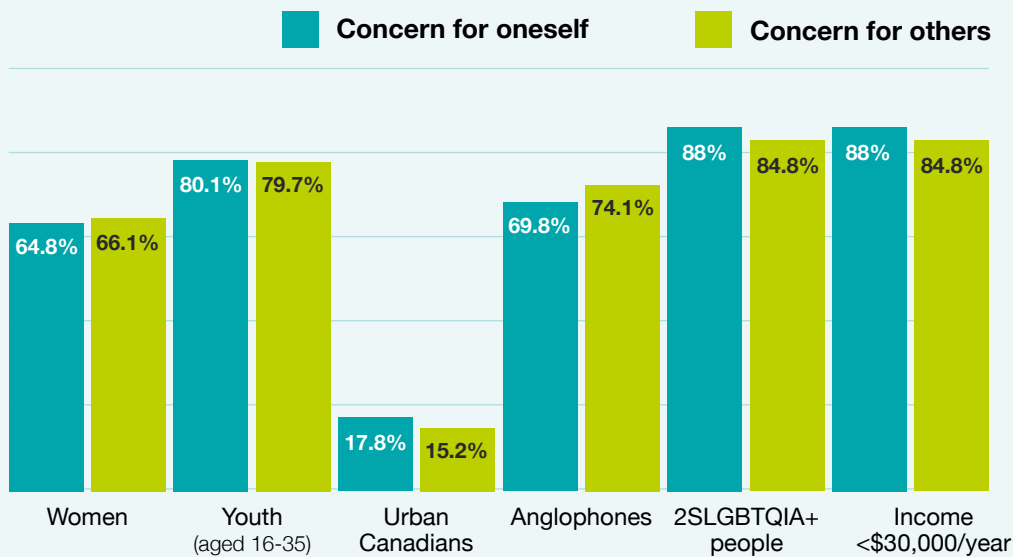


# Awareness and consumption of **mental health** content in Québec and Canada

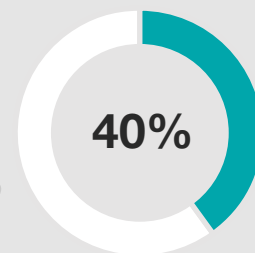
## > Populations most concerned about mental health (Canada)



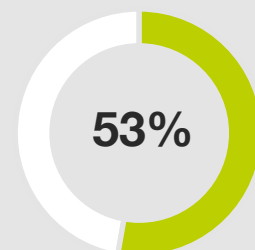
the greater the concern, the greater the consumption of mental health information

## > Level of concern for mental health in Québec

Québec is the province the least concerned about mental health

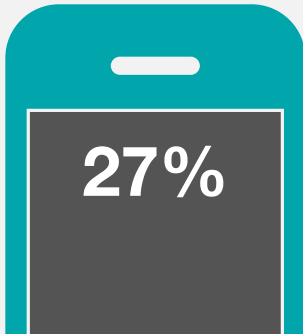


more likely than the rest of Canadians to say they **don't think about their own mental health**



more likely than the rest of Canadians to say they **don't think about the mental health of others**

## > Consumption of mental health content in Québec



less inclined than other provinces to **consume mental health content**.

## > Conversations about mental health in Québec



more likely than other provinces to say they **don't talk about mental health with their family, friends or peers**.

## > Level of knowledge about mental health in Québec

Quebecers are less knowledgeable about mental health than other residents of Canada



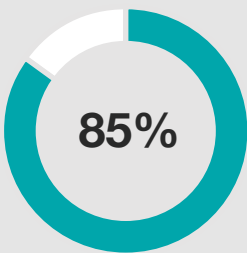
86%

believe that **stress** is harmful and should be avoided at all costs  
vs 74% for all of Canada

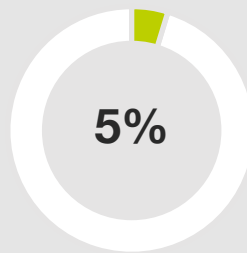
77%

believe that **drug treatments for mental health problems** often cause dependency  
vs 66% for all of Canada

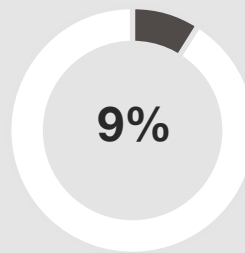
## > Level of prejudice about mental health in Québec



would be comfortable being **close friends** with someone with a mental health problem  
vs 83% in Canada



believe that people with mental health problems are too disabled to **attend school**  
vs 8% in Canada



believe that people with mental health problems **don't try hard enough to get better**  
vs 12% in Canada



Quebecers are slightly less inclined to prejudice than other residents of Canada

Infographic created in partnership with Mental Health Research Canada

Translated with the support of the CHSSN



Canadian Mental Health Association  
Québec Division  
Mental health for all