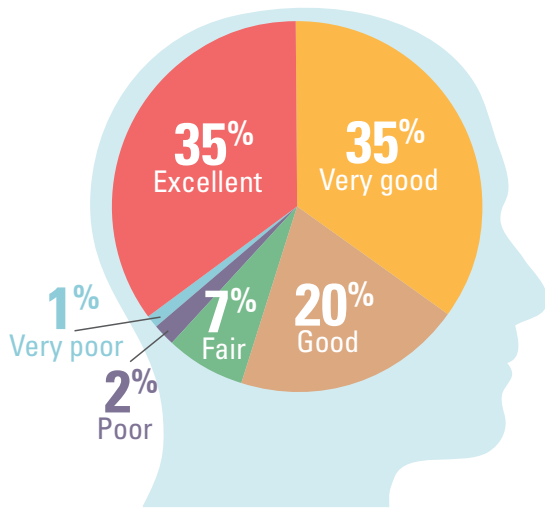


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Nine in ten Canadians describe their personal mental health as being good or better than good, but a recent survey also shows that 33% are classified as being at high risk for mental health issues.

According to the Ipsos Reid poll:

Canadians' description of their mental health:



How mental health has affected life:



Experiences with stress and depression over the last year



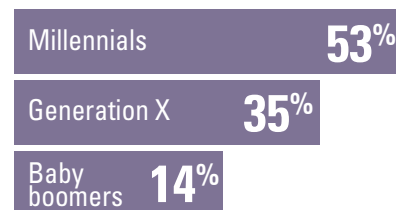
	Several times	At least once	Never
Felt sad or hopeless almost every day for two weeks or more	15%	17%	67%
Feeling stressed affected how they live daily life	30%	22%	48%
Stressed to the point of being unable to cope or deal with things	17%	20%	63%

A respondent who answered "several times" to two or three of these scenarios is at high risk for mental health issues, and someone who said "never" to all three scenarios is classified as low risk.

Based on these definitions, Canadians scored as:



High risk by generations



Source: Ipsos Reid.