

THE ARMY CADET LEAGUE OF CANADA

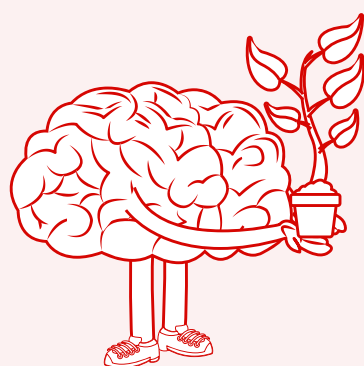


MENTAL HEALTH IN CANADA



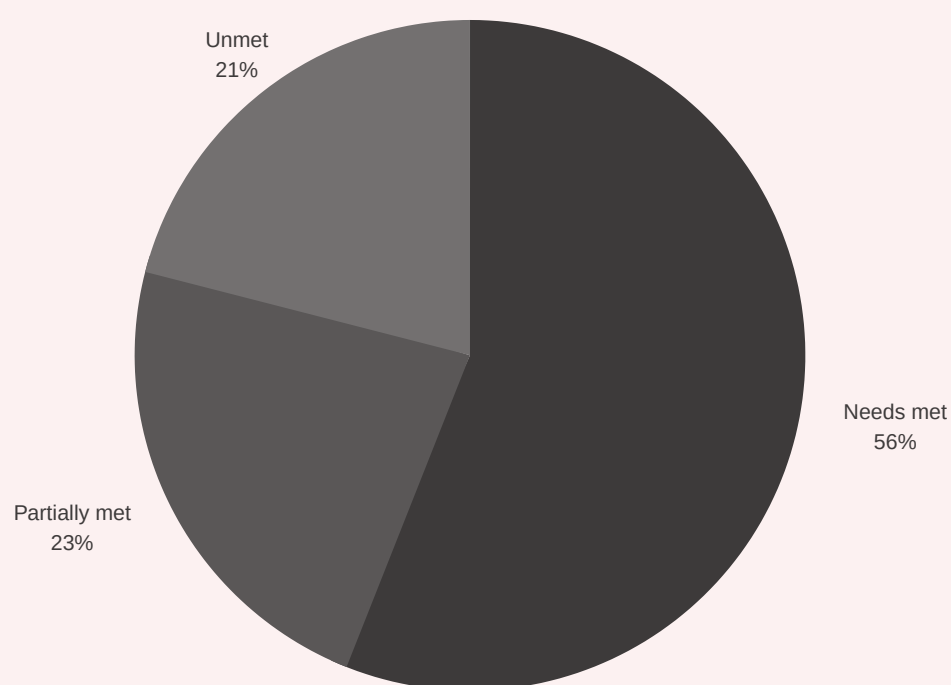
5.3 MILLION CANADIANS

aged 15+ reported requiring some kind of assistance for their mental health in 2018. This represents approximately **14%** of Canadians.



44% OF THESE CANADIANS

reported that they did not feel as though their needs for their mental health were met. The most common reason for having unmet needs was not knowing where to go for help.



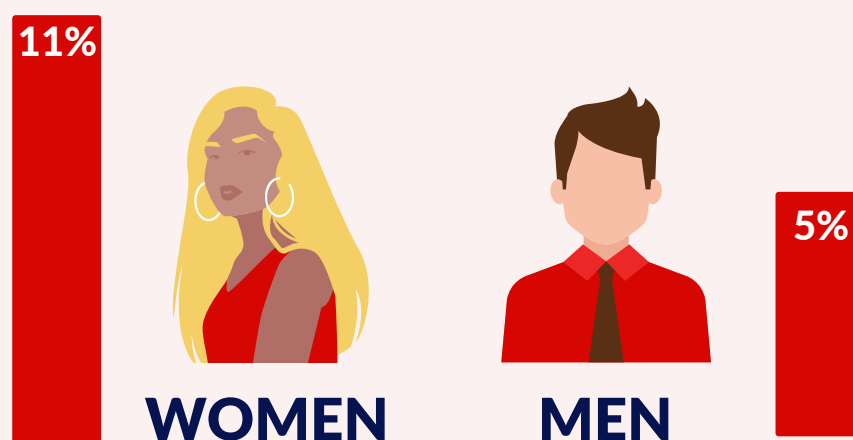
IN ANY GIVEN YEAR...

1 in 5 people in Canada will experience a mental health problem or illness.



HOW COMMON?

Reportedly, among youth aged 15-24, women are **twice as likely** as men to experience a mental-health related disability.



WHAT ARE THE CAUSES?

a complex intersectionality of the following factors can result in mental illness:



GENETICS,









NATURE,



& PERSONALITY.

SO WHAT DO I DO?

It is normal to feel apprehensive and alone in such trying times. Whether you or a loved one is struggling with mental health-related issues, the following links will provide you with support for a wide variety of needs:

-  [Govt. of Canada COVID-19 Resources](#)
-  [Beacon Modern Mind Health](#)
-  [E-Mental Health](#)
-  [Kids Help Phone](#)
-  [Mental Health Commission of Canada](#)
-  [The Canadian Mental Health Association](#)