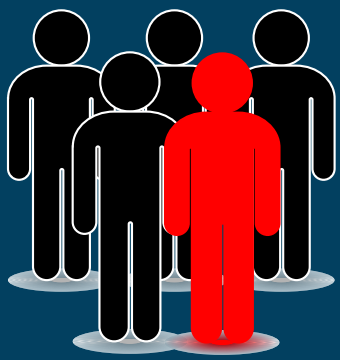


Mental Health Matters



Mental health issues impact all Canadians, regardless of age, gender, race or social standing.



Approximately
1 in 5
Canadians will personally experience mental health problems or illnesses every year¹



450 million
people currently struggle with mental illness, making it the leading cause of disability worldwide²

Approximately **20% of youth** are affected by a mental illness or disorder.³ Behavioural changes that might indicate your child needs help can include:

- Changes in school performance
- Excessive worry or anxiety (e.g., fighting to avoid bed or school)
- Hyperactive behaviour
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums



By age

40

nearly **50%** of the population will have or have experienced a mental illness.⁴

Only

1 in 5

Canadian children receive appropriate mental health services.⁵

The rate of suicide among First Nations is

3X

higher than among non-Indigenous Canadians, and **9X** higher among Inuit.⁶

1: CMHA 2: WHO 3: CIHI 4: CMHA 5: Mental Health Commission 6: StatsCan