

Mental Health Facts for **Adults**

20% of Canadians will experience a mental illness in their lifetime.¹

25% of Manitobans received treatment for a mental illness between 2011 and 2015.²

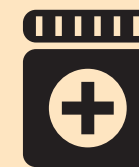


20% of people with a mental illness also have a co-occurring substance use problem.³



Impact

Mental illness indirectly affects all Canadians at some time through a family member, friend or colleague.⁴



Mental illness is a leading cause of disability in Canada and typically accounts for approximately 30% of short and long term disability claims.⁵



In any given week, at least 500,000 employed Canadians are unable to work due to mental health problems.⁶

Reasons to seek more information about your mental health:

- Feeling very sad or withdrawn for more than 2 weeks (e.g. crying regularly, feeling fatigued, feeling unmotivated, difficulty concentrating).
- Trying to harm or kill oneself. Having thoughts of suicide or self harm.
- Risk-taking behaviors that could cause harm to self or others.
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.
- Significant weight loss or gain. Significant changes in eating habits.
- Significant change in mood or growing inability to cope with daily problems and activities.
- Excessive use of drugs or alcohol. Misuse of over-the-counter or prescription medication.
- Drastic changes in behavior, personality or sleeping habits.
- Seeing or hearing things that aren't there (hallucinations).
- Intense worries or fears that get in the way of daily activities.

Suicide

4000

Almost 4000 Canadians die by suicide each year - an average of 11 deaths by suicide per day. Suicide affects people of all ages and backgrounds.⁷

988

From 2011 - 2015, there were 988 deaths due to suicide among Manitoba residents.⁸

Ways to Get Help

Call Interlake-Eastern RHA Mental Health Crisis Services at 1-866-427-8628



Talk to your family doctor or nurse practitioner



Connect with self help groups and services

Visit www.ierha.ca click on "Care in Your Community" then "Mental Health" for more information about area resources.

Connect with supports: family, peers and professionals



1. Canada (2015). Leading causes of death, total population, by age group and sex.
2. Manitoba Health, Seniors and Active Living (2015 – 2016). *Annual Statistics*: Government of Manitoba.
3. Buckley et al. (2009). Psychiatric comorbidities and schizophrenia. *Schizophrenia Bulletin*, 35: 383-402.
4. Mental Health Commission of Canada (2013). Making the case for investing in mental health in Canada.
5. Sariranan, S., Matzanke, D., & Smeall, D. (2011). The business case: Collaborating to help employees maintain their mental well-being. *Healthcare Papers*, 11, 78-84.
6. Institute of Health Economics (2007). Mental health economics statistics in your pocket. Edmonton: IHE. Number of absent workers calculated using Statistics Canada work absence rates, retrieved from <http://www.statcan.gc.ca/pub/71-211-x/71-211-x2011000-eng.pdf>
7. Statistics Canada (2015). Leading causes of death, total population, by age group and sex, Canada, 2012. CANSIM 102-0561.
8. Manitoba Health, Seniors and Active Living (2015 – 2016). *Annual Statistics*: Government of Manitoba.