

Self-rated Mental Health

Why Is This Important?

Self-rated mental health is a person's state of psychological well-being as reported by that person. Good mental health is more than the absence of mental illness, but also the presence of factors such as ability to enjoy life, balance, and flexibility. Poor self-rated mental health is associated with poor [self-rated health](#), physical and mental illness, and increased health care service use. Higher income and more education are linked to better self-rated mental health.

What Is Being Done?

[Saskatchewan 211](#) provides access to mental health services and supports.

Saskatoon Health Region's Mental Health and Addictions [intake](#) line.

[Working Together for Change: A 10-year Mental Health and Addictions Action plan for Saskatchewan.](#)

What More Can Be Done?

[What is Health Equity?](#) A Primer for the Health Care System

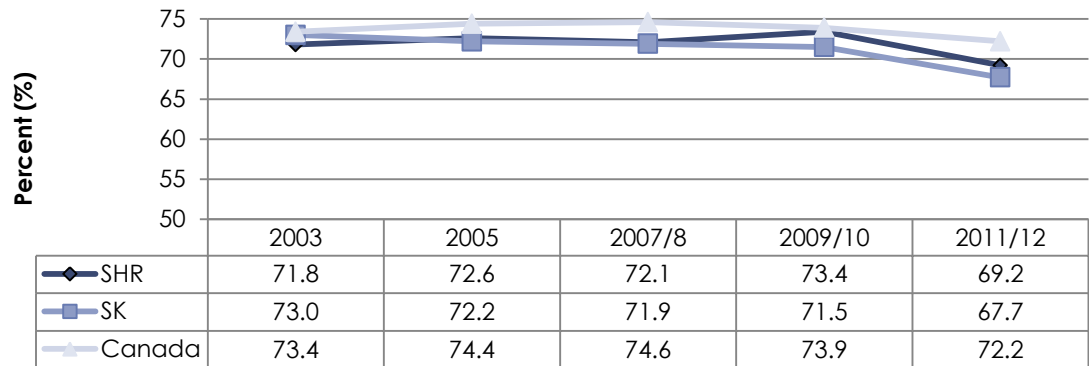
Chief Medical Health Officer's [Call to Action](#)

Highlights

Self-rated mental health is worse than in past years.

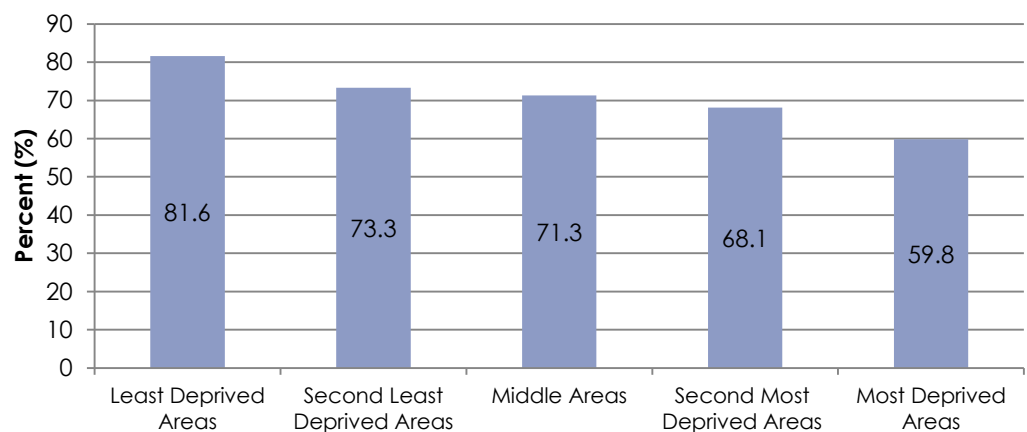
- More than two in three (69.2%) people reported their mental health as “very good” or “excellent” in 2011/12 (Figure 1). This is slightly worse than in previous years and roughly equivalent to provincial and national rates. This means that there are about 90,000 people in the region who do not rate their mental health this well.
- People living in the most deprived areas of Saskatoon were significantly less likely to rate their mental health as “very good” or “excellent” compared to residents in the least deprived areas (59.8% compared to 81.6%; Figure 2).
- Self-rated mental health varies by [sub-group](#), including age, household income, neighbourhood deprivation and education.

Figure 1: Individuals Reporting Self-rated Mental Health as “Very Good” or “Excellent” in Saskatoon Health Region, Saskatchewan, and Canada, 2003 to 2012



Source: [Statistics Canada](#)

Figure 2: Individuals Reporting Self-rated Mental Health as “Very Good” or “Excellent” by Deprivation Index Quintile, Saskatoon, 2008 to 2012



Source: [Statistics Canada](#). This study was conducted, in part, with data provided by the Saskatchewan Ministry of Health to the Health Quality Council. The interpretations and conclusions herein do not necessarily represent those of the Saskatchewan Ministry of Health or Government of Saskatchewan. The analyses are based on data from Statistics Canada and the opinions expressed do not represent the views of Statistics Canada.