

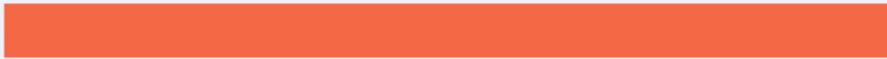


Mental health in decline

Toronto's first report card on mental wellness in the city



Background



Thrive Toronto partnership



A Mental Health Plan for our City

FALL 2023



Mental Health Plan

5 KEY ACTIONS



Community mental health report card



Climate change and mental health strategy



Improving access to housing



Support for workplace mental health



Creation of a learning centre

Report Card aims

- To assess the **state of mental health** in Toronto and the factors influencing it.
- To identify **trajectories and inequities** in mental health.
- To be **action-orientated**, helping to highlight where strategy, action and investments are required to improve mental health in Toronto.

Methods

- Descriptive analysis of secondary data sources.
- A focus on high mental health – perceived mental health as “excellent” or “very good”.
- City of Toronto or Toronto Census Metropolitan level.

Four key findings

A solid orange horizontal bar is positioned below the text "Four key findings".

Key findings



The mental health
of Torontonians is
getting worse.

73% (in 2015)



52% (in 2022)

Torontonians
who say they have
good mental health.

Key findings



**The mental health
of Torontonians is
getting worse.**



**Not everyone is
equally affected.**

Thrive Toronto Mental Health Report Card

Equity-deserving communities
perceive and experience
their health and well-being
strikingly differently.



Thrive Toronto Mental Health Report Card

Fewer people
identifying as
2SLGBTQ+ reported
good mental health.



Thrive Toronto Mental Health Report Card

Only **36%** of
adults identifying as
2SLGBTQ+ reported
good mental health.



Thrive Toronto Mental Health Report Card

Only **19%*** of
children and youth
identifying as **2SLGBTQ+**
reported
good mental health.



Key findings



**The mental health
of Torontonians is
getting worse.**



**Not everyone is
equally affected.**



**There are many
reasons for poorer
mental health.**

Thrive Toronto Mental Health Report Card

Toronto's top stressors:

- Working conditions
- Financial difficulties
- Time pressures

Thrive Toronto Mental Health Report Card

46% of **children and youth** feel depressed about the future because of climate change.



Key findings



**The mental health
of Torontonians is
getting worse.**



**Not everyone is
equally affected.**



**There are many
reasons for poorer
mental health.**



**Services are
meeting the needs
for those who can
access them, but
too many cannot
get access to care
and support.**

Thrive Toronto Mental Health Report Card

2X

Increase in wait times for
community mental health services
between 2021 and 2023.



Four key recommendations



Recommendations



Target strategies
and support to
populations most
impacted.

Recommendations



**Target strategies
and support to
populations most
impacted.**



**Strengthen social
support networks
and connections to
communities.**

Recommendations



**Target strategies
and support to
populations most
impacted.**



**Strengthen social
support networks
and connections to
communities.**



**Promote high-
quality, thriving
work environments.**

Recommendations



**Target strategies
and support to
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**Strengthen social
support networks
and connections to
communities.**



**Promote high-
quality, thriving
work environments.**



**Increase access to
mental health
promoting services
across the
continuum.**

Mental health in Toronto
is in decline.
“It’s time for action.”

Mental health in decline

Toronto's first report card on
mental wellness in the city



JANUARY 2026



Scan to read the full
Report Card at
www.thriveto.ca.

Mental health in decline

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