirectly.



will have or have had a mental illness by age 40.



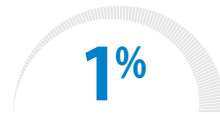
of people aged 20 to 29 experience a mental illness.



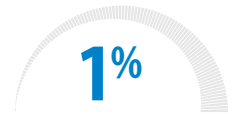
of adults will experience major depression at some time in their lives.



will be affected by anxiety disorders, causing mild to severe impairment.



will experience bipolar disorder or "manic depression".



will be affected by schizophrenia, particularly those aged 16 to 30.

*While mental illness is caused by a complex interplay of genetic, biological, personality and environmental factors, they can be treated and managed.*



**Stigma around mental illness is the biggest barrier preventing people from seeking help, forcing many to suffer alone in silence.**

Mental health disorders (**17.4%**) in developed countries account for more premature deaths than cancer (15.9%) and cardiovascular disease (14.8%).



## Over 1.6 million



Canadians report unmet mental health care needs each year.

**500,000** Canadians, in any given week, are unable to work due to mental illness.



**Along with reducing stigma, key factors in the battle against mental illness are**

- early recognition of symptoms;
- getting a proper diagnosis;
- effective treatment and following health care provider recommendations; and
- engaging in healthy coping strategies such as physical activity, social supports, adequate rest and recognizing your limits.

Only **one in seven** Canadians with mental illness seek help and society continues to remain unaware of the significant burden mental illness places on us all.

Once depression is recognized, help can make a difference for **80%** of people who are affected, allowing them to get back to their regular activities.



## RESOURCES

Health Link—Health Advice 24/7 | **811**

Government of Canada | [canada.ca/en/public-health/topics/mental-health-wellness.html](https://canada.ca/en/public-health/topics/mental-health-wellness.html)

Canadian Mental Health Association | [cmha.ca](https://cmha.ca)

Canadian Alliance on Mental Illness and Mental Health | [camimh.ca](https://camimh.ca)

Anxiety Panic Support | [anxietypanicsupport.com](https://anxietypanicsupport.com)

Mood Disorders Society of Canada | [mdsc.ca](https://mdsc.ca)

Canadian Association for Suicide Prevention (CASP) | [suicideprevention.ca](https://suicideprevention.ca)

Sources: [camimh.ca/faces-campaign/#tab-1-4](https://camimh.ca/faces-campaign/#tab-1-4), [cmha.ca/fast-facts-about-mental-illness](https://cmha.ca/fast-facts-about-mental-illness), [health-infobase.canada.ca/datalab/mental-illness-blog.html](https://health-infobase.canada.ca/datalab/mental-illness-blog.html)