

10 Things to know about MENTAL HEALTH & wellbeing in Halton

3

Compared to Ontario, Halton residents have better self-rated mental health, greater life satisfaction, and lower rates of emergency department visits and hospitalizations for mental illness.



7

14%

Of women who give birth in Halton experience one or more mental health concerns during their pregnancy.



4



From 2006 to 2015, the rate of emergency department visits for mental illness in Halton increased by 24%, while the rate of hospitalizations for mental illness increased by 36%.

8



Halton parents who feel close to other parents, take time for their own wellbeing, and feel supported in parenting are less likely to report feeling stressed.

1

4 out of 5

Halton residents feel that their mental health is very good or excellent.



5

The greatest increase in the rate of emergency department visits and hospitalizations for mental illness in Halton in the last ten years occurred among females aged 10 to 17.



9

1 in 10

Halton adults aged 18-64 have been diagnosed with a mood and/or anxiety disorder.



2



Halton residents with higher incomes, post-secondary education, and a strong sense of community belonging have better self-rated mental health.

6



Newcomer high school students in Halton are less likely to have a positive sense of belonging and positive relationships with their peers compared to Canadian-born students.

10



In Halton, life satisfaction decreased as age increased. However, older adults (65+) reported being less stressed and having a stronger sense of community belonging than adults aged 18-64.

This summary report highlights ten key findings from the Halton Region Mental Health Report. The Halton Region Mental Health Report provides a snapshot of the mental health of children and youth, parents, adults, and older adults living in Halton Region.

For more information on mental health in Halton and the methodology and limitations associated with the data presented in this summary, see the [Halton Region Mental Health Report at halton.ca](http://halton.ca).

Data notes and sources

1. CCHS [2009-2014], Statistics Canada, Share File, Ontario MOHLTC. Includes Halton residents aged 12 and over.
2. CCHS [2009-2014], Statistics Canada, Share File, Ontario MOHLTC. Includes Halton residents aged 12 and over.
3. For self-rated mental health and life satisfaction :CCHS [2009-2014], Statistics Canada, Share File, Ontario MOHLTC. Includes Halton residents aged 12 and over. For emergency department visits and hospitalizations: National Ambulatory Care Reporting System [2006-2015], Ontario MOHLTC: IntelliHEALTH Ontario, extracted June 2017. Includes emergency department visits and hospital admissions (all ages) where the patient's main problem or diagnosis as determined by the emergency department was a mental illness (ICD-10-CA: F00-F99, G30, O993). Population Estimates [2006-2015], Ontario MOHLTC: IntelliHEALTH Ontario, extracted August 2016
4. National Ambulatory Care Reporting System [2006-2015], Ontario MOHLTC: IntelliHEALTH Ontario, extracted June 2017. Includes emergency department visits and hospital admissions (all ages) where the patient's main problem or diagnosis as determined by the emergency department was a mental illness (ICD-10-CA: F00-F99, G30, O993). Population Estimates [2006-2015], Ontario MOHLTC: IntelliHEALTH Ontario, extracted August 2016
5. National Ambulatory Care Reporting System [2006-2015], Ontario MOHLTC: IntelliHEALTH Ontario, extracted June 2017. Includes emergency department visits and hospital admissions (females aged 10-17) where the patient's main problem or diagnosis as determined by the emergency department was a mental illness (ICD-10-CA: F00-F99, G30, O993). Population Estimates [2006-2015], Ontario MOHLTC: IntelliHEALTH Ontario, extracted August 2016
6. Tell Them From Me/OurSCHOOL Survey [2015-16], The Learning Bar. Includes students in grades 9-12 in the Halton District School Board and the Halton Catholic District School Board. Newcomer refers to students who have lived in Canada for less than five years.
7. Data source: BORN Information System [2013-2015], extracted January 2017. Includes Halton mothers who gave birth (live or still births). Mental health concerns during pregnancy include anxiety, depression, history of postpartum depression, addiction, bipolar, schizophrenia or other mental health concerns.
8. Kindergarten Parent Survey, Our Kids Network, 2015. Includes parents of senior kindergarten students in the Halton District School Board and Halton Catholic District School Board.
9. CCHS [2009-2014], Statistics Canada, Share File, Ontario MOHLTC. Includes Halton adults aged 18-64 and over.
10. CCHS [2009-2014], Statistics Canada, Share File, Ontario MOHLTC. Includes Halton adults aged 12 and over.