Self-Perceived Mental Health

IN THE NORTHWEST TERRITORIES

What does self-perceived mental health mean?
Self-perceived mental health refers to the perception of a person’s mental health in general. Self-perceived mental health provides a general indication of the population suffering from some form of mental disorder, mental or emotional problems, or distress, not necessarily reflected in perceived health.

IN 2014, 59% of people in the NWT over the age of 15 reported very good or excellent self-perceived mental health.

SELF-PERCEIVED MENTAL HEALTH BY

YEAR

AGE

LOCATION

NWT 59% vs. CANADA 69%

ETHNICITY

Non-Aboriginal 72% Aboriginal 48%

HOUSEHOLD INCOME

<$50,000 42% $50,000 to $99,000 46% $100,000+ 75%

SEX

Males 60% Females 58%

INdicator source: 2014 Canadian Community Health Survey, Statistics Canada prepared by the NWT Bureau of Statistics. Indicator definition: The life satisfaction indicator is the proportion of individuals over the age of 15 who reported being either 'Satisfied' or 'Very Satisfied' with their lives.