

Mental Health

2021 CHIEF PUBLIC HEALTH OFFICER'S REPORT FACT SHEET

What is mental health?

Mental health is about our relationship with ourselves and others; it shapes how we make decisions, handle stress, and relate to others. It affects how we think, feel, and act. Everyone has mental health. Mental health is different from mental illness, which is a diagnosed medical condition that affects thoughts, feelings, and behaviors.

In 2017, Student Wellbeing Teams were added to PEI schools to provide direct service to students who are struggling with mental, social and physical health issues such as anxiety, sleep, exercise, food, screen time, family and relationships.

How does PEI's ratings of excellent or very good mental health compare to Canada?

The percentage of people self-reporting excellent or very good mental health has

been similar in PEI and Canada since 2007 and declining. In 2017/18, the rate in PEI was 68%. (Fig 1)

Who is more likely to self-report having excellent or very good mental health?

Males and females rated their mental health similarly (Fig 2). Those aged 18-34 seemed less likely to rate their mental health as excellent or very good compared to most other age groups, while those over the age of 65 seemed more likely to give themselves the highest mental health ratings (Fig 3).



Childhood is where good mental health begins. Early experiences shape children's lifelong health and development. Supportive physical and social environments are very important; they protect children from many risk factors for poor mental health and provide them with the tools they need to be resilient.

Figure 1.
Self-Reported Excellent or Very Good Mental Health, PEI and Canada, Aged 12+, 2007–2018

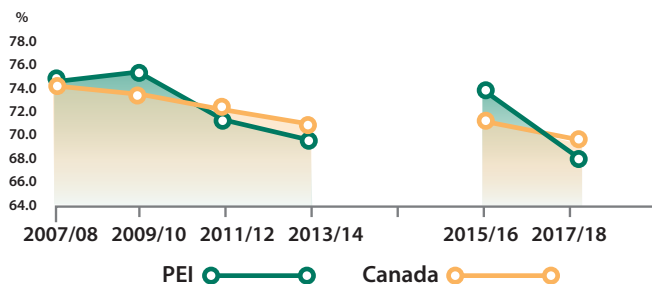


Figure 2.
Self-Reported Excellent or Very Good Mental Health by Sex, PEI, Aged 12+, 2017/2018

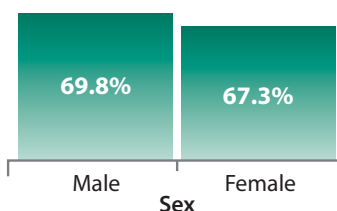
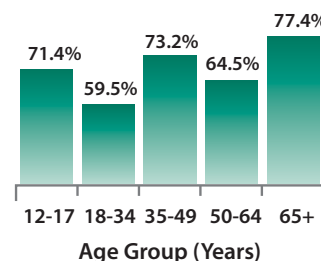


Figure 3.
Self-Reported Excellent or Very Good Mental Health by Age Group, PEI, Aged 12+, 2017/2018



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Mental Health and Addictions
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