

Backgrounder

York Central Hospital: Mental Health Program

York Central Hospital's Mental Health Program offers: crisis intervention, adult inpatient treatment, day hospital, adult outpatient, child and family outpatient and vocational rehabilitation services.

Community-based treatments include an Aftercare Clinic, Psychogeriatrics Clinic, Attention Deficit Disorder Clinic, Behaviour Management and Acquired Brain Injury Treatment.

Statistics about Mental Illness

Who is affected?

- Mental illness indirectly affects all Canadians at some time through a family member, friend or colleague.
- 20% of Canadians will personally experience a mental illness in their lifetime. Mental illness affects people of all ages, educational and income levels, and cultures.
- Approximately 8% of adults will experience major depression at some time in their lives.
- About 1% of Canadians will experience bipolar disorder (or "manic depression").

What causes Mental Illnesses?

A complex interplay of genetic, biological, personality and environmental factors causes mental illnesses. Almost one half (49%) of those who feel they have suffered from depression or anxiety have never gone to see a doctor about this problem.

Stigma or discrimination attached to mental illnesses presents a serious barrier, not only to diagnosis and treatment but also to acceptance in the community.

How common is it?

- Schizophrenia affects 1% of the Canadian population.
- Anxiety disorders affect 5% of the population, causing mild to severe impairment.
- Suicide is one of the leading causes of death in both men and women from adolescence to middle age.
- Suicide accounts for 24% of all deaths among 15-24 year olds and 16% among 25-44 year olds.
- The mortality rate due to suicide among men is four times the rate among women.

Sources: The Report on Mental Illness in Canada, October 2002.
EBIC 1998 (Health Canada 2002), Stephens et al., 2001

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