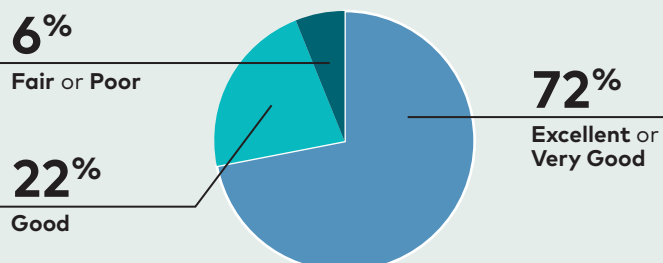




# Accessing Mental Health Care in Canada

The following numbers look at how Canadians perceive their mental health and their access to mental health services

In 2015, Canadians aged 12+ reported that their current mental health<sup>[1]</sup> was:



14%

of Canadians aged 12+ reported that they had **seen or talked to a health professional** about their mental or emotional health in the past 12 months.<sup>[1]</sup>

Of those,

$\frac{2}{3}$  were female  $\frac{1}{3}$  were male.

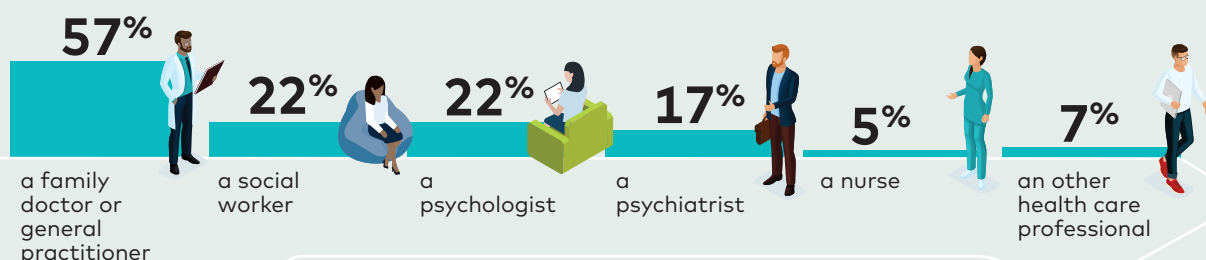


**60%** of females who were diagnosed with a mood or anxiety disorder **talked to a professional** in the last 12 months.<sup>[1]</sup>



**50%** of males who were diagnosed with a mood or anxiety disorder **talked to a professional** in the last 12 months.<sup>[1]</sup>

When seeking professional care for their mental health<sup>[1]</sup>, Canadians consulted:



**Approximately 4.9 million**

Canadians aged 15+ experienced a need for mental health care in the previous 12 months.<sup>[2]</sup>

Approximately **600,000 Canadians** felt it was *unmet*.

More than **1 million Canadians** felt it was *partially met*.

In 2012, 39% of Canadians aged 15 to 24 reported that they **consulted a resource** about problems with emotions, mental health, or the use of alcohol or drugs in the previous year.<sup>[3]</sup> Of those,



- (1) Canadian Community Health Survey — 2015 (released March 22, 2017)
- (2) Canadian Community Health Survey on Mental Health in 2012. CANSIM: 105-1101
- (3) Findlay and Sunderland Health Reports. Vol. 25, no.12

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