

Mental Health Atlas 2024

Country profile

Canada

Population (in millions; UN estimate 2023) ¹ :	39.3	WHO Region ² :	AMR
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MENTAL HEALTH INFORMATION

National mental health survey in last 10 years:	Yes	Nation-wide digital health records system:	No
Mental health report published in last 2 years:	Yes	Unique service user identifiers in place	-

MENTAL HEALTH SYSTEM GOVERNANCE AND FINANCING

Mental health policies and plans		Mental health legislation and standards	
Stand-alone policy or plan for mental health:	No	Stand-alone law for mental health:	Yes
(Year of policy / plan):	-	(Year of law):	-
Compliance of policy / plan with human rights (5-point checklist; 5 = fully in line) ³ :	5	Compliance of law with human rights (5-point checklist; 5 = fully in line) ⁴ :	5
Financial resources estimated and allocated for implementation of the policy/plan:	-	Functioning authority exists to assess compliance of mental health legislation with human rights standards:	Yes
Human resources estimated and allocated for implementation of the policy/plan:	-	Redress mechanism to address grievances and other issues related to quality standards or human rights:	Yes
Specified indicators or targets against which its implementation can be monitored:	-	A registry exists to record incidents of seclusion and restraints:	-

Mental health policy/plans across the life-course

Stand-alone or integrated mental health policy or plan for children / adolescents:	No	Stand-alone or integrated mental health policy or plan for older adults:	No
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Policies and plans to prevent suicide and address stigma

Specific suicide prevention strategy:	Yes	Specific anti-stigma strategy:	No
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Mental health and psychosocial support (MHPSS) in emergencies

MHPSS system exists for emergency preparedness and/or disaster risk management:	No	If yes, dedicated financial & human resources allocated for MHPSS components of emergency preparedness / disaster risk management	-
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Financial protection policies for mental health

Mental health care and treatment included in publicly-funded financial protection schemes:		What do majority of people with mental health conditions pay towards the cost of:	
• Psychosis and bipolar disorder	-	• Mental health inpatient services	-
• Depression and anxiety	-	• Mental health outpatient services	-
Dedicated budget line for mental health?	-	• Psychotropic medicines	-
		• Psychological therapies	-

Mental health expenditure

Government mental health expenditure per capita (reported currency):	201.6 [CAD]	Government expenditure on mental health (% of total government health expenditure)	-
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¹ **Population:** UN, 2023. World Population Prospects. <https://population.un.org/wpp/>

² **WHO Regions:** AFR – African; AMR – Americas; EMR – Eastern Mediterranean; EUR – European; SEAR – South-East Asia; WPR – Western Pacific.

³ **Policy/plan compliance with human rights instruments** includes 5 self-reported checklist items [5 = fully in line]: 1) community-based care; 2) protection of rights of users & at-risk groups; 3) full range of supports for independent living; 4) recovery & user-driven plans; 5) user participation in decision-making

⁴ **Law compliance with human rights instruments** includes 5 self-reported checklist items [5 = fully in line]: 1) community-based care; 2) protection of human rights & legal capacity; 3) Informed consent; 4) ≥2 of: voluntary admission protections / prevention of seclusion-restraint / complaints procedures; 5) Regular human rights inspections

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MENTAL HEALTH WORKFORCE

Mental health workers	No. per 100 000 population		
• Psychiatrists	-	Data not available	
• Mental health nurses	-		
• Psychologists	-		
• Social workers	-		
• Other mental health workers	-		
Total mental health workers	-		
Mental health workers (child and adolescent)	No. per 100 000 population	Training of primary care workers in mental health	
• Child and/or adolescent psychiatrists	-	Primary care workers receive training on management of mental health conditions:	-
Total child / adolescent mental health workers	-	Mental health specialists undertake training / supervision of primary care workers:	-

MENTAL HEALTH PROGRAMMES AND SERVICES

Mental health promotion and protection programmes			
School-based mental health programme	Yes	At least two functioning programmes (3 point checklist score; $\geq 2 = \text{Yes}$) ⁵	Yes
Work-related mental health programme	-		
Integration of mental health into primary health care			
Essential medications for mental health conditions available in primary care facilities	-	Functional integration of mental health into primary care (5 self-reported checklist items; $\geq 4 = \text{functional integration}$) ⁶	-
Psychosocial interventions for mental health conditions available in primary care facilities	-		
Outpatient care (total facilities)		Outpatient care (visits per 100 000 population)	
Mental health outpatient facilities attached to a hospital	102	Visits in last year to mental health outpatient facilities attached to a hospital	2 029.1
Community-based mental health outpatient facilities	124	Visits in last year to community-based mental health outpatient facility	-
Outpatient facilities specifically for children and adolescents	-	Visits in last year to outpatient facilities specifically for children and adolescents	-
Inpatient care (total facilities)		Inpatient beds / annual admissions (per 100 000 population)	
Psychiatric hospitals	21	Psychiatric hospital beds / admissions	11.1 / 42.0
Psychiatric units in general hospitals	151	General hospital psychiatric unit beds / admissions	21.5 / 415.8
Community residential facilities	4	Community residential beds / admissions	- / -
Inpatient facilities specifically for children and adolescents	4	Child and adolescent inpatient beds / admissions	0.2 / 1.2
Psychiatric hospitals		Psychiatric hospitals (length of stay)	
Total number of admissions	16 508	Inpatients staying less than 1 year	1 606
Involuntary admissions	6 127	Inpatients staying 1-5 years	131
Follow-up of people with mental health condition discharged from hospital in the last year (discharged persons seen within a month)	-	Inpatients staying more than 5 years	25
		Percentage of inpatients staying less than 1 year out of total number of inpatients	91%

⁵ **Functional mental health promotion and prevention programmes** includes 3 self-reported checklist items [$\geq 2 = \text{functioning programme}$]: 1) dedicated financial & human resources; 2) defined plan for implementation; 3) documented evidence of progress and/or impact.

⁶ **Integration of mental health in primary care** includes 5 self-reported checklist items [$\geq 4 = \text{functional integration}$]: 1) national guidelines adopted; 2) psychoactive medications available in primary care; 3) psychosocial care available in primary care; 4) primary care workers trained; 5) specialists support training/supervision.