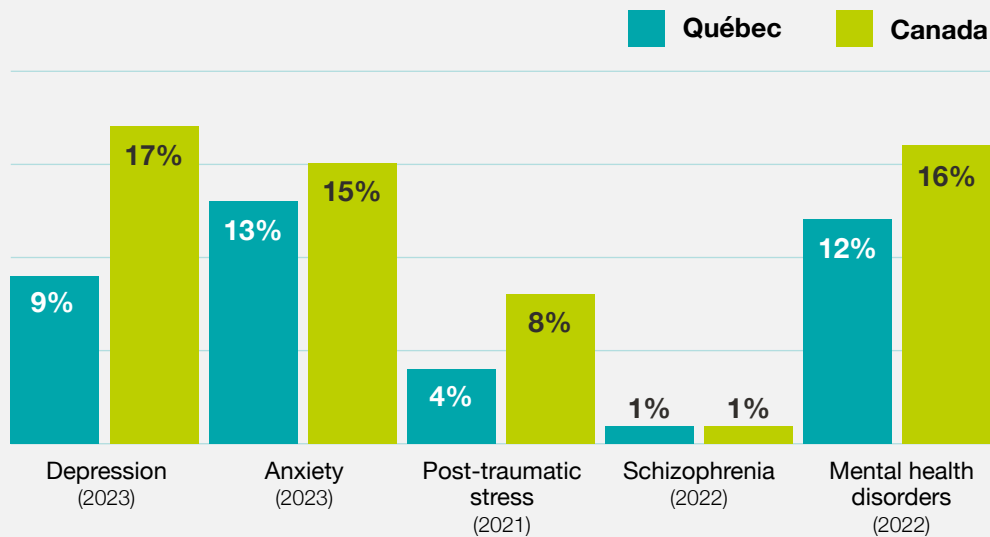
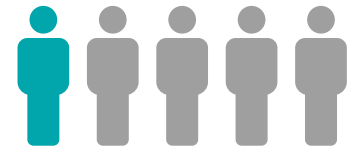


Mental Health in Québec and Canada

> Prevalence of mental health problems



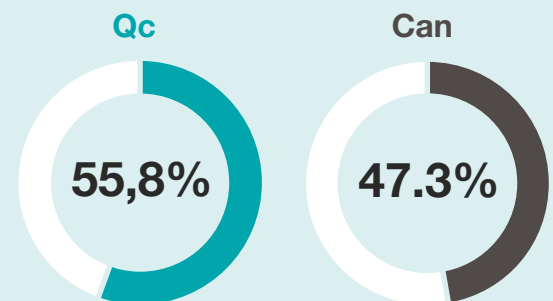
1
in 5 Quebecers
has a mental health problem



Sources: Statistics Canada, INSPQ, Institut de la statistique Québec, INESSS

> Mental health perceived by the public

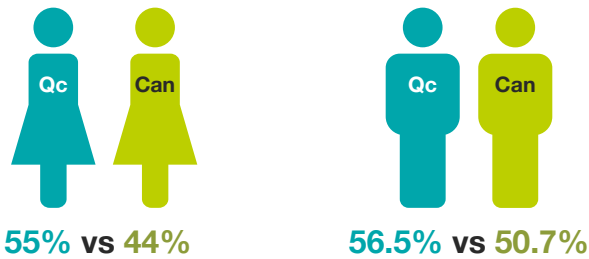
Québec is the province with the best mental health



perceive their mental health as **very good** or **excellent** (2023)

Source: Statistics Canada

> Perceived mental health by gender



perceive their mental health as **very good or excellent** (2023)

Source: Statistics Canada

> Satisfaction with social life

65.7%

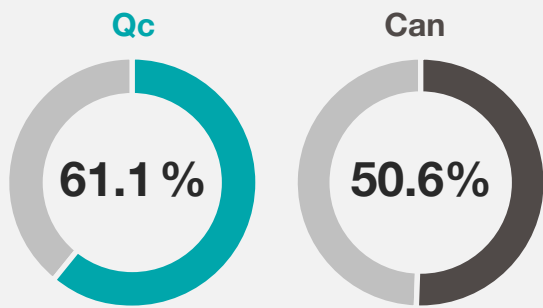
of Quebecers are very satisfied with their social lives

vs 62.6% for Canada (2021)



Source: Statistics Canada

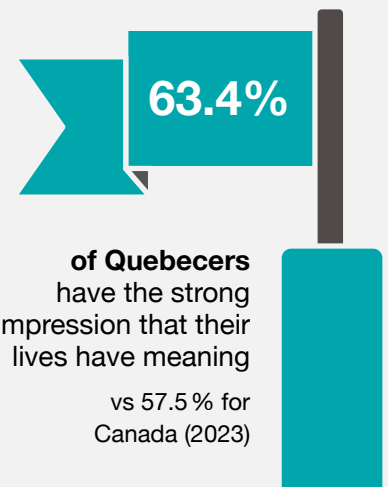
> Satisfaction with their lives, sense of having meaning and a goal



are **satisfied** with their lives (2023)

Source: Statistics Canada

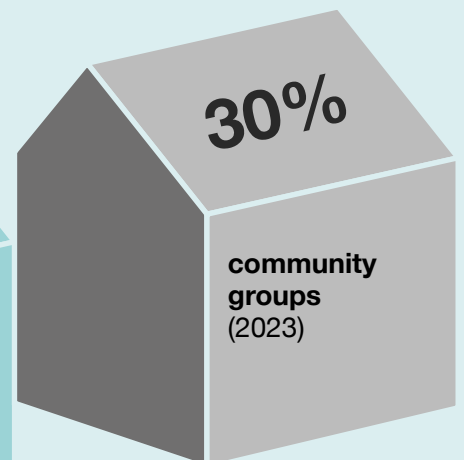
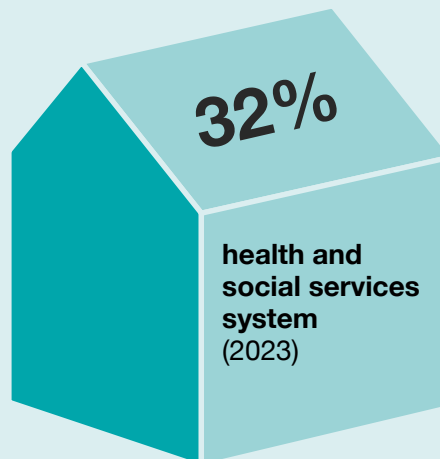
People aged **65+** are the most satisfied



> Requests for assistance to community groups vs. to the health and social services system



15% of Canadians had access to mental health support services in 2023



Source: Mental Health Research Canada