

MENTAL HEALTH

Mental health and mental health disorders are two different things.

The World Health Organization defines health as “a state of complete physical, mental and social well-being”. There is no health without mental health.

Good mental health allows you to

- be fulfilled (blossom, learn, work);
- overcome daily challenges;
- contribute to your community.

Mental health results from balancing stress in your life, the capacity to cope with it, and the resources around you. Examples of resources around us include family, school, work and direct community.

Everyone has mental health. Mental health varies over time.

Mental health disorder

A mental health disorder is different from mental health. Examples of mental health disorders include

- depression,
- anxiety disorder or phobia,
- attention deficit disorder with or without hyperactivity (ADHD)
- etc.

In Canada, about 1 in 5 people will experience a mental health problem or get diagnosed with a mental disorder.

* William’s story

William has an attention deficit disorder. A specialist is supporting him, and his parents are helping him keep good lifestyle habits. Thanks to his personal strength and his environment, he can maintain a good balance, deal with challenges, and everything is going well at school.

* Marie’s story

Marie lost her spouse recently and she feels alone. She doesn’t feel like going out and she’s quite isolated. Her family doctor hasn’t diagnosed her with depression, but she feels empty and doesn’t know who she can talk to about it. Even though she doesn’t have a mental disorder, she’s experiencing a lot of stress. The balance is broken and her mental health isn’t as good.

Healthy mind, healthy body

A healthy mind in a healthy body: it is just as important to take care of your mental health as your physical health.

Several factors can influence mental health, and can threaten or improve it. We can’t control all those factors, but we do have control over some of them.

What can harm mental health

- Experiencing sudden life changes
- Having difficult work conditions
- Experiencing discrimination or exclusion (racism, sexism, ageism, etc.)

What can improve mental health

- Having relationships that make you feel good
- Having good lifestyle habits (physical activity, sleep, diet)

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| <ul style="list-style-type: none"> • Experiencing violence or abuse • Having a disability or physical illness • Dealing with a natural or human catastrophe • Having poor lifestyle habits | <ul style="list-style-type: none"> • Helping others • Learning to manage stress • Doing fun activities and laughing • Knowing and respecting your limits • Seeking appropriate help, when needed |
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People at risk

Anyone can develop a mental disorder. However, some people are at greater risk:

- Socially disadvantaged individuals (discrimination, lack of access to education, etc.),
- Economically disadvantaged individuals (low income, job loss, etc.),
- Older adults and people who live alone.

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Help and Resources

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I need help immediately!

If your suffering is too great, ask for help right away.

Services are available 24/7.

- **Urgences santé:** call 911
- **Info-Social:** call 811
- **Suicide Action Montréal:** call 1-866-APPELLE (1 866 277-3553)

Who can help me?

If you need help to identify your needs and find services, it is important to ask good sources.

- Your family doctor or family medicine group (FMG)
- Primary care access point, if you don't have a family doctor (call 811)
- **Info-Social:** call 811
- Your neighbourhood **CLSC:** [find your CLSC](#)
- A professional working in a community organization: call 211

I need help quickly.

Here is a list of the crisis centres in Montréal boroughs that can help you quickly:

- North - Association IRIS associationiris.ca 514-388-9233
- South-West - Centre L'Autre Maison centredecrise.ca/lautre-maison 514-768-7225
- East-Central - Centre de crise Le Transit cictransit.com 514-282-7753
- East - Crisis resolution team and Émile-Nelligan crisis centre CIUSSS de l'Est-de-l'Île-de-Montréal 514-351-9592
- West-Central - Tracom crisis intervention centre tracom.ca 514-483-3033
- West - West Island Crisis Centre centredecriseoi.com 514-684-6160

Other [mental health help and support](#) resources in Québec

Sources

- MSSS: [Learn about mental health and mental disorders](#)
- WHO: [Mental health](#)
- CMHA: [What is mental health?](#)