



20/20 Hindsight of Health

# Leading Cause of Disability by 2020



“by the year 2020 Mental  
Illness will be one of the  
leading causes of  
disability/disease”

(WHO, 2014)

# What is Health?



"a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

(WHO, 2014)

# What is Mental Health?



The World Health Organization defines Mental health as:

“state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

(WHO, 2014)

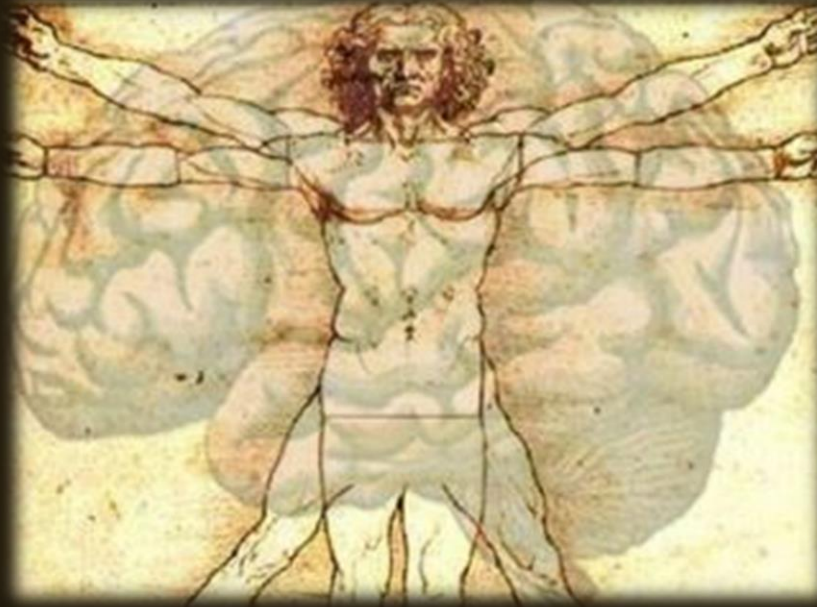
# Why Mental Health Matters in the Workplace?

- 1 in 3 workplace disability claims are due to mental health problems.
- In any given week 500,000 Canadians are unable to work due to a mental health issue.
- Mental Health conditions represent:
  - 30% disability claims
  - 70% disability costs



(Mental health commission of Canada, 2017)

# Mind-Body Connection



Poor Physical Health = Poor Mental Health

Poor Mental Health = Poor Physical Health

(“Canadian Mental Health Association.,” 2013;“Physical health and mental health,” 2015)

# How Safe are you Really?

**Protect Yourself At Work**

**Checklist :**

- Wear Your Helmet
- Wear Your Safety Glasses
- Wear Your Gloves
- Wear Your Safety Shoes
- Wear Your Ear Plug / Muff
- Wear Long Sleeve Shirt
- Wear Long Pants

Ready? Now You Can Start Working

A central illustration of a worker in full PPE: a yellow helmet, safety glasses, orange gloves, blue long-sleeved jumpsuit with reflective stripes, and black safety boots. Red lines connect each item on the checklist to the corresponding part of the worker's gear.

## Safety checks

A vertical stack of four orange 3D checkmark icons. The top one is a solid green checkmark, while the others are hollow orange frames.

# What is Mental Illness?



“A mental illness is a condition that affects a person's thinking, feeling or mood. Such conditions may affect someone's ability to relate to others and function each day.

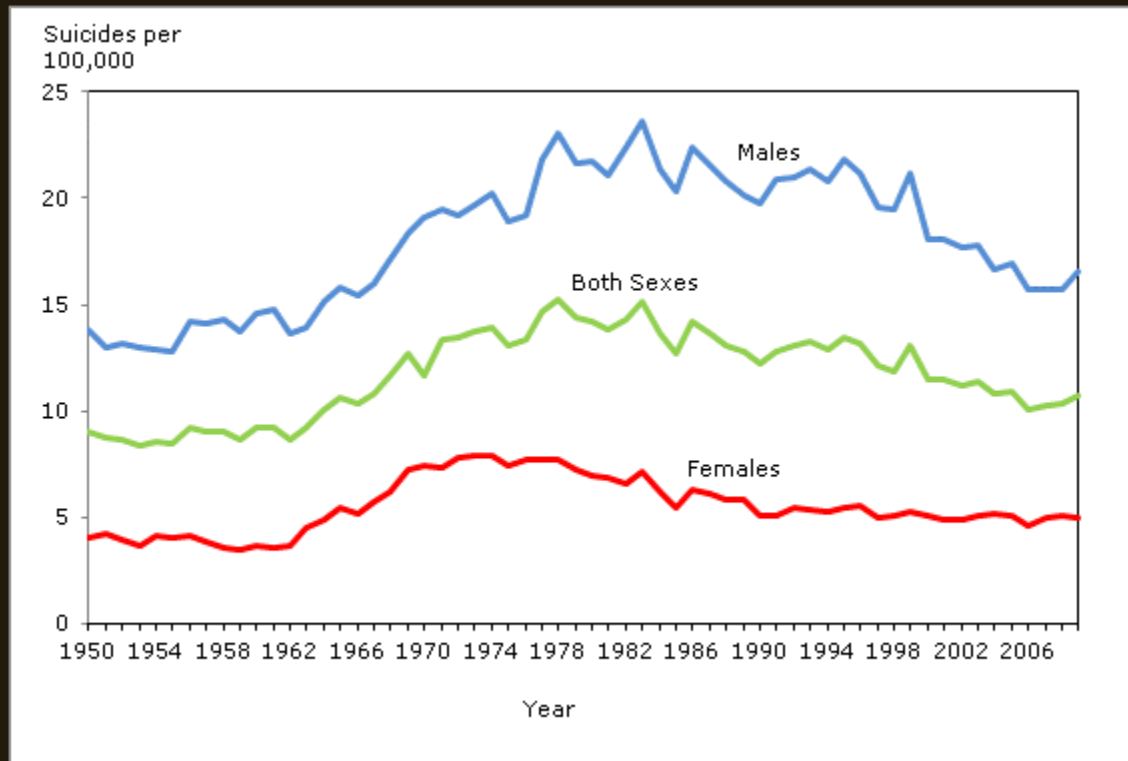
-NAMI. (2017, September 16). Mental Health Conditions. Retrieved February 22, 2017, from National Alliance on Mental Illness, <https://www.nami.org/Learn-More/Mental-Health-Conditions>



# Stigma of Mental Illness



# Suicide Men vs Women



**Source:** Statistics Canada, *Canadian Vital Statistics Death Database*, CANSIM, table 051-0001—*Estimates of population, by age group and sex for July 1, Canada, provinces and territories.*

YOU'D  
NEVER SAY,  
"IT'S JUST  
CANCER,  
GET OVER IT."

So why do some say that about depression?

# Myths and Facts

- Individuals who are mentally ill are violent!
- Only poor and homeless people are mentally ill.
- If someone is mentally ill they can never get better.
- You can catch mental illness from others.
- Mental illness is hereditary.



(Centre for Addiction and Mental Health, 2001)

# Reach out for Support



[www.211north.ca](http://www.211north.ca)

“Hindsight is 20/20”

“If I  
had  
only  
known”



(Mental health commission of Canada, 2017)

# Resources

- ❖ Canadian Mental Health Association. (2008, December 16). The relationship between mental health, mental illness and chronic physical conditions - Canadian mental health association, Ontario division. Retrieved February 22, 2017, from Canadian Mental Health Association, [http://ontario.cmha.ca/public\\_policy/the-relationship-between-mental-health-mental-illness-and-chronic-physical-conditions/#.WK2ytBIrK1s](http://ontario.cmha.ca/public_policy/the-relationship-between-mental-health-mental-illness-and-chronic-physical-conditions/#.WK2ytBIrK1s)
- ❖ Canadian Mental Health Association. (2016). Stigma and discrimination - Canadian mental health association, Ontario division. Retrieved February 22, 2017, from Stigma and Discrimination, <http://ontario.cmha.ca/mental-health/mental-health-conditions/stigma-and-discrimination/>
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- ❖ Mental health commission of Canada. (2017). Mental Health Matters. Retrieved February 21, 2017, from Mental health commission of Canada, <http://www.mentalhealthcommission.ca/English/focus-areas/mental-health-matters>

# Resources

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- ❖ WHO. (2014, August 15). Mental health: A state of well-being. Retrieved February 21, 2017, from World Health Organization, [http://www.who.int/features/factfiles/mental\\_health/en/](http://www.who.int/features/factfiles/mental_health/en/)
- ❖ Zupanick, C. E. (2014). The new DSM-5: Anxiety disorders and obsessive-compulsive disorders. Retrieved March 3, 2017, from MentalHelp.net, <https://www.mentalhelp.net/articles/the-new-dsm-5-anxiety-disorders-and-obsessive-compulsive-disorders/>