

4.6%

4.6% of Canadians suffer from anxiety¹

5.4%

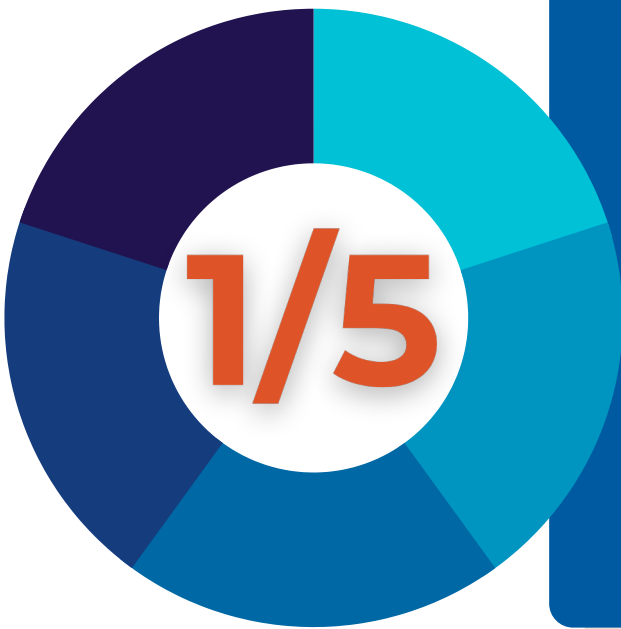
5.4% of Canadians suffer from depression¹

20%

20% of youth are affected by mental illness/disorder²

13,346

Number of clients supported through IH mental health services



Stigma

Every year it is estimated that one in five Canadians will experience a mental health concern or illness.

Despite how common mental health challenges are, there is still a lot of stigma surrounding this issue. This can make it difficult for people to reach out and access support.

Five tips to take care of your mental health

1. Connect with other people
2. Exercise
3. Practise gratitude
4. Eat a healthy diet
5. Prioritize rest



75%+

Adult (20+) suicides are men

1st

2nd

3rd

Suicide is the **SECOND** leading cause of death among people aged 10-29

Suicide rates³

- 75-80% of adult (ages 20+) suicides are men
- Suicide is the second leading cause of death among people aged 10-29

How to help

- Any suicide threat needs to be taken seriously
- Call 9-1-1, stay with the person if you are safe
- Show understanding and compassion

For mental health help call:

To reach the nearest Mental Health and Substance Use centre:

☎ 310-6478 (MHSU)

If you're in crisis:

☎ 1-888-353-2273 (CARE)

Immediate assistance 24 hours/day, 7 days/week.

KUU-US crisis line:

☎ 250-723-4050 (adults)

☎ 250-723-2040 (youth)

You are not alone

Help is available

Suicide hotline

☎ 1-800-SUICIDE

If you are in distress or worried about someone else, call the suicide hotline.

It's free and available 24 hours a day, 7 days a week:

1-800-784-2433

1 - Statistics Canada, 2020

2 - CIHI, Canadian Institute for Health Information, 2020

3 - Suicide in Canada: infographic, 2016