

# MEASURING POSITIVE MENTAL HEALTH IN CANADA: SOCIAL SUPPORT

## POSITIVE MENTAL HEALTH

is the capacity of people to feel, think, and act in ways that enhance the ability to enjoy life and deal with challenges.

## POSITIVE MENTAL HEALTH IS ABOUT FEELING GOOD AND FUNCTIONING WELL

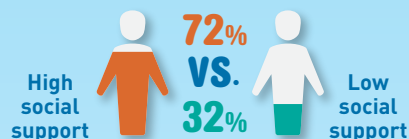
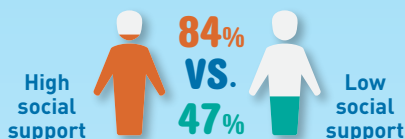
means feeling happy  
and satisfied with life.

means participating in meaningful activities  
and having positive relationships with others.

### Adults with strong social support are more likely to:

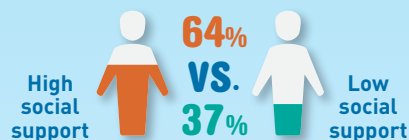
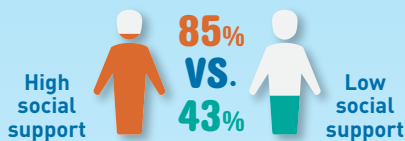
Report being happy

Have high psychological well-being

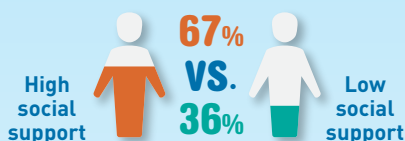


Report high life satisfaction

Report a strong sense of belonging  
to their local communities



Report their mental health  
as "very good" or "excellent"



### Social support

means feeling loved and cared for, and having a network of family, friends, neighbours, co-workers and community members that are there in times of need.



Source: Canadian Community Health Survey – Mental Health 2012, based on self-reported data of Canadian adults aged 18 years and older.

This infographic is the second in a series of knowledge products responding to the need for better data on positive mental health, as identified in the Mental Health Commission of Canada's Strategy "Changing Directions, Changing Lives" developed by the Mental Health Commission of Canada.

The Public Health Agency of Canada is working with the Mental Health Commission of Canada and other key experts to identify, organize, and present data on positive mental health outcomes, and protective and risk factors. This infographic provides some examples of these data.

Please visit us online for the latest data: <http://infobase.phac-aspc.gc.ca/positive-mental-health>



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada