

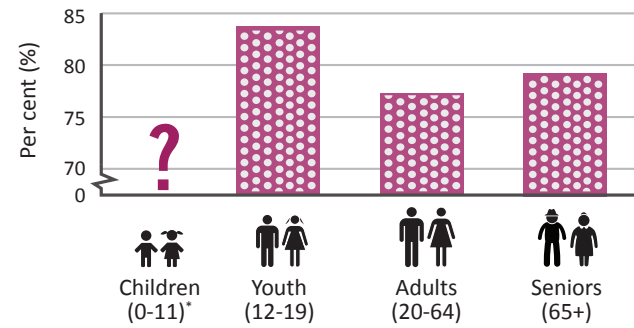
NO HEALTH WITHOUT MENTAL HEALTH

MENTAL HEALTH

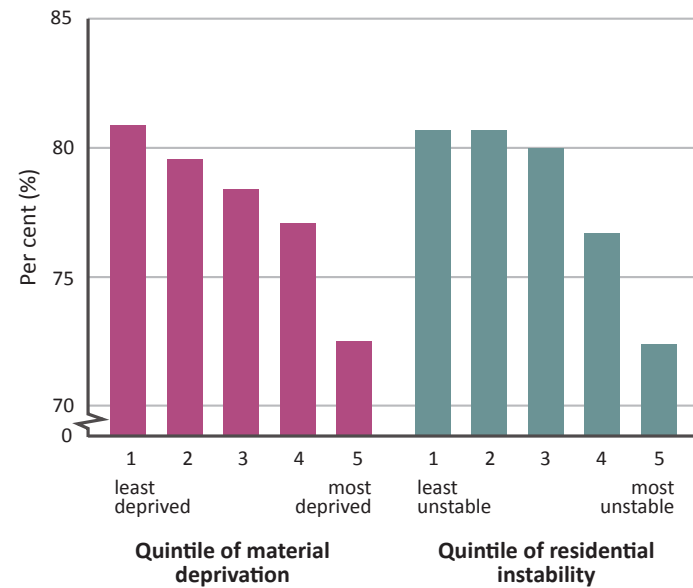
Mental health: the capacity to feel, think and act in ways that enhance our ability to enjoy life, realize our own potential, deal with challenges and contribute to society.^{1,2}

Positive mental health is expressed through life satisfaction and subjective wellbeing.

Self-reported positive mental health, Ontario, 2011-2012³



Self-reported positive mental health is more common in people from neighbourhoods with low material deprivation and low residential instability^{3†}



*Data on children is not available.
†Measured using the Ontario Marginalization Index.

Mental health and mental illness – distinct but related concepts – are critically important to the health of Ontarians. The burden of poor mental health and mental illness begins in childhood and affects health across the life course.²

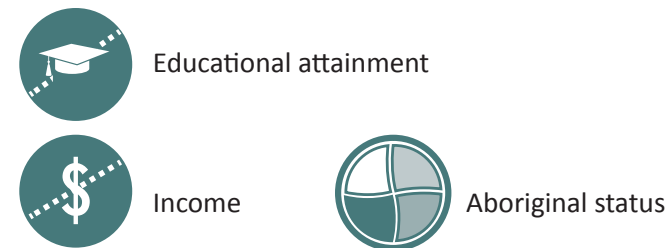
INTERCONNECTED ELEMENTS OF WELLBEING

Mental health, mental illness and physical health are interconnected elements of wellbeing that impact each other.⁴

Poor mental health and mental illnesses:^{4,5}

- Are risk factors for some chronic diseases
- Contribute to intentional and unintentional injuries
- May increase the risk of transmission for some infectious diseases
- May delay seeking medical care
- May affect the quality of care received
- May affect adherence to treatment

Mental health and illness affect everyone, either directly or indirectly.⁶ The risk of both poor mental health and mental illness varies by gender and is associated with:^{7,8}



Promoting positive mental health can impact overall wellbeing by:¹

- Increasing resilience
- Decreasing self-harm
- Helping to reduce the risk of developing mental illness
- Improving recovery in those already suffering from mental illness

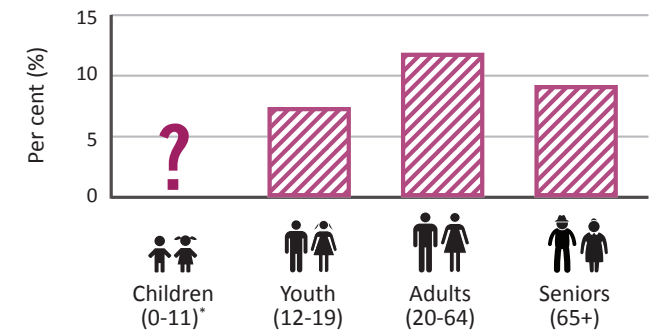
MENTAL ILLNESS

Mental illness: alterations in thinking, mood or behaviour. Symptoms may range from mild to severe⁶ and may be one-time, episodic or continuous.¹

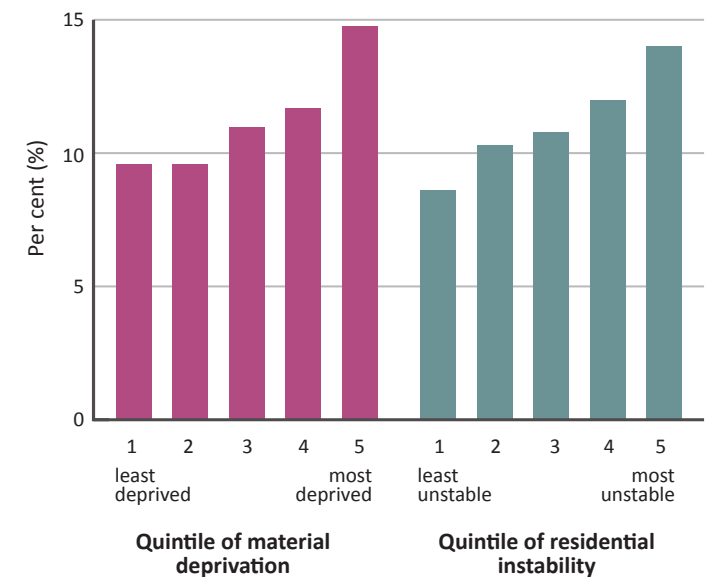
It is estimated that the burden of mental illness (the loss of health-adjusted life years) on Ontarians is:⁹

- 1.5x that of cancer
- 7x that of all infectious diseases

Self-reported mood and anxiety disorders, Ontario, 2011-2012³



Self-reported mood and anxiety disorders are more common in people from neighbourhoods with high material deprivation and high residential instability^{3†}



1. Mental Health Commission of Canada. Changing directions, changing lives: The mental health strategy for Canada. Calgary, AB: Mental Health Commission of Canada; 2012. Available from: <http://strategy.mentalhealthcommission.ca/pdf/strategy-text-en.pdf> 2. Government of Canada. The human face of mental health and mental illness in Canada. Ottawa, ON: Minister of Public Works and Government Services Canada; 2006. Available from: http://www.phac-aspc.gc.ca/publicat/human-humain06/pdf/human_face_e.pdf 3. Data source: Canadian Community Health Survey 2011/2012, Statistics Canada, Canada Share File, Distributed by Ontario Ministry of Health and Long-Term Care. 4. Canadian Institute for Health Information. Improving the health of Canadians: Exploring positive mental health. Ottawa, ON: CIHI; 2009. Available from: http://www.cpa.ca/cpasite/userfiles/Documents/Practice_Page/positive_mh_en.pdf 5. Prince M, Patel V, Saxena S, Maj M, Maselko J, Phillips MR, et al. No health without mental health. Lancet. 2007;370(9590):859-77. 6. Langlois KA, Samokhvalov AV, Rehm J, Spence ST, Gorber SC. Health state descriptions for Canadians: Mental illnesses. Ottawa, ON: Statistics Canada; 2012. Available from: <http://www.statcan.gc.ca/pub/82-619-m/82-619-m2012004-eng.pdf> 7. World Health Organization. Mental health: Strengthening our response [Internet]. Geneva, Switzerland: World Health Organization; 2010. Available from: <http://www.who.int/mediacentre/factsheets/fs220/en/> 8. Mikkonen J, Raphael D. Social determinants of health: The Canadian facts. Toronto, ON: York University School of Health Policy and Management; 2010. Available from: http://www.thecanadianfacts.org/The_Canadian_Facts.pdf 9. Ratnasingham S, Cairney J, Rehm J, Manson H, Kurdyak PA. Opening eyes, opening minds: The Ontario burden of mental illness and addictions report. Toronto, ON: Institute for Clinical Evaluative Studies and Public Health Ontario; 2012. Available from: http://www.publichealthontario.ca/en/eRepository/Opening_Eyes_Report_En_2012.pdf