

Mental Health Awareness

Quick Fact Sheet

Youth Safety Education Day is September 10th!

Definitions:

Mental Health is a person's condition with regard to their psychological and emotional well-being.

Anxiety is the #1 mental illness in Canada.

Anxiety is: an emotional state in which people feel uneasy, apprehensive, or fearful.

Statistics:

In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness.

70% of mental health problems have their onset during childhood or adolescence.

Mental illness indirectly affects all Canadians at some time through a family member, friend or colleague.

Mental illness affects people of all ages, education, income levels, and cultures.

Many factors such as genetic, biological, personality and environmental causes mental illnesses.

In Canada, only 1 out of 5 children who need mental health services receives them.

Mental illnesses can be treated effectively.

Resources:

Kid's Help Phone:
1-800-668-6868

CMHA-SK:
1-800-461-5483

Healthline: 811

Mental Health &
Addictions Services:
1-866-367-8743

