

## Mental Health Policies & Procedures: A Manager's Toolkit

### Mental Illness in Peel Region: Fact Sheet

#### Peel Region Health Facts: Focus on Suicide/Mental Health:

Category	Cause of Death (Associated with Mental Health)	Rank (Out of 15)	Peel %	Ontario %
Death- Men	Suicide	13	1.7	1.7
Premature Death- Men	Suicide	4	4.9	6.8
Premature Death- Women	Suicide	4	4.4	3.4
Hospitalization- Men	Schizophrenia	8	1.1	1.2
	Affective Psychoses	9	1.0	1.5
Hospitalization- Women	Affective Psychoses	11	1.3	1.8
	Schizophrenia	13	0.6	0.7
External Causes of Hospitalization- Men	Suicide & Self-inflicted Injury	5	0.8	0.8
	Assault	6	0.3	0.4
External Causes of Hospitalization- Women	Suicide & Self-inflicted Injury	3	0.8	1.0

Source: <http://www.peelregion.ca/health/health-status-report/focusonsuicide/pdf/healthfacts.pdf> , 2000 & 2001 Data

#### Mental Health Services in Peel Region:

- ❖ There are approximately **25 providers** of mental health services located in the region of Peel (Brampton, Caledon, and Mississauga)
- ❖ There is an average wait time of 12 weeks for clinical counselling services (as of March 2009)

#### Mental Health & Services in Non-Official Languages:

Non-Official Language*	Population*	How many agencies* in Peel offer <i>mental health clinical counselling</i> in these languages?
Punjabi	92,820 (8%)	6
Urdu	42,970 (3.7%)	6
Chinese	41,855 (3.6%)	1
Polish	34,830 (3%)	2
Portuguese	31,795 (2.8%)	1
Italian	30,920 (2.7%)	0
Tagalog (Pilipino, Filipino)	25,220 (2.2%)	0
Spanish	23,620 (2%)	1
Arabic	20,475 (1.8%)	0
Tamil	16,045 (1.4%)	3

\* Source: Statistics Canada, Census of Canada, 2006

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## Mental Illness in Canada: Quick Facts

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Source: Canadian Mental Health Association (2003), [http://www.cmha.ca/data/1/rec\\_docs/155\\_mental\\_illnessENG.pdf](http://www.cmha.ca/data/1/rec_docs/155_mental_illnessENG.pdf)

- ❖ 1 in 5 Canadians will experience a mental illness during their lifetime
- ❖ 3% or nearly 1 million Canadians live with a severe and persistent mental illness
- ❖ 4,000 Canadians per year will end their life through suicide
- ❖ Mental illness is the second leading cause of hospital admission among those 20-44 years of age
- ❖ The economic burden attributed to mental disorders in Canada is significant: moderate estimates suggest \$4.7 billion in direct costs, and an additional \$3.2 billion in indirect costs
- ❖ The World Health Organization estimates that by 2020, depression will be the leading cause of disability in developed countries such as Canada
- ❖ Only one in five children in need of mental health services receives care
- ❖ Families report being stretched to the limit and unable to cope
- ❖ Large numbers of people with mental illness are living on the streets