

The Data: Mental Health and Disability in 2024

The Canadian Survey on Disability (2022) reveals that mental health related disability is the fastest growing disability in Canada. Over 3 million Canadians have a mental health related disability and the majority are women. Did you know the following statistics? :



1 in 2

Canadians have unmet mental health care needs.



6 months

is the average wait for psychiatric care in Canada. In some areas, the wait is closer to 2 years.



90%

of people who die by suicide have a mental illness.



4 in 5

people with a mental health disability have at least one other disability.

People labelled with both an intellectual disability and a mental health disability are said to have a "dual diagnosis." Did you know the following statistics? :



45%

of people with an intellectual disability will be diagnosed with a mental illness in their lifetime.



1 in 4

people with an intellectual disability have contemplated suicide.



1 in 3

people with an intellectual disability are over prescribed anti-psychotic medication.

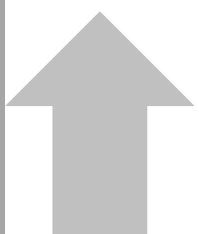


Barriers

limit people with intellectual disabilities' access to mental health care. Waits can be far longer.

Ableism and exclusion have a serious impact on wellbeing. Inclusion saves lives.

Canadians at the intersections of disability and mental illness have unique experiences. Did you know the following statistics? :



Indigenous

people in Canada have higher rates of disability, and poorer mental health. They are 9 times more likely to die by suicide.



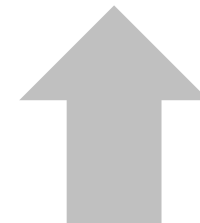
LGBTQ2S+

Canadians have higher rates of disability, and poorer mental health. Gender dysphoria continues to be pathologized.



40%

of people with disabilities live in poverty. People living in poverty experience poorer mental health.



Violence

and abuse are more commonly experienced by people labelled with disabilities and mental illness.

Trauma and oppression is tied to mental illness and disability.