



Mental Health

Guelph & Wellington Task Force for Poverty Elimination | May 2022



There are currently

3678 people

waiting for ongoing mental health & addiction care in Waterloo Wellington.

(Canadian Mental Health Association Waterloo Wellington, 2022)



Calls to the Here 24/7 crisis line have increased by

20% since June 2021.

(Canadian Mental Health Association Waterloo Wellington, 2022)



39% of Ontarians

say their mental health has declined since the onset of the pandemic.

This spikes for the following groups:

57% of those who are unemployed due to COVID-19

56% of those who had a pre-existing mental health condition

49% of LGBTQ2+ people

47% of students

44% of those with a disability

42% of people who are Indigenous

(Round 4 of the Assessing the Impacts of COVID-19 on Mental Health national monitoring survey, Canadian Mental Health Association National, 2022)



Almost **1 in 5 Ontarians** felt they needed help with their mental health during the pandemic but didn't receive it.

→ **36%** didn't know how or where to get it

32% couldn't afford to pay

23% couldn't get access

17% because insurance didn't cover it.

(Round 4 of the Assessing the Impacts of COVID-19 on Mental Health national monitoring survey, Canadian Mental Health Association National, 2022)



Solutions

Supporting solutions by:

- ✓ making significant investments in the community mental health & addictions system to reduce wait times and expand the services available for people in Ontario
- ✓ invest in harm reduction measures like safer supply to help those living with substance use challenges
- ✓ invest in the creation and operation of supportive housing so that people have an affordable place to call home with supports that meet their needs

Learn more: Canadian Mental Health Association Ontario | Choose Support for Mental Health and Addictions Care

Resources & Learn More

In crisis or need support?

Call 1-844-HERE247 (1-844-437-3247) anytime.

Learn more about the Canadian Mental Health Association (CMHA) Ontario's BounceBack program: bouncebackontario.ca

Learn more about the call for universal basic mental health care for Ontario:

bit.ly/39TFpLo

Learn more about CMHA Waterloo Wellington's education and training opportunities:

cmhaws.ca/our-services/mental-health-promotion-and-education/

Take Action

Ask a candidate:

Years of chronic underfunding of the community mental health and addictions system have led to longer wait times and fewer services for people in Ontario. Will your party commit to significant investments in the community mental health and addiction system?

Take action as part of the #IChooseMHA campaign:

ichoosemha.ca/take-action/

