

MENTAL HEALTH IN GREY BRUCE

HOW DO WE COMPARE TO ONTARIO?



70%

OF GREY BRUCE RESIDENTS RATE THEIR MENTAL HEALTH AS VERY GOOD OR EXCELLENT



VERY GOOD OR EXCELLENT MENTAL HEALTH

Overall, Grey Bruce residents and Ontarians are similarly likely to rate their overall mental health as very good or excellent.

Grey Bruce residents aged 50 to 64 are less likely to rate their mental health as very good or excellent than Ontarians in the same age group.

FAIR OR POOR MENTAL HEALTH

Grey Bruce residents and Ontarians are similarly likely to rate their overall mental health as fair or poor.

Grey Bruce residents aged 50 to 64, however, are more likely than Ontarians in the same age group to rate their mental health as fair or poor.

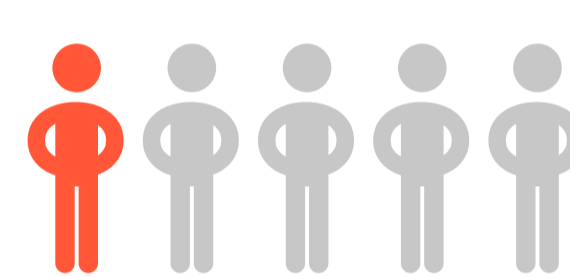
7%

OF GREY BRUCE RESIDENTS RATE THEIR MENTAL HEALTH AS FAIR OR POOR*



20%

OF GREY BRUCE RESIDENTS FIND LIFE QUITE A BIT OR EXTREMELY STRESSFUL



LIFE STRESS

Grey Bruce residents and Ontarians are similarly likely to find most days of their lives quite a bit to extremely stressful.

18 to 34 year-olds in Grey Bruce are less stressed than Ontarians in their age group, while those aged 50 to 64 are more stressed than their Ontario counterparts.

WORK STRESS

Grey Bruce residents and Ontarians are similarly likely to find most days at work quite a bit to extremely stressful.

24%

OF GREY BRUCE RESIDENTS FIND WORK QUITE A BIT TO EXTREMELY STRESSFUL



9%

OF GREY BRUCE RESIDENTS HAVE A MOOD DISORDER SUCH AS DEPRESSION OR BIPOLAR DISORDER*



MOOD DISORDER

Grey Bruce residents and Ontarians are similarly likely to have a mood disorder such as depression, bipolar disorder, mania or dysthymia.

Grey Bruce residents aged 18 to 34 are less likely to have a mood disorder than Ontarians in that age group.

CONTEMPLATED SUICIDE

Grey Bruce residents and Ontarians are similarly likely to have ever seriously contemplated suicide.

Male residents of Grey Bruce are more likely than Ontarian males to have seriously contemplated suicide.

13%

OF GREY BRUCE RESIDENTS HAVE SERIOUSLY CONTEMPLATED SUICIDE



SUMMARY



Generally similar to Ontario



High rates of suicidal ideation among males

NOTES:
1. * Interpret this estimate with caution due to small sample size. Small sample sizes can cause unreliable estimates.
2. The following local estimates were suppressed and could not be compared to Ontario:
- Fair or poor self-rated mental health among 12 to 17, 18 to 34, 35 to 49, and 65+ year-olds
- Mood disorder among 12 to 17 and 65+ year-olds
- Life stress among 12 to 17 year-olds
- Work stress among 15 to 17 year-olds
- Contemplated suicide among 15 to 17 year-olds

3. Source: Canadian Community Health Survey, 2015-16

