

Health Indicator Report

Consultation with a Mental Health Professional

Background

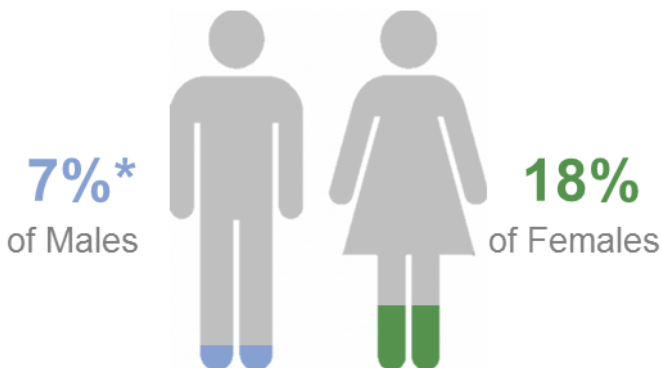
The purpose of this Health Indicator Report is to provide information about the percentage of Halton and Ontario residents aged 12 and older who reported consulting with a mental health professional in the past 12 months.

The World Health Organization defines mental health as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”¹ Mental health professionals can help people develop and maintain good mental health through counseling, medication, support groups and teaching positive coping strategies.² Mental health professionals included are family doctors, general practitioners, psychiatrists, psychologists, nurses, social workers, counsellors and others. For more information on programs and resources supporting positive mental health in Halton, visit [Halton Region’s Mental Health webpage](#).³

This health indicator report uses data from the Canadian Community Health Survey (CCHS).

Sex

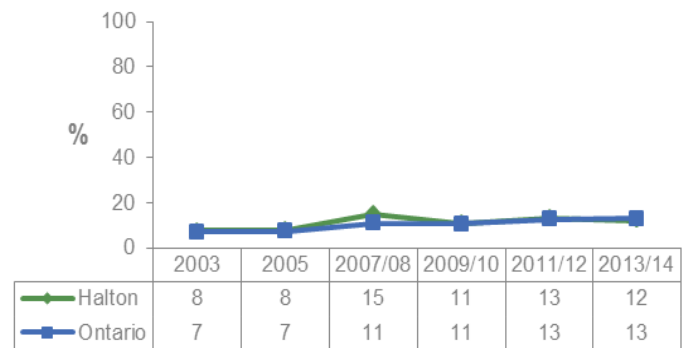
For 2011 to 2014 combined, Halton females were more likely than males to report consulting with a mental health professional in the past year. This difference was **statistically significant**.



Percentage of residents aged 12 and over who reported consulting with a mental health professional in the past year, by sex, Halton Region, 2011-2014 combined

Trends Over Time

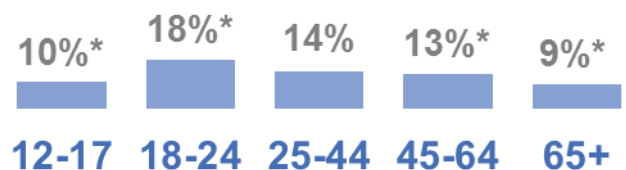
From 2003 to 2013/14, the percentage of residents who reported consulting with a mental health professional in the past year increased from 8% to 12% in Halton and from 7% to 13% in Ontario. These increases were **statistically significant**.



Percentage of residents aged 12 and over who reported consulting with a mental health professional in the past year, Halton Region and Ontario, 2003-2014

Age

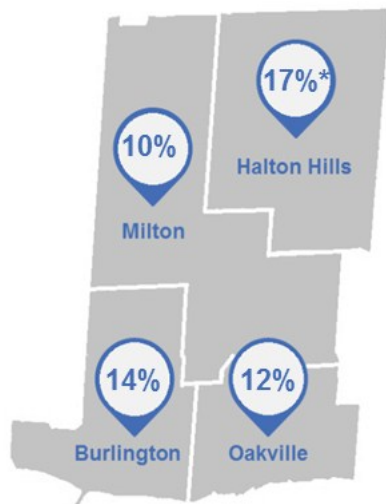
For 2011 to 2014 combined, there were no statistically significant differences by age in the percentage of Halton residents who reported consulting with a mental health professional in the past year.



Percentage of residents aged 12 and over who reported consulting with a mental health professional in the past year, by age, Halton Region, 2011-2014 combined

Municipality

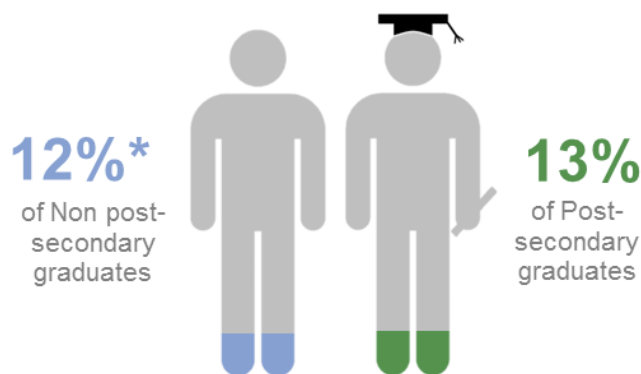
For 2011 to 2014 combined, there were no statistically significant differences by municipality in the percentage of Halton residents who reported consulting with a mental health professional in the past year.



Percentage of residents aged 12 and over who reported consulting with a mental health professional in the past year, by municipality, Halton Region, 2011-2014 combined

Education

For 2011 to 2014 combined, there were no statistically significant differences by education in the percentage of Halton residents who reported consulting with a mental health professional in the past year.



Percentage of adults aged 25 and over who reported consulting with a mental health professional in the past year, by education, Halton Region, 2011-2014 combined

Income

For 2011 to 2014 combined, there were no statistically significant differences by income in the percentage of Halton residents who reported consulting with a mental health professional in the past year.



Percentage of residents aged 12 and over who consulting with a mental health professional in the past year, by income, Halton Region, 2011-2014 combined

Data Notes

For more information on CCHS, methods, statistical significance and limitations associated with health indicator reports, please see the Data Notes and Guide available at www.halton.ca.

Definitions: **Mental health** is defined by the World Health Organization as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."¹ **Mental health professionals** included are family doctors, general practitioners, psychiatrists, psychologists, nurses, social workers, counsellors and others.

Data Source: Canadian Community Health Survey [2003-2014], Statistics Canada, Share File, Ontario MOHLTC.

Limitations: In general, individuals with mental illness are more difficult to reach in surveys. The perception of social disapproval by respondents may also affect their response to questions and may affect service use.⁴ Between 2005 and 2007/08 the question wording changed from "...have you seen, or talked on the telephone, to a health professional..." to "...have you seen or talked to a health professional...". Some of the changes over time may reflect the change in question wording. Data from 2011 to 2014 were combined to allow sufficient sample size for analysis.

Estimates marked with an asterisk (*) should be interpreted with caution due to high variability. Estimates marked with a double asterisk (**) are not reportable.

References

1. World Health Organization. 2016. Mental Health. Accessed October 2016 from http://www.who.int/features/factfiles/mental_health/en/
2. Canadian Mental Health Association. 2016. Getting Help. Accessed November 2016 from http://www.cmha.ca/mental_health/getting-help/#.WBsmnNLIZCh
3. Halton Region Health Department. 2016. Mental Health. Accessed October 2016 from <http://www.halton.ca>
4. Mawani F, Gilmour H. Validation study of self-rated mental health. Health Reports 2010(3):61-75. Accessed October 2016 from <http://www.ncbi.nlm.nih.gov/pubmed/20973435>

For more health indicator and health status reports, visit the Halton Health Statistics website at www.halton.ca.