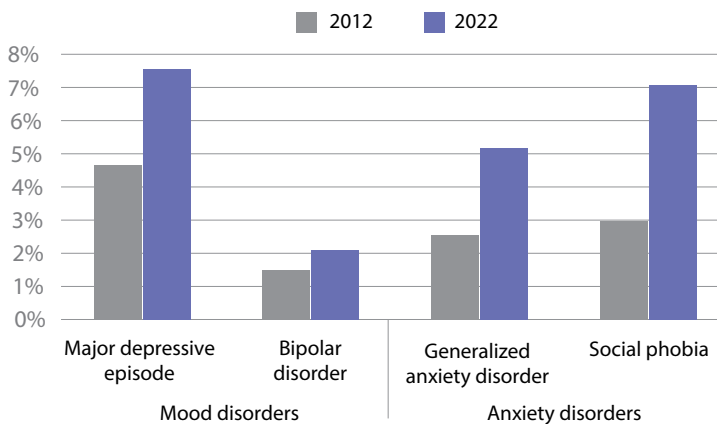


MENTAL DISORDERS

in Canada, 2022

The prevalence of mood and anxiety disorders in Canada increased from 2012 to 2022.

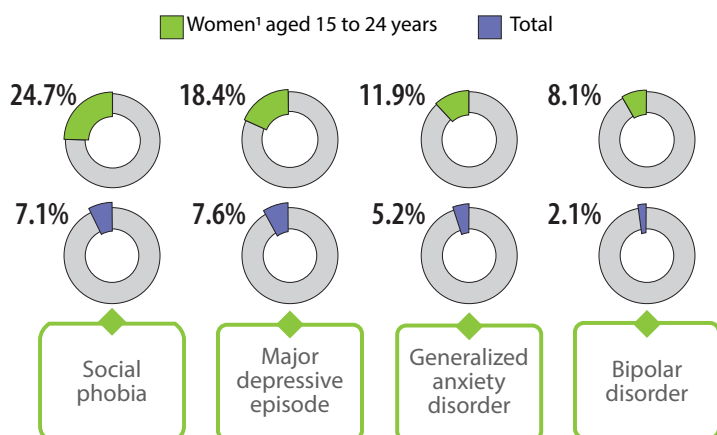
12-month prevalence of selected mental disorders



Note: The comparison on the prevalence of social phobia was based on data from 2002 and 2022.

The prevalence of mood and anxiety disorders was highest among young women.

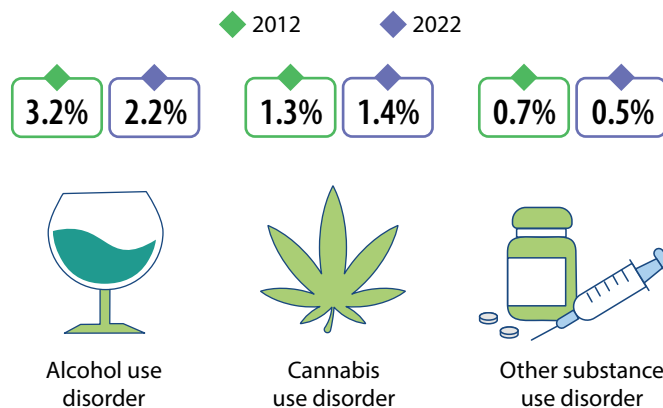
12-month prevalence of selected mental disorders, 2022



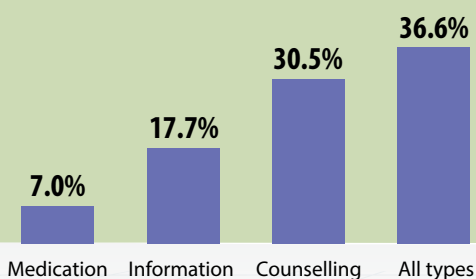
According to data from 2022, over 5 million Canadians (18%) aged 15 and older met the diagnostic criteria for a mood, anxiety, or substance use disorder in the previous 12 months.

Despite recent rises in substance-related deaths, the prevalence of substance use disorders did not increase from 2012 to 2022.

12-month prevalence



Percentage with partially or fully unmet needs, by type of need, 2022



More than 1 in 3 (36.6%) of those with a mood, anxiety, or substance use disorder reported unmet or partially met health and mental health care needs.



1. The category "women" includes women (and/or girls), as well as some non-binary persons.
Source: Stephenson, E., 2023, "Mental disorders and access to mental health care," *Insights on Canadian Society*, Statistics Canada Catalogue no. 75-006-X.

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