

# MENTAL HEALTH-RELATED DISABILITIES IN CANADA, 2017



The Canadian Survey on Disability covers Canadians aged 15 years and over who experience limitations in their everyday activities because of a long-term condition or health-related problem.

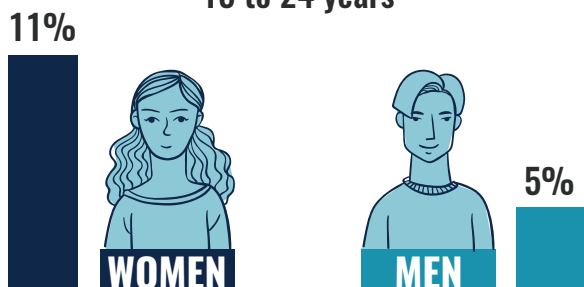


## OVER 2 MILLION

Canadians aged 15 years and over have a mental health-related disability. This represents **7%** of Canadian adults and youth.

Among youth, **women** are twice as likely as **men** to have a mental health-related disability.

Youth aged 15 to 24 years



Four of the most frequently reported mental health-related conditions are:



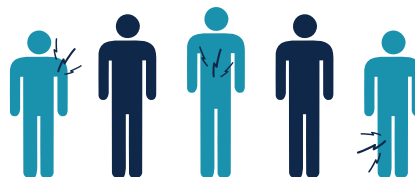
**ANXIETY | DEPRESSION | BIPOLAR DISORDER  
SEVERE STRESS DISORDERS**

## 4 IN 5

Canadians with a mental health-related disability also have at least one other type of disability.

## 63 PERCENT

of those with a mental health-related disability also have a pain-related disability.



Nearly half of employed Canadians with a mental health-related disability feel that one or more of their conditions makes it difficult to change or advance in their job.



Of these, **1 in 4** believe it is due to **discrimination** or **stigma**.

## OVER 1 MILLION

Canadians with a mental health-related disability say they require counselling services from a **psychologist, psychiatrist, psychotherapist, or social worker**.

**519,400** received some counselling but require more



**286,400** required counselling but did not receive any

**Note:** Persons with a mental health-related disability are identified as those who experience limitations in their daily activities because of difficulties with an emotional, psychological or mental health condition (e.g., anxiety, depression, bipolar disorder, substance abuse, anorexia, etc.).

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