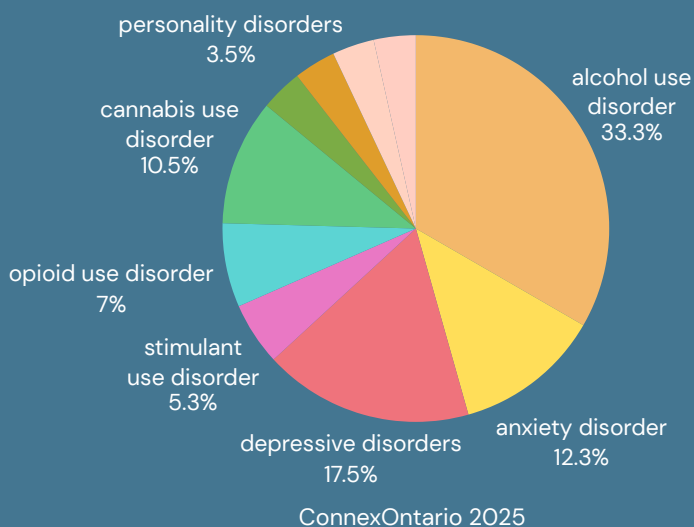


Mental Health & Problematic Substance Use

Addressing these issues supports individual well-being, strengthens community safety, and helps reduce crisis and emergency service pressures.

Calls to Connex for Mental Health Services

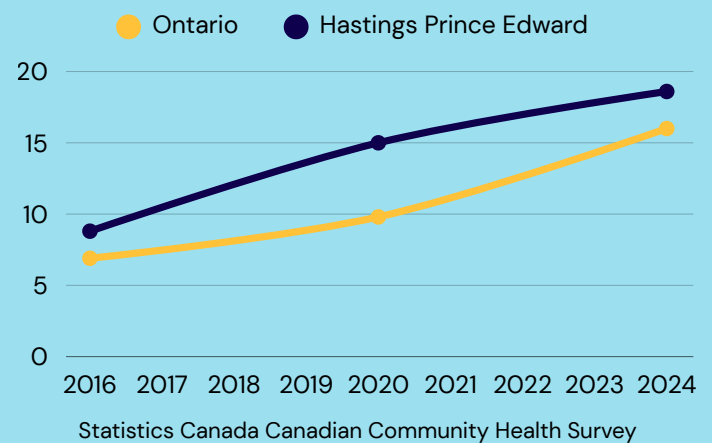
Prince Edward County



In Prince Edward County, alcohol use, anxiety, depression and stimulant use are among the top reasons for mental health service calls. (ConnexOntario)

Poor or Fair Mental Health

Self-reported



Self-reported poor or fair mental health has more than doubled since 2016. The increase accelerated during the pandemic, when lockdowns intensified isolation and disconnection and contributed to uncertainty about safety, employment and the future. (Centre for Addiction and Mental Health)

PEC Youth Identify These Challenges

- bullying/harassment
- addiction/substance use (incl. vaping, drugs)
- mental health (incl. anxiety, panic, depression)
- academic stress/education (incl. schoolwork, math)
- activities/sports (nothing to do/ less sports)
- belonging/friends (fitting in, making friends)

(CSWB Youth Mental Health Resource Fair 2025 Student Feedback Survey results)



Income has a Strong Connection to Mental Health



In any given year, 1 in 5 Canadians experiences a mental illness. Canadians in the lowest income group are 3 to 4 times more likely than those in the highest income group to report poor to fair mental health.

(Centre for Addiction and Mental Health)

