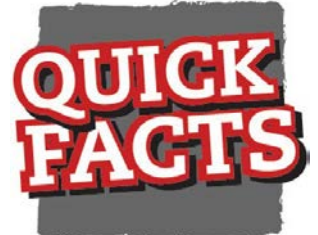


Quick Facts on Mental Illness in Canada

- One in five Canadians will live with a mental illness in their lifetime.
- At any given time, 10.4% of Canadians will be living with a mental illness.
- Mental illness is a disturbance in thoughts, feelings and perceptions that is severe enough to affect day-to-day functioning.
- Mental illnesses are categorized in five major areas: anxiety disorders, eating disorders, mood disorders, personality disorders and schizophrenia.
- **Anxiety disorders** will affect 12% of Canadians in their lifetime and include:
 - Generalized anxiety disorder
 - Panic disorder
 - Phobias
 - Post traumatic stress disorder
- **Eating disorders** affect approximately 3% Canadian women and 0.3% of men in their lifetime and include:
 - Anorexia nervosa
 - Bulimia nervosa
- **Mood disorders** will affect many Canadians in their lifetime and include:
 - Depression (8%)
 - Bipolar disorder (1%)
 - Seasonal affective disorder (2-3%)
 - Postpartum depression (15-20% women)
- **Personality disorders** (limited Canadian data, US report occurrence of 6 – 9%) and include:
 - Borderline personality disorder
 - Antisocial personality disorder
 - Histrionic personality disorder
 - Dependent personality disorder
- **Schizophrenia** will affect 1% of Canadians
- Individuals who are living with a mental illness and addiction are identified as living with a concurrent disorder
- Canadians who meet the criteria for a moderate risk of problem gambling or who were problem gamblers: **1 in 50**
- Canadians who meet the criteria for substance dependence (alcohol or drugs): **1 in 30**
- Individuals who are living with a developmental delay and mental illness are identified as living with a dual diagnosis. A conservative estimate of the percentage of people with a developmental disability who also have a mental health problem: **38%**
- Approximately 4000 Canadians die by suicide every year. Percentage of all deaths in Canada attributed to suicide: **2%**



Statistical information from *Quick Facts: Mental Illness & Addiction in Canada*, 3rd Edition,
Mood Disorders Society of Canada, 2009