



MENTAL HEALTH ON THE MINDS OF CANADIANS

* The vast majority of Canadians (90%) describe their mental health as being good or better...



...but mental health issues are impacting the lives of many Canadians.

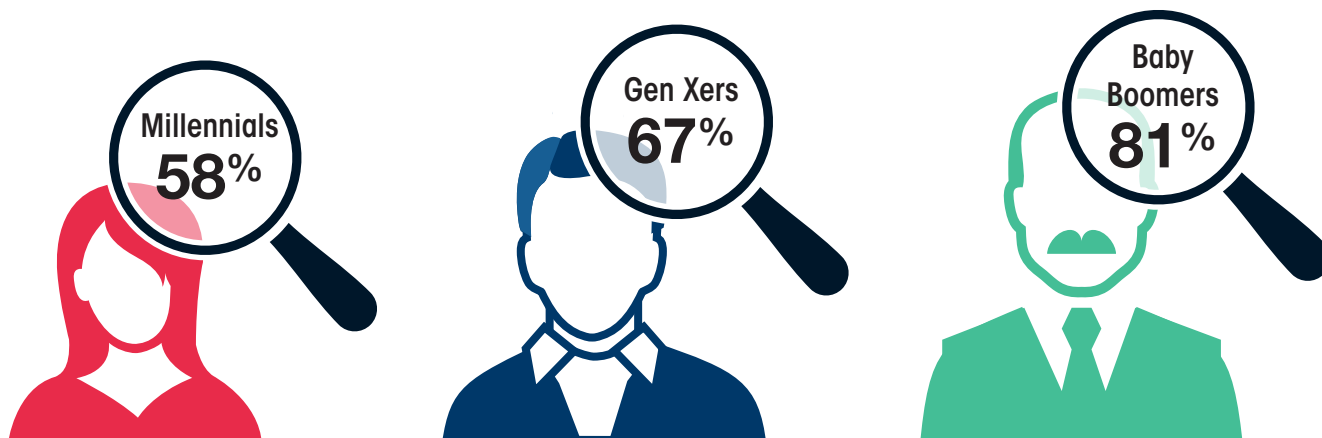


A full 30% say that they have had to take time off work/school, miss family occasions, etc. as a result of a mental health issue.



Almost 1-in-5 (18%) have taken medication to help with stress or depression.

* Older Canadians are most likely to describe their mental health as very good or excellent.



% of Canadians who describe their mental health as excellent or very good.



Data for this infographic is based on 2,010 online interviews conducted by Ipsos Public Affairs' Health Policy Institute in April 2015 among a representative sample of adult Canadians. For complete results, please visit <http://www.ipsos-na.com/news-polls/canada/>.