

# Amazing Mental Health Statistics



## IMPACT:

- Depression is ranked as the LEADING CAUSE OF DISABILITY WORLDWIDE, and affects about 120 million people at any given time.

*World Health Organization*

- 20% of Canadians will personally experience a mental illness in their lifetime (depression and anxiety being the most common).

*Health Canada, A Report on Mental Illness in Canada, 2002*

- 100% of Canadians are impacted by mental illness. If not experiencing it themselves, everybody directly knows someone who will experience a mental illness.

*Health Canada, A Report on Mental Illness in Canada, 2002*

- 500,000 Canadians are absent from work every day due to psychiatric problems.

*Insurance Journal 2003 as cited by the Gov't of Canada in The Human Face of Mental Health and Mental Illness in Canada, 2006*

- 10.4% of Canadians have a mental illness at any given time.

*Quick Facts: Mental Illness and Addiction in Canada, Mood Disorders Society of Canada, September 2007*

## STIGMA:

- Only 1/3 of those who need mental health services in Canada actually receive them.

*Statistics Canada: Canadian Community Health Survey: Mental Health and Well-Being, 2003*

- Only 50% of Canadians would tell friends or coworkers they have a family member with mental illness (72% would discuss cancer in the family and 68% would discuss diabetes in the family).

*Canadian Medical Association, 8<sup>th</sup> Annual National Report Card on Health Care, August 2008*

- Only 12% of Canadians would hire a lawyer who has a mental illness.

*Canadian Medical Association, 8<sup>th</sup> Annual National Report Card on Health Care, August 2008*

- Only 49% of Canadians said they would socialize with a friend who has a serious mental illness.

*Canadian Medical Association, 8<sup>th</sup> Annual National Report Card on Health Care, August 2008*

- 46% of Canadians think people use the term mental illness as an excuse for bad behaviour.

*Canadian Medical Association, 8<sup>th</sup> Annual National Report Card on Health Care, August 2008*

## COST:

- As of 2008, it is estimated that the total cost of mental illness to the Canadian economy in terms of health care and lost productivity is **\$51,000,000,000 (\$51 BILLION)**.

*Dewa, CS et al, A new population-based measure of the burden of mental illness in Canada, Chronic Diseases in Canada, 2008*

- In Canada, while mental illnesses constitute more than 15% of the burden of disease in Canada, they only receive 5.5% of health care dollars.

*Institute of Health Economics, How Much Should We Spend on Mental Health, September 2008*

- Mental Health is the number one cause of disability claims in Canada (accounting for nearly 30% of disability claims and 70% of the total costs).

*Insurance Journal 2003 as cited by the Gov't of Canada in The Human Face of Mental Health and Mental Illness in Canada, 2006*