

The background is black and features several abstract elements: a large cyan ring in the top-left, a smaller cyan circle below it, a yellow circle in the top-right, a green circle with a dashed outline below it, a pink circle in the middle-right, an orange circle in the bottom-right, a yellow circle in the bottom-right, a green circle with a black dot in the bottom-left, and a yellow circle with a dashed outline in the middle-left. A large dashed white circle is centered on the page, framing the text.

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

The background is black and features several abstract geometric shapes. In the top left, there is a large orange ring with a dashed red circle inside it, and a solid yellow circle below it. A small pink circle is to the right of the yellow one. In the top center, there is a large light blue ring with a dashed white circle around it. In the top right, there is a green circle with a black dot in the center, a small yellow circle above it, and a yellow circle with a dashed yellow border below it. In the bottom left, there is a large yellow circle, a small cyan circle above it, and a green circle with a dashed green border above that. In the bottom right, there is a large cyan ring and a cyan circle with a dashed cyan border above it.

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](#)