



Mental Wellness

Issue

Roughly 20% of Canadians will experience some sort of mental illness in their lifetime¹. Individuals suffering from depression may engage in behaviors, which can increase their likelihood for injury, such as increased alcohol consumption³. Additionally, individuals suffering from unrecognized depression have an increased risk for impaired interpersonal relationships and suicide³. Research has shown that roughly 90% of individuals who commit suicide are depressed⁵, emphasizing how depression can be a precursor for suicide. Beyond depression, individuals can also suffer from anxiety disorders, bipolar disorders, obsessive-compulsive disorders to name a few, all of which have the potential to lead to injury. In British Columbia, suicide was the leading cause of death by an external cause in 2011⁴ and the number of hospitalizations due to suicide/self-inflicted injuries is the highest in Vancouver².

Statistics

- Suicide is among the leading cause of death for both men and women in Canada⁵
- 8% of adults will experience major depression in Canada¹
- Suicide is second leading cause of death among young people in BC⁶
- Suicide is among the top three causes of death due to injury per 100,000 VCH residents²
- Suicide is among the top three causes of hospitalization due to injury per 100,000 VCH residents²
- Suicide is among the top three causes of ER visits due to injury per 100,000 VCH residents²

Tools

- **Bounce Back** is an evidence-based program designed to help adults experiencing symptoms of mild to moderate depression, low mood, or stress, with or without anxiety - <http://www.cmha.bc.ca/how-we-can-help/adults/bouncebackE>
- **Living Life to the Full** is an eight week course that helps people to make a difference to their lives. Each session is expertly moderated and includes a booklet. Participants are taught how to deal with their feelings when fed up, worried, or hopeless, and learn skills that help them tackle life's problems - <http://www.llttf.ca/about-the-course/>
- **Mental Health First Aid Canada** program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague - <http://www.mentalhealthfirstaid.ca/EN/course/Pages/default.aspx>
- **Parachute Canada**—A national charitable organization dedicated to preventing injuries and saving lives - <http://horizon.parachutecanada.org/en/?s=mental+health>
- **Kelty Mental Health Resource Centre** is a provincial resource centre that provides mental health and substance use information, resources, and peer support to children, youth and their families from across BC - <http://keltymentalhealth.ca/mental-health>
- **Canadian Mental Health Association** is a national organization dedicated to informing individuals on mental health, public policy and ways to get involved in mental health - <https://www.cmha.ca/mental-health/>

References

1: CMHA: Fast Facts About Mental Illness: <http://www.cmha.ca/media/fast-facts-about-mental-illness/#.VZ7AA1xViko> 2: VCH Injury Profile 2014 3: CDC Mental Health-Depression: <http://www.cdc.gov/mentalhealth/basics/mental-illness/depression.htm> 4: BC Trauma Registry 5: Here to Help BC- Suicide: <http://www.heretohelp.bc.ca/sites/default/files/suicide.pdf> 6: CMHA: Mental Health Information-Suicide: <http://www.cmha.bc.ca/get-informed/mental-health-information/suicide> 7: Icon made by Freepik at www.flaticon.com