Mental Health Toronto

A Short Analysis by Yusra Hassan with SAP

Overview

The purpose of this research is to find out if there is adequate mental health help in Toronto for different groups of people and if it is in the most-needed areas.
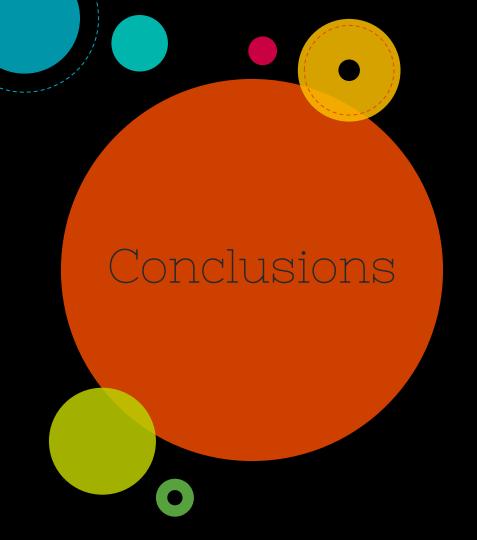
General focus: Low-income

My focus: Eligibility
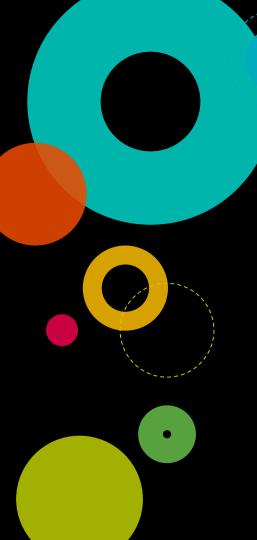
A Summary of Last Term's Research

We assumed:

- 1 clinic per 6,548 *people is adequate to support the needs of the community
- Occupants of the each neighbourhoods would attend the nearest mental health clinic.
- The data available was complete and up-to-date.
- The facilities listed would have adequate staff to accommodate the patients
- We took the figure of $38,880 to determine low income cut off*

◎ Mental health services are generally less in lesser income neighborhoods

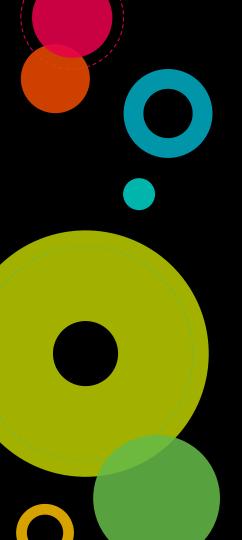◎ More mental health services lead to better productivity, health and happiness

My Research

Focus: Age Eligibility, Language Availability, Income/Price

Conclusions

Toronto is good for:

◎ Non-profit/free services

◎ Language diversity

It could improve:

◎ Better distribution with neighborhoods and age

◎ Considering population size

Limitations

◎ Used data from different sources and years
◎ Several undocumented clinics
◎ The extractions and combinations of data were done only by me
◎ Only quantitative data was taken into account
◎ Different facilities have different maximum capacities
◎ A person's mother tongue is usually not a large factor in getting help

For The Future...

◎ **How do these results change given more recent data?**
◎ How important is it to have free services? Can we eliminate them from higher income areas?
◎ How does income affect a person's need and willingness for mental health services?
◎ **How does ethnicity and background affect a person's need and willingness for mental health services?**
◎ **What type of mental health service seems to serve our community best? (look at impact on health, average service users)**
◎ Which age group is in the most need of psychological aid? Compare this with population size and number of mental health facilities.
◎ How much more likely is a person to get mental help if the service is provided in their mother tongue language?

Credits

◎ [OpenData Toronto](#) for [mental health services data](#) and [neighborhood profiles](#) data (last updated 2020 and 2019)

◎ [StatsCanada](#) for [Oakville](#) and [Milton](#) census data (both last updated 2016)

◎ [EMentalHealth](#) for Oakville and Milton mental health services data (last updated 2021)

Download all CSV files from [here](#)