

Brain Health

is

Mental Health

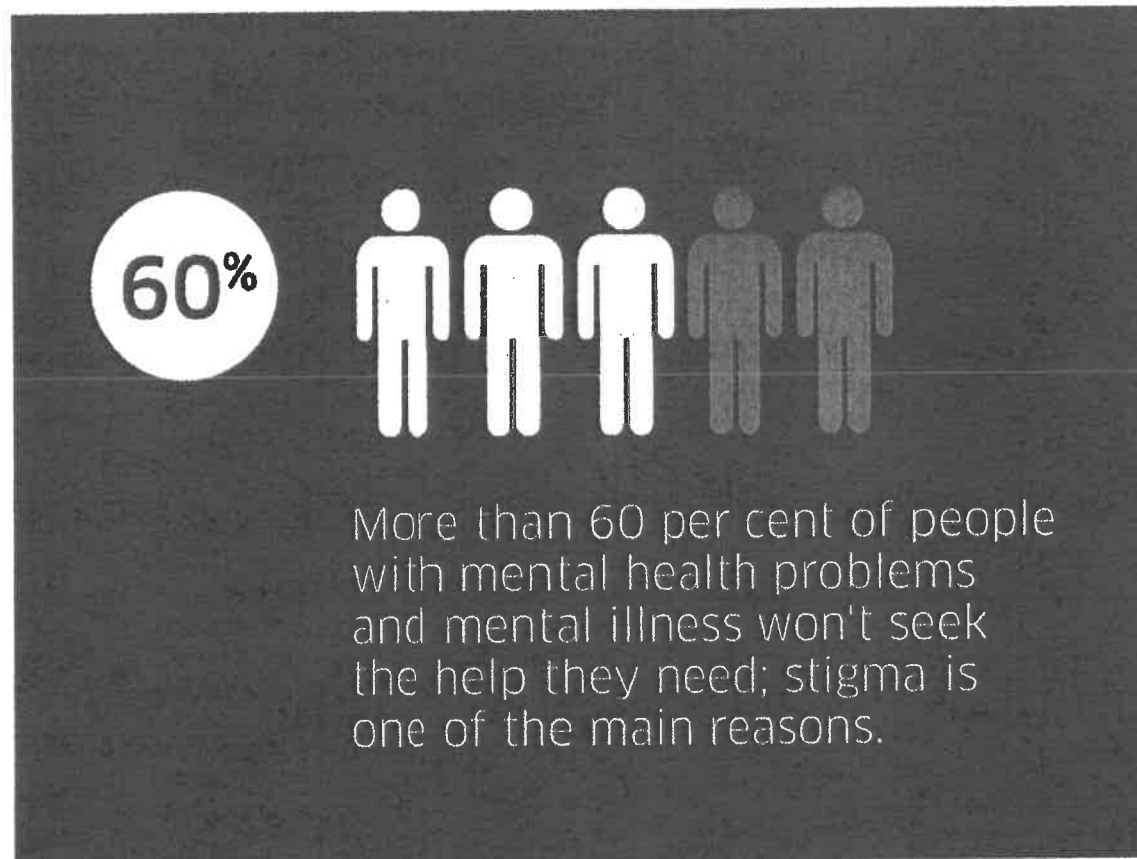


**We are our brains
and our brains are us.
It is impossible to understand
health, mental health and
who we are as humans
without understanding how
our brains work.**



Effects of Stigma

- Many people with mental illness say that the stigma that surrounds mental illness is harder to live with than the disease itself.



Stigma in Mental Illness

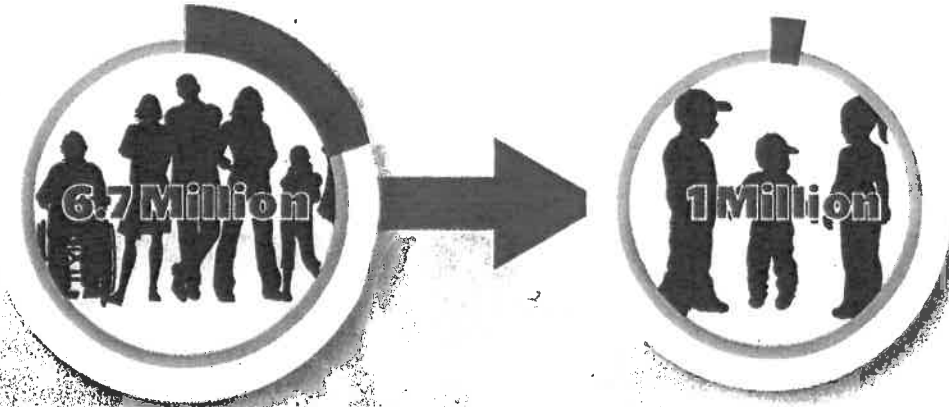
“a cluster of negative attitudes and beliefs that motivate the general public to fear, reject, avoid and discriminate against people with mental illness.

Stigma is not just a matter of using the wrong word or action. Stigma is about disrespect. It is the use of negative labels to identify a person living with mental illness.

Stigma is a barrier. Fear of stigma and the resulting discrimination discourages individuals and their families from getting the help they need.”



PREVALENCE - THE ESTIMATED NUMBER OF PEOPLE LIVING WITH A MENTAL ILLNESS IN CANADA IN ANY GIVEN YEAR



More than 6.7 million people in Canada were living with a mental illness in 2011. This translates into one in five people in Canada who are living with a mental illness in any given year.

Of these, more than 1 million were children and adolescents between the ages of 9 and 19 years of age.



With nearly 4 million people living with either a mood or an anxiety disorder in 2011, these are the most common mental illnesses in Canada. By 2041 this will increase to nearly 4.9 million people.



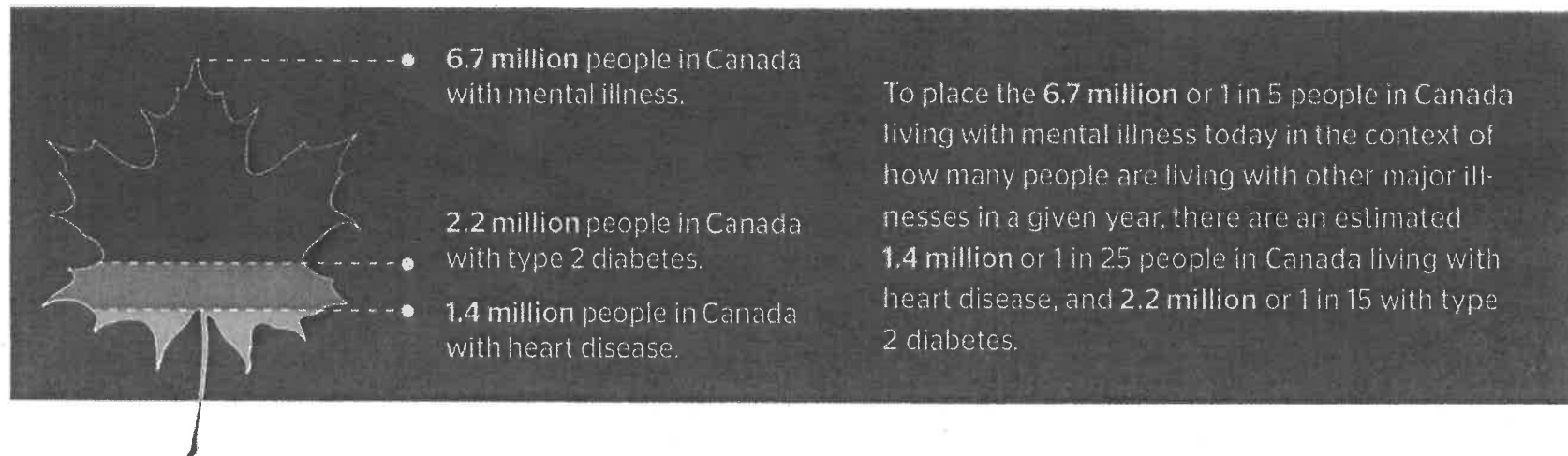
By age 40 nearly 50% of the population will have or have had a mental illness.

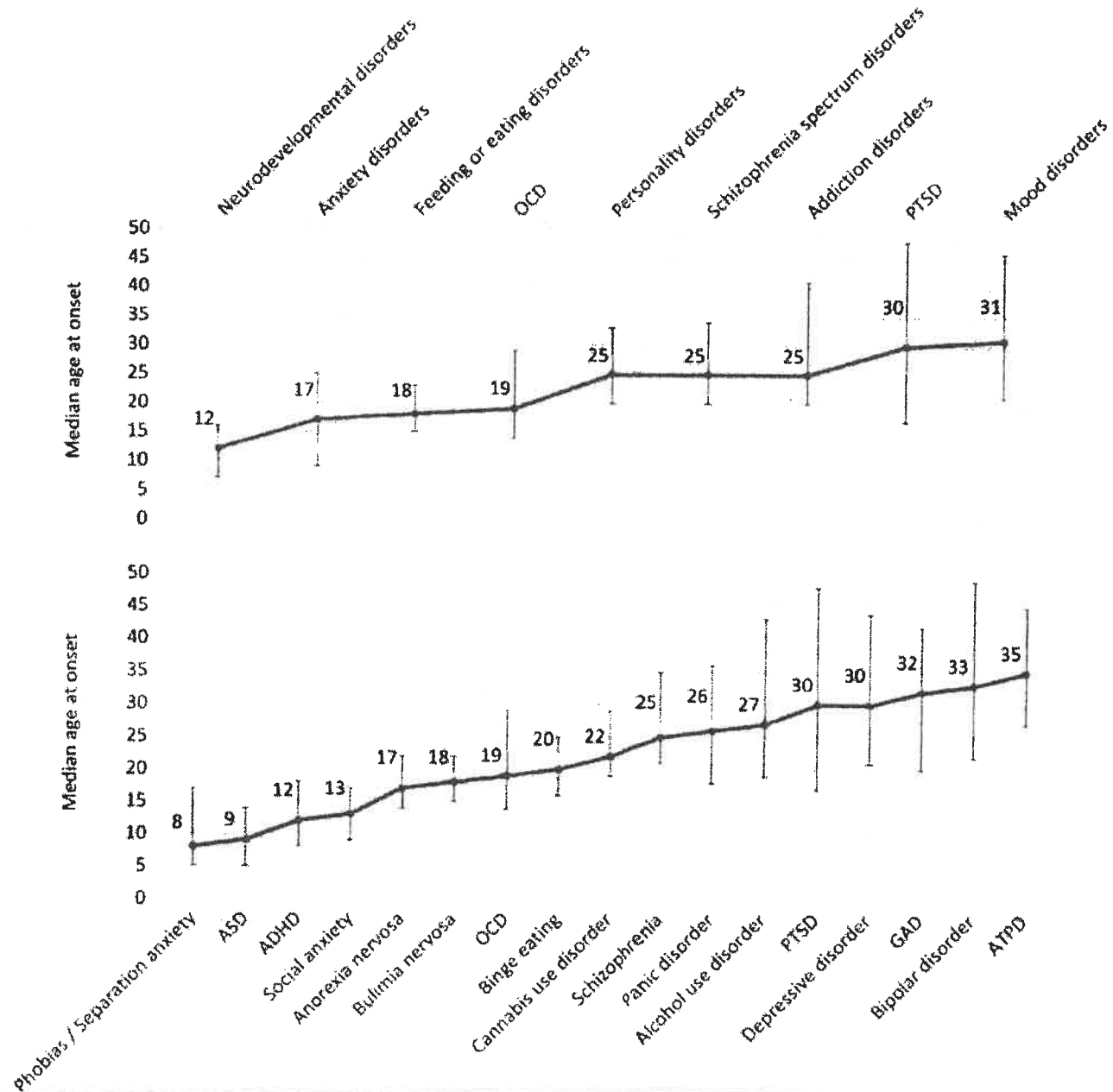
If people reach 90 years of age and older, about 65% of men and almost 70% of women will have or have had a mental illness in their lifetime.

If we include the impact on families and caregivers, almost everyone in Canada is impacted by mental health problems and illnesses.



PREVALENCE - THE ESTIMATED NUMBER OF PEOPLE LIVING WITH A MENTAL ILLNESS IN CANADA IN ANY GIVEN YEAR





Language Matters

