Accessing Mental Health Care in Canada

The following numbers look at how Canadians perceive their mental health and their access to mental health services.

In 2015, Canadians aged 12+ reported that their current mental health[^1] was:

- **6%** Fair or Poor
- **22%** Good
- **72%** Excellent or Very Good

14% of Canadians aged 12+ reported that they had seen or talked to a health professional about their mental or emotional health in the past 12 months.[^2]

Approximately 4.9 million Canadians aged 15+ experienced a need for mental health care in the previous 12 months.[^2]

Approximately 600,000 Canadians felt it was unmet.

More than 1 million Canadians felt it was partially met.

Of those,

- 2/3 were female
- 1/3 were male.

In 2012, 39% of Canadians aged 15 to 24 reported that they consulted a resource about problems with emotions, mental health, or the use of alcohol or drugs in the previous year.[^3]

Of those,

- 60% of females who were diagnosed with a mood or anxiety disorder talked to a professional in the last 12 months.[^1]
- 50% of males who were diagnosed with a mood or anxiety disorder talked to a professional in the last 12 months.[^1]

In 2015, Canadians aged 12+ reported that their current mental health[^1] was:

- **6%** Fair or Poor
- **22%** Good
- **72%** Excellent or Very Good

When seeking professional care for their mental health[^1], Canadians consulted:

- **57%** a family doctor or general practitioner
- **22%** a social worker
- **22%** a psychologist
- **17%** a psychiatrist
- **5%** a nurse
- **7%** an other health care professional

Approximately 4.9 million Canadians aged 15+ reported that they consulted a resource about problems with emotions, mental health, or the use of alcohol or drugs in the previous year.[^3]

Of those,

- **12%** consulted a health professional
- **27%** consulted an informal source

[^1]: Canadian Community Health Survey — 2015 (released March 22, 2017)
[^2]: Canadian Community Health Survey on Mental Health in 2012.
[^3]: Findlay and Sunderland Health Reports. Vol. 25, no.12