

# Contact with Health Professional about Mental Health

## CHA REPORT 2004

### Definition/Description:

Population aged 12 and over who have consulted with a health professional about their mental health in the past 12 months. Mental health professionals include: family doctors or general practitioners, psychiatrists, psychologists, nurses, social workers and counsellors.

### Source:

Statistics Canada, Canadian Community Health Survey, 2000/01

### Findings:

Indicator	Sex	Geography	Per Cent	Low 95% confidence interval - percent	High 95% confidence interval - percent
Contact with health professionals about mental health in past 12 months	Both	Canada	8.2	8.0	8.5
		Manitoba	6.4	5.6	7.2
		Winnipeg Health Region	6.6	5.4	7.7
	Females	Canada	11.0	10.7	11.4
		Manitoba	9.0	7.8	10.1
		Winnipeg Health Region	9.0	7.3	10.8
	Males	Canada	5.4	5.1	5.6
		Manitoba	3.8	2.9	4.7
		Winnipeg Health Region	3.9*	2.5	5.4

\* Data with a coefficient of variation (CV) from 16.6% to 33.3% are identified by an (\*) and should be interpreted with caution.

### Highlights:

- A low percentage of the population contacting health professionals about mental health may indicate a reluctance to seek help for mental health issues than service availability or prevalence of mental health problems in the population.
- Women in Winnipeg are 2.4 times more likely to consult with a health care professional about mental health than are men (9.0% vs 3.9%). This proportion is similar for Manitoba (9.0% vs 3.8%) but lower for Canada (11.0% vs 5.4%).
- Compared to Canada, significantly fewer residents in the WHR have consulted with a health professional about their mental health in the past 12 months (8.2% vs 6.6%).