

Our Health Counts London

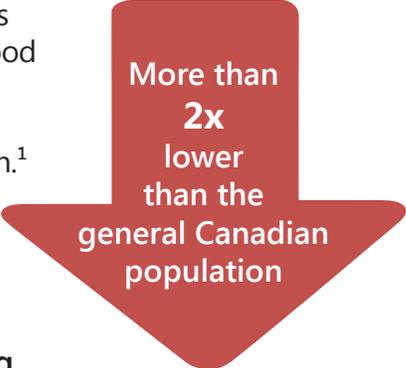
The first inclusive, community-driven health survey for Indigenous peoples in London

MENTAL HEALTH

The Truth and Reconciliation Commission of Canada (TRC) details the goals and impacts of Canada's Indigenous policies over time. These included the elimination of traditional Indigenous governments and livelihood; disruption of our families and communities; and the planned expiry of treaty, half-breed script, and Inuit land claim obligations through processes of assimilation. While attempts at assimilation have not been successful, the implementation of these policies have negatively influenced structural determinants of health, such as housing, income, employment and land ties. They also undermined language, cultural expression, and family systems. The result is a continued negative impact on the health of Indigenous peoples – including mental and emotional health and wellbeing. An approach that addresses structural risks, social determinants, and the revitalization of balanced family and community relationships is essential to addressing mental illness for Indigenous peoples and moving towards thriving Indigenous populations in Canada.

Positive Mental Health and Wellbeing

31% of Indigenous adults in London reported very good or excellent mental health compared to 70% of the general Ontarian population.¹



More than
2x
lower
than the
general Canadian
population

Most Indigenous adults in London reported being happy, interested in life, having trusting relationships, being confident in expressing their ideas, and liking most of their personality everyday or almost everyday in the past month.

Over 3/4 

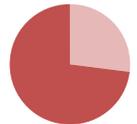
Indigenous adults in London are interested in life almost every day/every day.

Almost 7 in 10 feel happy almost every day/every day.

Almost Every Day/Every Day:

Almost 2 in 3

Indigenous adults in London are good at managing the responsibilities of their daily life and feel that their life has a sense of direction and meaning



85% liked most parts of their personality

72% feel they have warm and trusting relationships with others

70% are confident to think or express their own ideas and have experiences that challenge them to grow and become a better person

57% feel that they belong to a community

3 in 5 Indigenous adults in London feel that they are satisfied with their life and that people are basically good



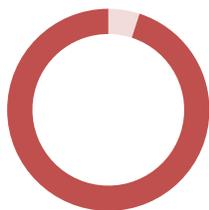
Mental Health Diagnosis

30% of Indigenous adults in London have been told by a healthcare worker that they have a psychological and/or mental disorder.

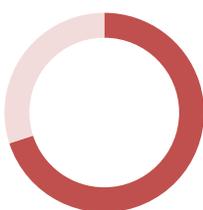
Rates of mental health diagnosis may be higher since access to health professionals is an issue.

Of Indigenous adults who have been told that they have a psychological or mental health disorder...

95% live below the low-income cut-off



70% were unemployed



Rates of poverty and unemployment are significantly higher for those who have a mental health disorder compared to those who do not. ‡

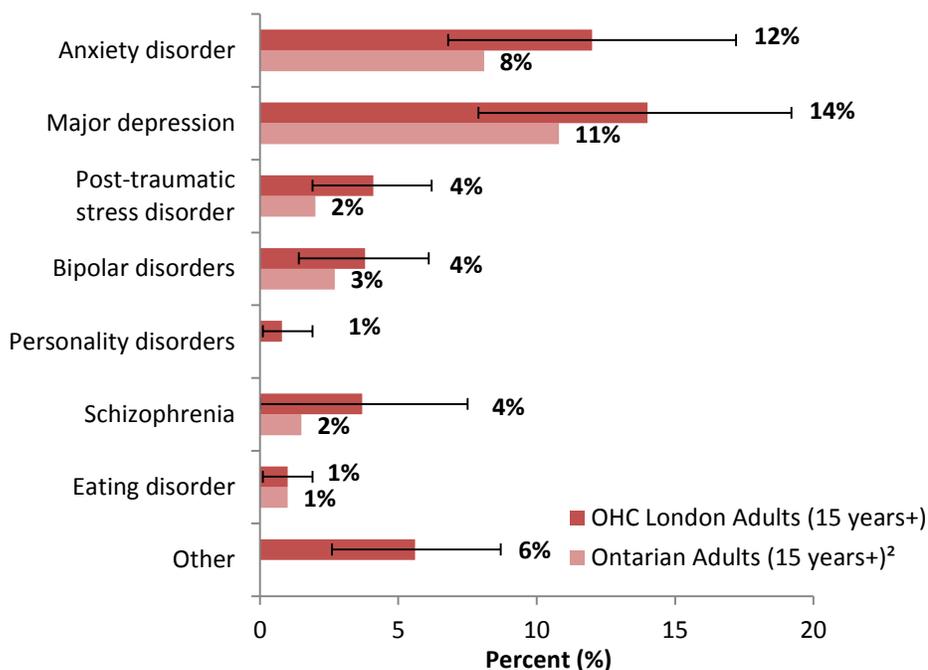
72% of those who had a psychological and/or mental health diagnosis said that their condition(s) limited the amount or kinds of activities that they could do.

1 in 5 Indigenous adults have experienced discrimination from others because of an emotional or mental health problem.

44% of those who faced discrimination because of their condition, reported that this prevented or delayed them from getting the care or support that they needed.

Indigenous adults in London have a higher prevalence of mental health conditions than the overall adult population, 15 years and older, in Ontario.

Prevalence of mental health conditions among Indigenous peoples in London compared to the general Canadian population.



Indigenous adults in London have been told by a health care provider that they have one of the following at some point in their lives:

14% have major depression

12% have an anxiety disorder

4% have an post-traumatic stress disorder (PTSD)

4% have a bipolar disorder

4% have schizophrenia

1% have a personality disorder

1% have an eating disorder

Screening & Diagnosis for Depression & PTSD

OHC London screening for Indigenous adults in London demonstrated there is a large gap in the diagnosis and screening for depression and PTSD.

Depression

14% of Indigenous adults in London have been told by a health care provider that they have major depression.

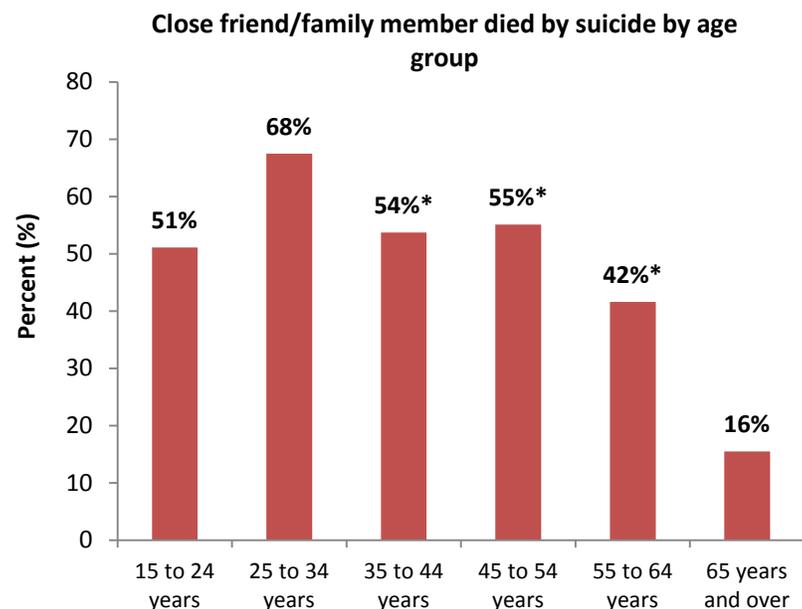
vs. **42%** of Indigenous adults have a high likelihood of depression using the Kessler Scale.

11% of adults, 15 years and over, in Ontario have had a major depressive episode in their lifetime.²

Intentional Injury and Suicide

OVER HALF of Indigenous adults have had a close friend or family member die by suicide.

Rates of having a family member or close friend die by suicide was high across all age groups, and especially between age 25 to 34.



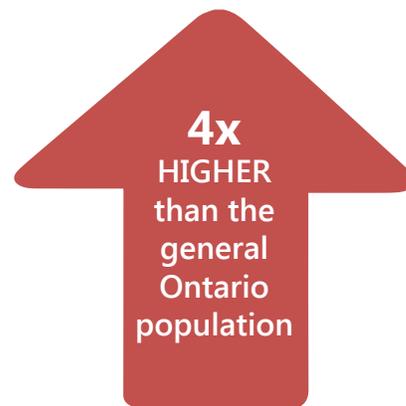
36% of Indigenous adults have harmed themselves on purpose.

Post-Traumatic Stress Disorder

4% of Indigenous adults in London have been told by a health care provider that they have post-traumatic stress disorder (PTSD).

vs. **29%** of Indigenous adults in London screened positive for PTSD.

2% of adults, 15 years and over, in Ontario have a current diagnosis of post-traumatic stress disorder.²



Over 4 in 10 Indigenous adults have thought about dying by suicide compared to 1 in 10 adults in Ontario.²

1 in 4 Indigenous adults have attempted to die by suicide.

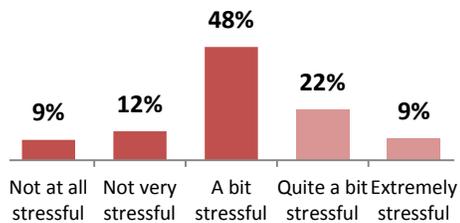
For Two-Spirit People:

3 in 5* have harmed themselves on purpose.

Almost 4 in 5 have thought about dying by suicide.

Stress and Coping

69% of Indigenous adults found most days a bit, not very, or not at all stressful.



Over 2/3 of Indigenous adults rated their ability to handle stress as good, very good, or excellent.

Major stressors:

Own physical, emotional, or mental health	57%
Financial situation	53%
Time pressures/not enough time	52%
Personal relationships	48%
Caring for own children and/or others	47%
Other personal or family responsibilities	40%
Employment status	39%
Personal and family's safety	34%
School	28%
Discrimination	19%

Of Indigenous adults who rated their ability to handle stress as good, very good, or excellent:

64% participated in traditional Indigenous ceremony.

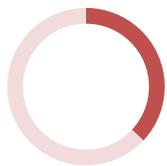
60% used traditional Indigenous medicines or practices to maintain their health and wellbeing.

79% had a strong sense of belonging to the Indigenous community.

98% felt good about their Indigenous heritage.

These rates are similar for those who rated their ability to handle stress as fair or poor

Access to Services



37% of Indigenous adults in London thought there are inadequate mental health services available to Indigenous peoples.



50% of Indigenous adults thought there are inadequate services for suicide prevention available to Indigenous peoples.

Are you or someone you know in crisis?

- Mental Health and Addiction Crisis Centre: 648 Huron St., London
- Reach Out: 519-433-2023 or 1-866-933-2023
- Child & Youth Crisis Intake: 519-433-0334
- Distress Centre: 519-601-8055 or 1-844-360-8055
- Call 911 or visit closest emergency department

Population based estimates were created using respondent driven sampling (see Project Overview and Methods Factsheet)

Definitions

Indigenous adults: persons self-identifying as Indigenous such as First Nations, Métis, Inuit, or other Nation aged 15 years and older living or using services in the City of London; Anxiety disorders: includes anxiety, panic attacks, obsessive-compulsive disorder; Bipolar disorders: or manic depression; iiKessler psychological distress scale which relates to the level of anxiety and depressive symptoms.

*Due to small sample sizes these numbers should be interpreted with caution.

Sources

1. Statistics Canada (2016); 2. Statistics Canada (2012).

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For the full OHC London report visit:
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