

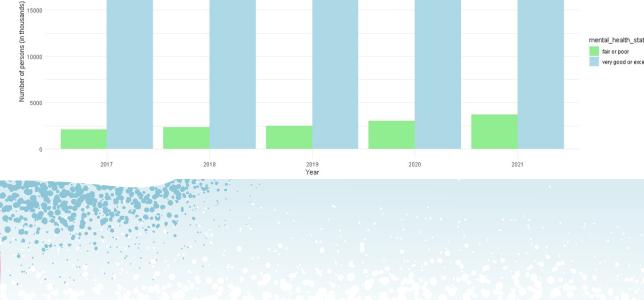
# LOOKING AFTER OUR Mental Health

## INFOGRAPHIC

★ Approximately, **1 in 5** Canadians will experience a mental health problem or illness each year.



### Perceived mental health



As we can see perceived mental health of Canadian population was at peak in **2021**, where **400,000** people reported issues.

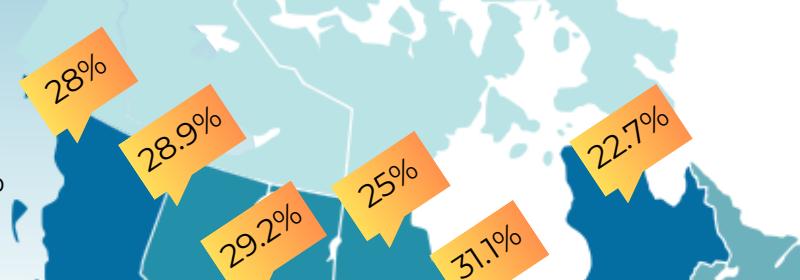
### Job satisfaction



Lack of control over one's work, low levels of social support, and lack of opportunities for growth can contribute to job dissatisfaction and, in turn, mental health problems.

### Someone to rely on

Top 3 provinces where majority of the population have few people or rarely have someone to rely on are Ontario with 31.1% Saskatchewan with 29.2% and Alberta with 28.8%



### Immediate Surroundings

More than 1/3rd of the Canadian population rated local environment below their expectation.



### Childhood Maltreatment



Individuals who experienced abuse as a child are three times more likely to develop mental health disorders than those who did not.

### Need Help?

Call 2-1-1 or Chat live on Canada.ca mental health webpage.

★ Statistics by Canadian mental health association.