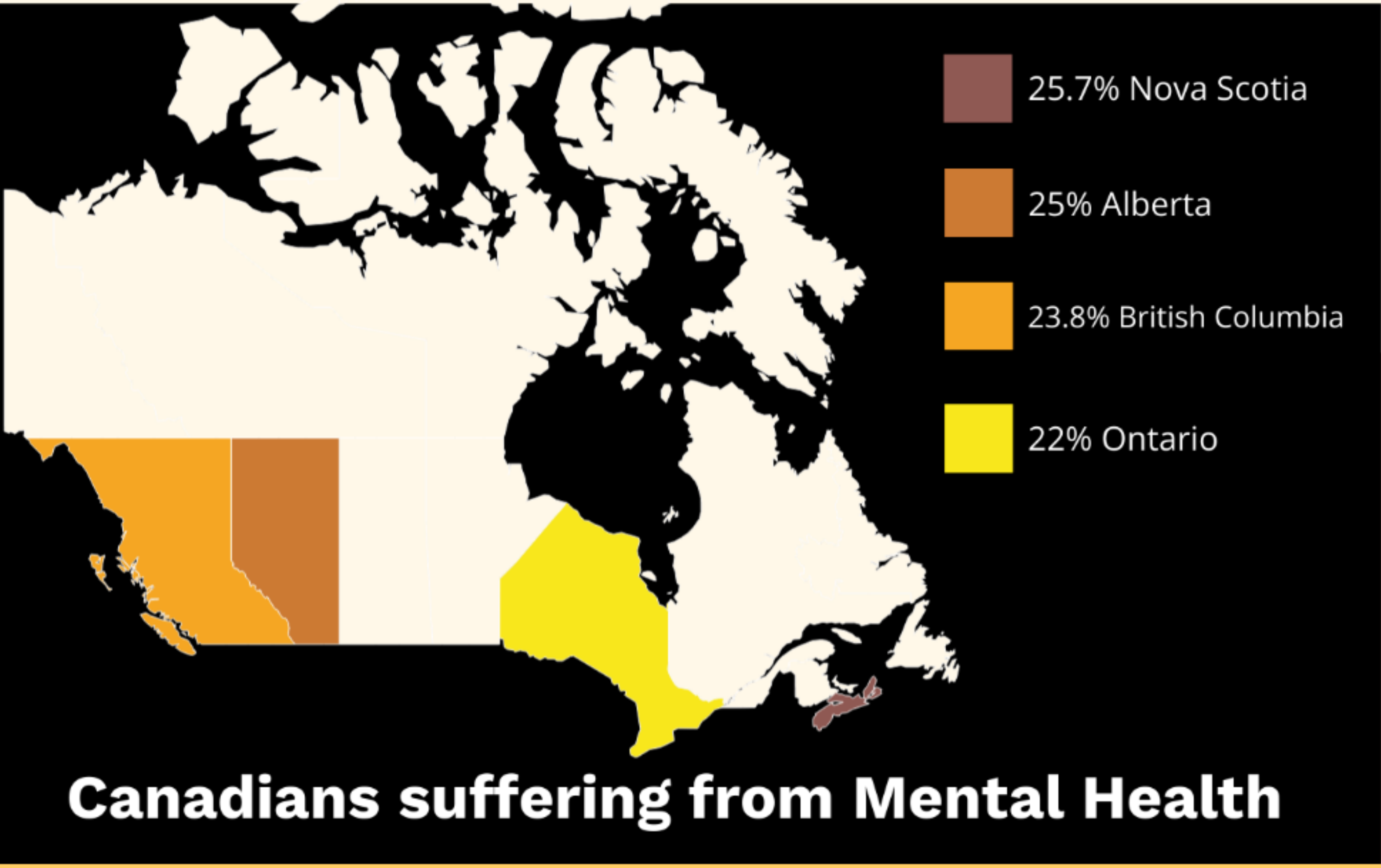


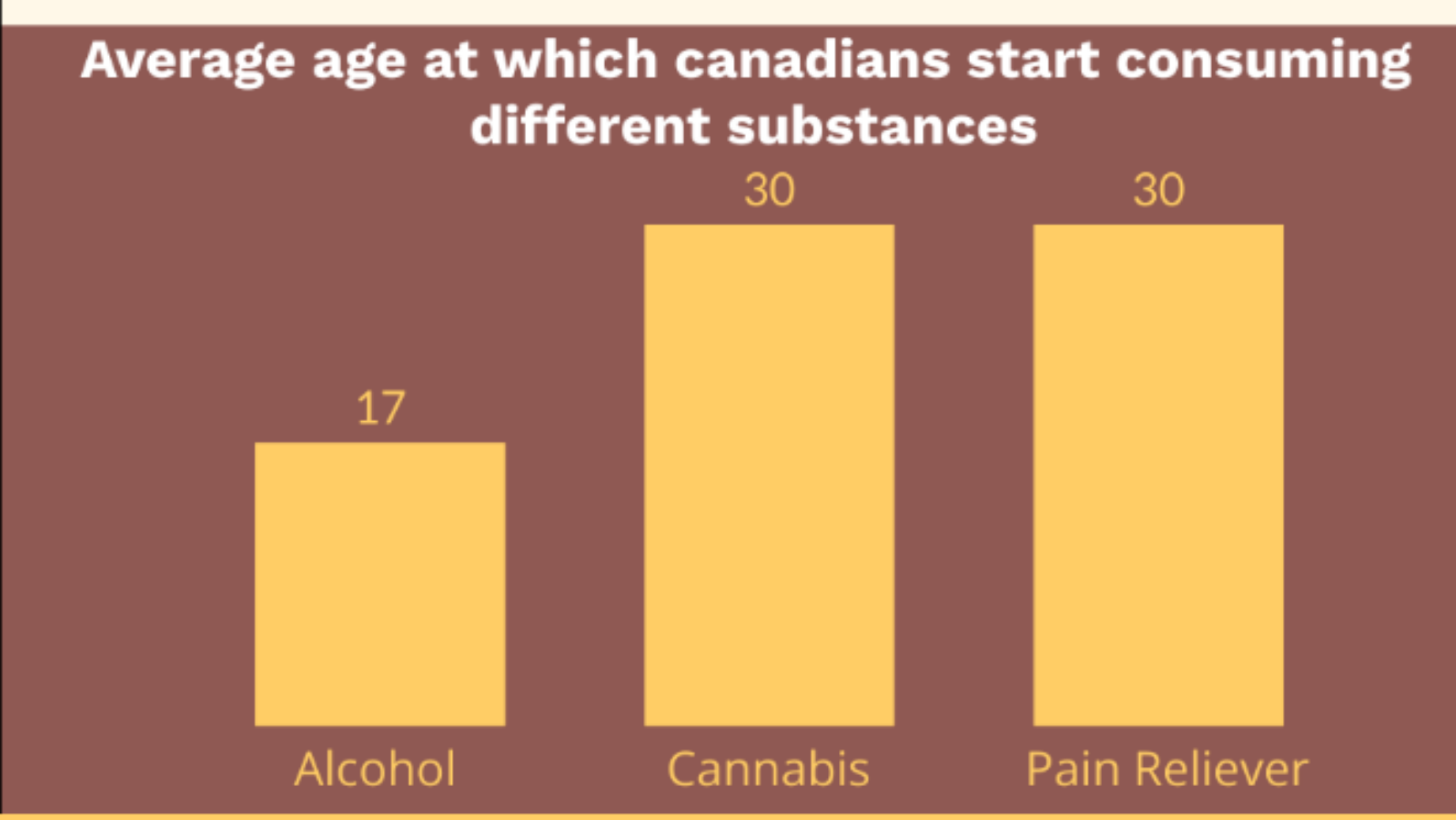
Mental Health on Substance Abuse

A Study on the Impact of Mental health on substance abuse among Canadians Between 2019-2020



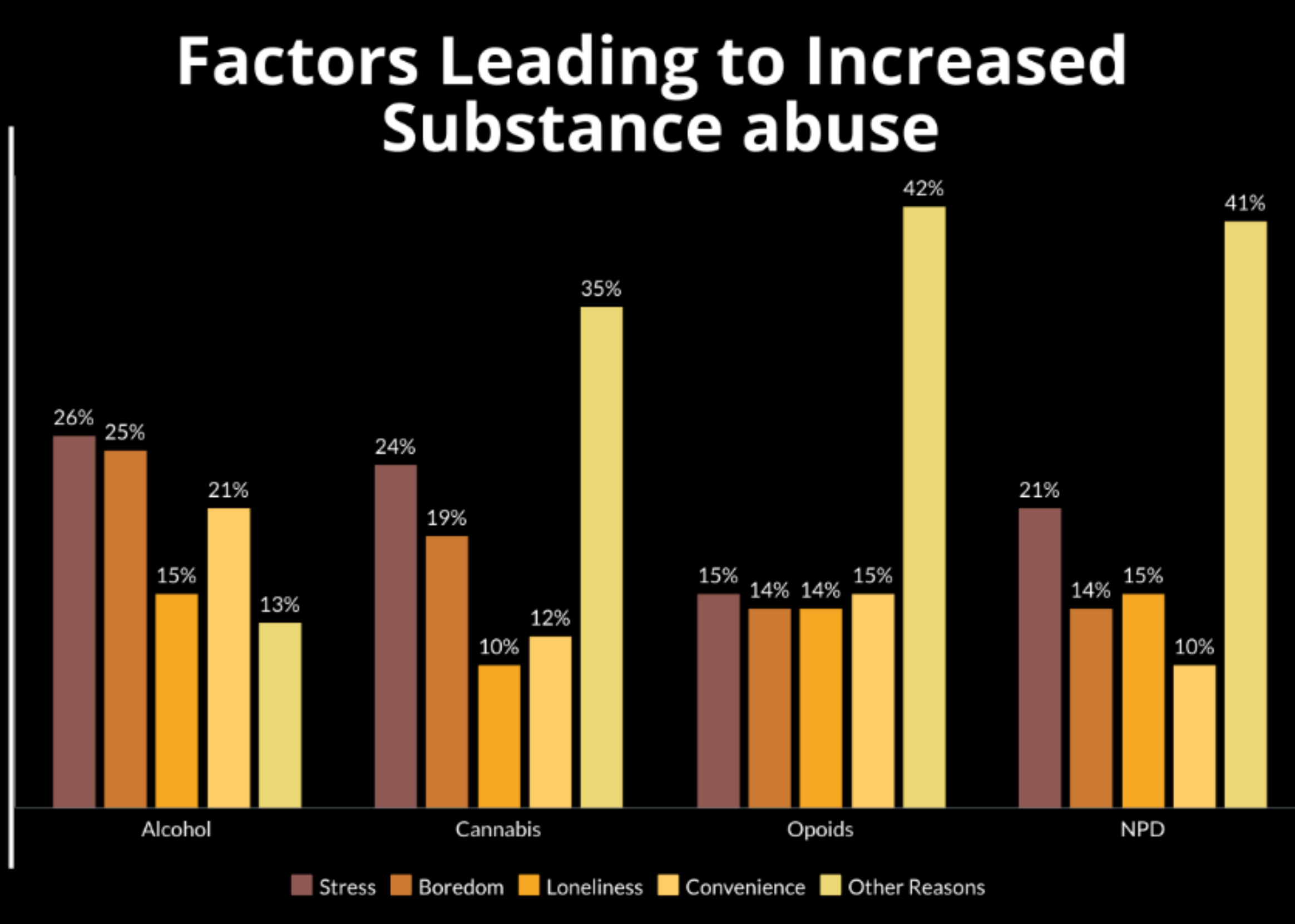
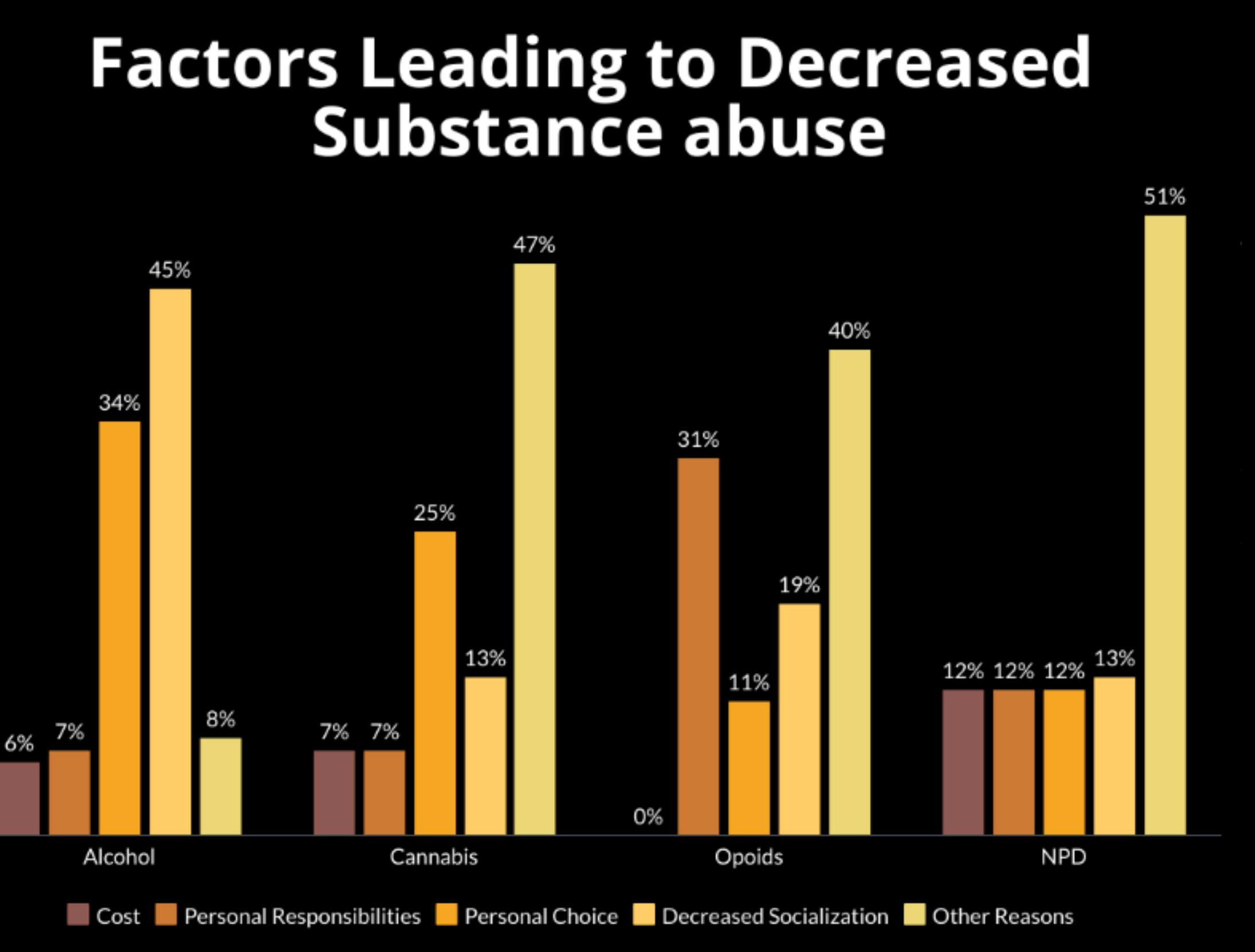
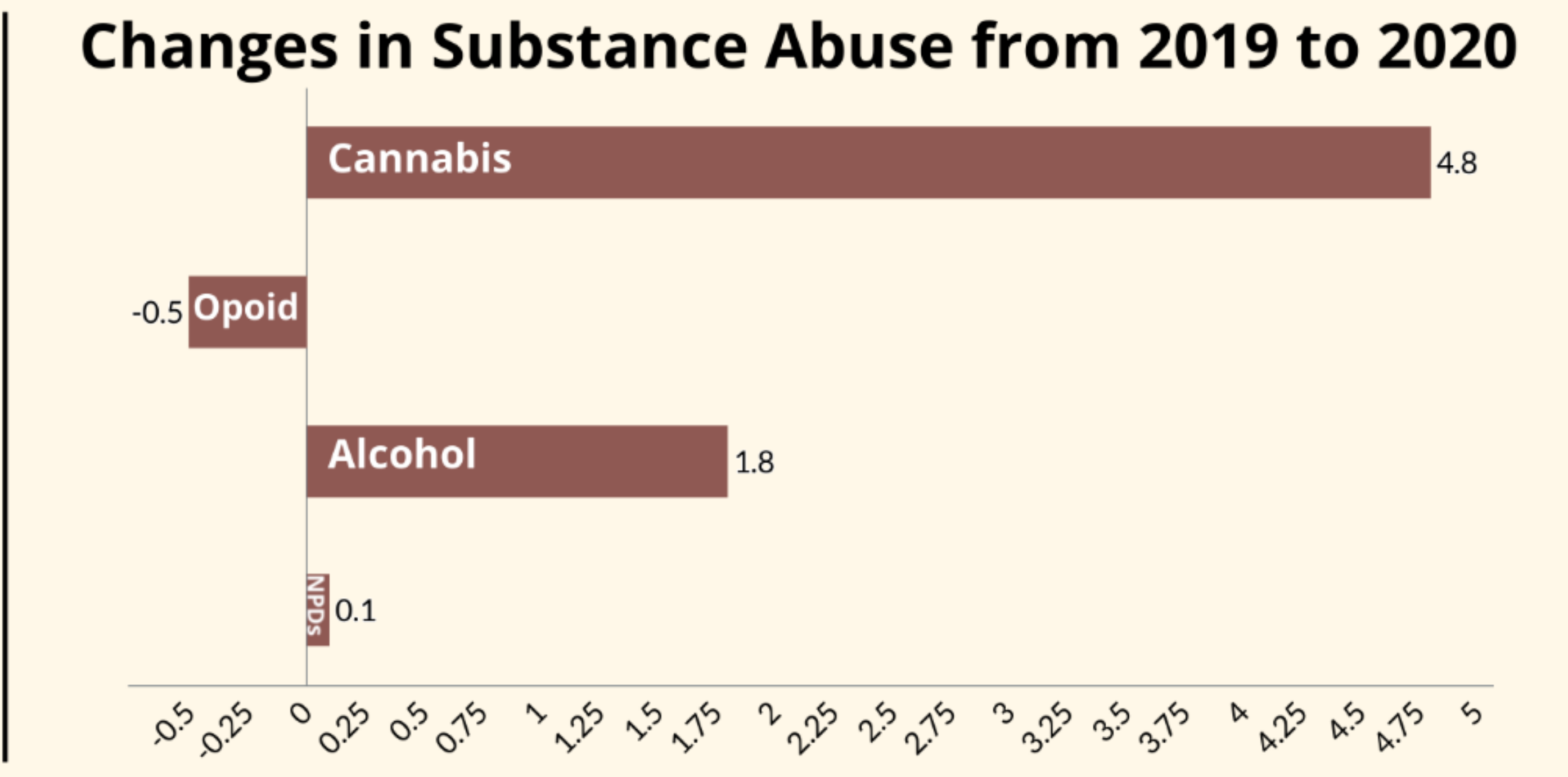
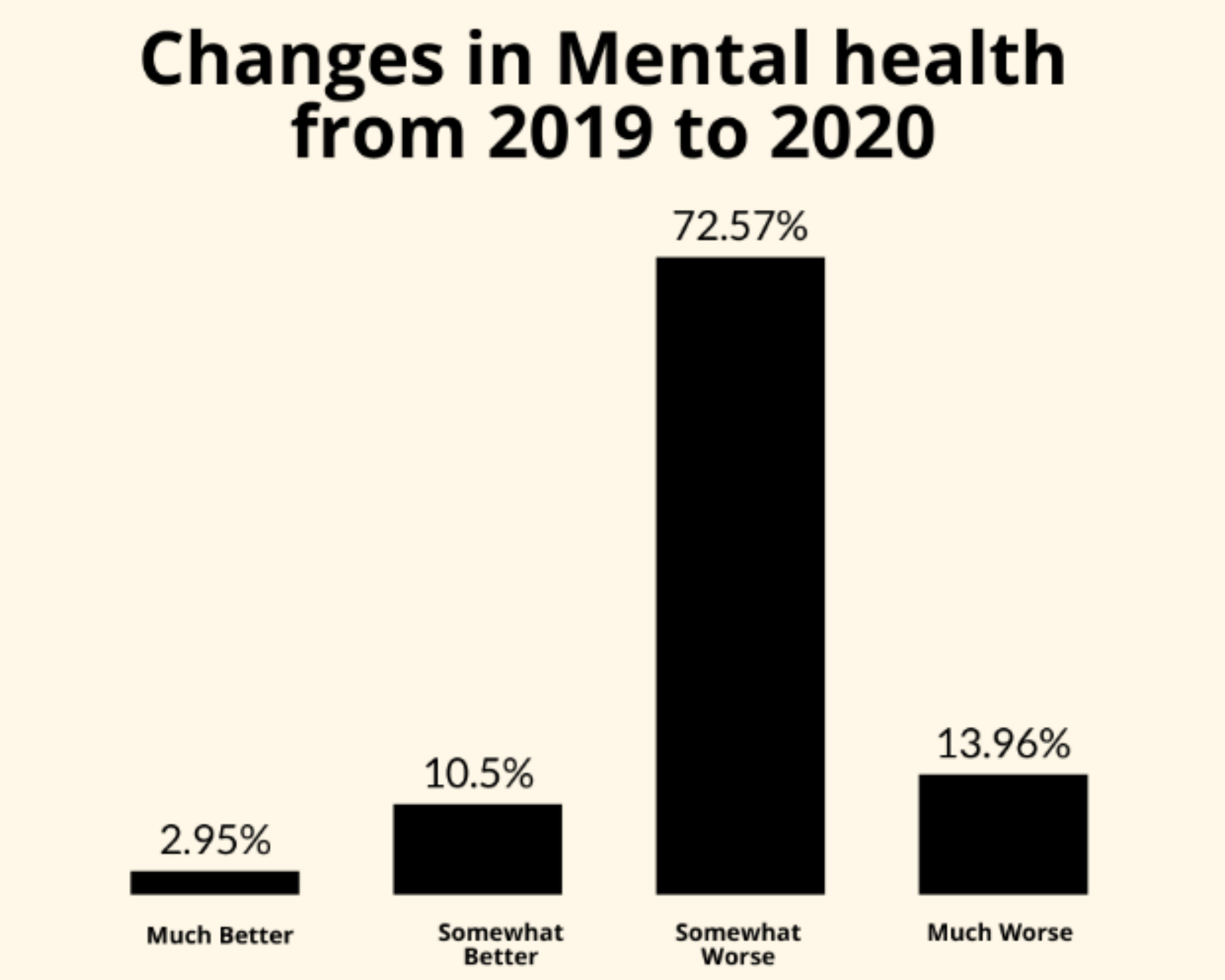
22% of men suffered severe mental health issues in 2020

29% of women suffered severe mental health issues in 2020



1/5 Canadian suffers from Mental Health and substance abuse in 2019 and 2020

People suffering from mental health issues are twice as likely to fall prey to substance abuse



CONCLUSION

- ✓ Poor mental health aggravates substance abuse
- ✓ one's lifestyle should support good mental health

Seek Professional Help

Identify Triggers

Change Lifestyle

Mental Health Helpline
1.833.456.4566

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