

MEASURING POSITIVE MENTAL HEALTH IN CANADA: MYTHS AND FACTS

POSITIVE MENTAL HEALTH

is the capacity to feel, think, and act in ways that enhance the ability to enjoy life and deal with challenges.

MYTH

Positive mental health cannot be measured

FACT

It can be measured; population health surveys show us that in Canada:

 **2 in 3**

rate their **mental health** as either very good or excellent

and

4 in 5 

report they are **happy** every day or almost every day

MYTH

Mental health is solely influenced by personal factors

FACT

Positive mental health is influenced by factors such as early life experiences, family, community and society.

Of Canadians reporting **strong ties** to their community



77% have high psychological well-being

MYTH

Having a mental illness means that you cannot have positive mental health

FACT

Enhancing positive mental health is possible for everyone, even those with a mental illness.

5% of Canadians report symptoms consistent with a mood disorder. Among them:



almost half (46%) report they have a strong sense of belonging to their local community

MYTH

Physical health and positive mental health are not connected

FACT

There is no health without mental health. Both are important to an individual's overall health.



85% of Canadians who rate their **physical health** as very good or excellent also rate their **mental health** as very good or excellent



79% of Canadians who report a diagnosis of at least one major chronic disease* report they are **satisfied with life** every day or almost every day

Data source: 2012 Canadian Community Health Survey – Mental Health, self-reported data of the population aged 18 years and older.

*Cancer, diabetes, cardiovascular disease, or chronic respiratory diseases.

This infographic is the third in a series of knowledge products responding to the need for better data on positive mental health.

The Public Health Agency of Canada is working to identify, organize, and present data on positive mental health outcomes, and protective and risk factors. This infographic provides some examples of these data.

Please visit us online at Canada.ca

For the latest data search: [public health infobase](#)

For more information search: [promoting positive mental health](#)



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