



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Canada's prosperity, growth and strength are tied to the diversity of the nation



Immigration drives population growth and is needed to expand the economy

Nearly

22%

of Canada's population is foreign-born



This is the highest percentage among the G8 countries



In 1961

>90%

of immigrants were from Europe

By 2016

this number had dropped to



11.6%

Over

250

ethnic groups are represented in Canada's population

22.3%

of the population identifies as a member of a racialized group



>200

languages are reported as a home language or mother tongue

2011 National Household Survey

21.4%

of people in Canada have French as their mother tongue

22%

of the Canadian population has a mother tongue other than English or French



Overall, immigrants arrive in Canada with better mental and physical health than the Canadian-born population



But after seven years in Canada this "healthy immigrant effect" is lost



In particular, immigrants from racialized groups and refugees are at risk for deteriorating health soon after arrival



Among people living with mental health problems or illnesses from IRER populations, health service use is low

Canada urgently needs to develop a mental health service response to meet the needs of IRER* populations if it is to foster Canada's diversity



*Immigrant, refugee, ethno-cultural, racialized