



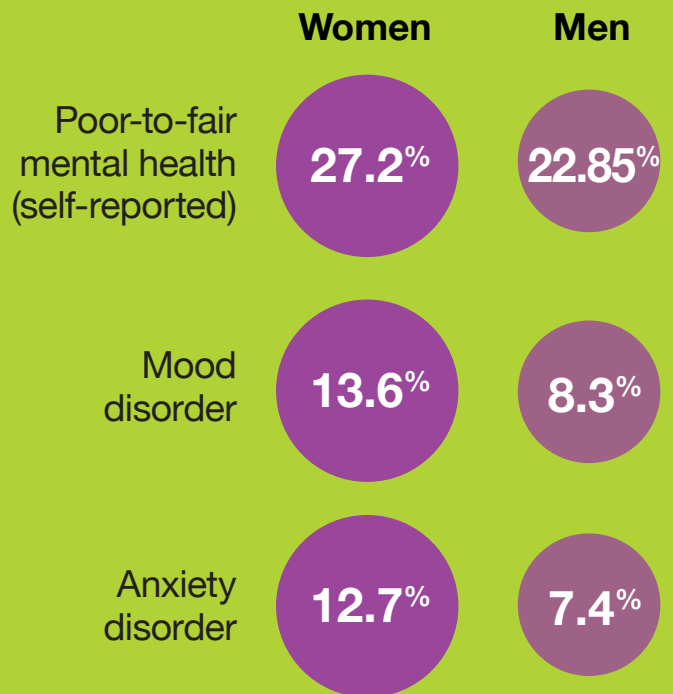
Canadian Mental
Health Association
Mental health for all

The State of Mental Health in Canada

Gender in the Spotlight

Women across Canada, and especially women who identify as Indigenous and 2SLGBTQIA+, are more likely to struggle with their mental health and to face a lack of care, according to national data analyzed in **The State of Mental Health in Canada 2024**, a report released by the Canadian Mental Health Association (CMHA).

DEPRESSION AND ANXIETY



Women report **higher rates** of poor mental health and mood and anxiety disorders than men.

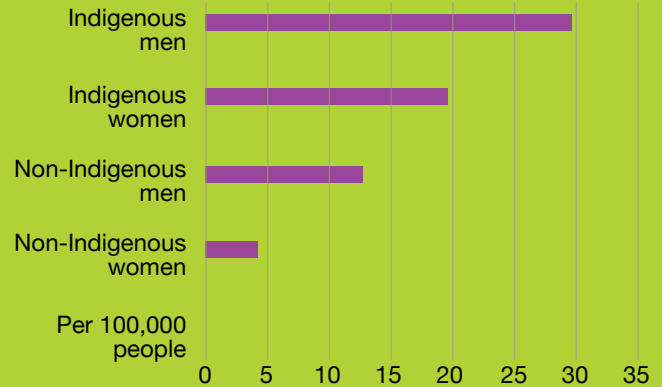
15% of racialized + **30%** of 2SLGBTQIA+ women

report moderate-to-severe depression and anxiety, while only **13%** of the general population of women reported the same.

The rate of suicide for Canadian men is **3x** higher than for women. However, women are hospitalized for self-harm twice as often as men. (The following numbers are per 100,000 people.)

Both Indigenous men and women die by suicide much more often than non-Indigenous people.

	Women	Men
Suicide	5.5	16.5
Self-Harm	86.2	44.6



Women face more barriers to mental health care.

9.7% of Canadian women who needed care reported that their needs were not met, compared to **5.7%** of men.

Among Canadians who needed mental health care but did not access it, women said cost got in the way 2x more often than men.



Poverty and poor mental health often go together. Poverty more often affects women who are single parents and those who identify as trans.

31.3% of women who are single parents with young children experience poverty, which is **5x** the rate of 2-parent families.



*Cisgender refers to someone whose gender identity corresponds to their registered sex at birth.

Want to learn more about **The State of Mental Health in Canada 2024**? Visit cmha.ca/somh



Sources

1. Lowe, Leyna, Danielle Fearon, Ammar Adenwala and Deb Wise Harris (2024). The State of Mental Health in Canada 2024: Mapping the Landscape of Mental Health, Addictions and Substance Use Health. Toronto, ON: Canadian Mental Health Association. cmha.ca/somh
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