



MENTAL HEALTH STATUS

of Francophones and Anglophones living in minority communities in Canada

1.1 MILLION FRANCOPHONES

living in a linguistic minority situation in Canada, excluding Quebec

Francophones Anglophones
in Canada, excluding Quebec

85%

81%

63%

64%



14%

11%

11%

8%

Satisfaction with life

Very good or excellent mental health

Major depressive episode (lifetime)

Generalised anxiety disorder (lifetime)

1.5 MILLION ANGLOPHONES

living in a linguistic minority situation in Quebec

Francophones Anglophones
in Quebec

86% **

79%

68%

70%

13% **

8%

10% **

6%



** statistically significant

Source : Canadian Community Health Survey - Mental Health 2012

KEY RESULTS

- ✓ **Francophones**, whether they live in a minority situation or not, say they are more satisfied with life than Anglophones.
- ✓ **Anglophones** and **Francophones** living in **Quebec** report better mental health than their counterparts in Canada.
- ✓ **Francophones**, regardless of official language status, report having experienced a major depressive episode in their lifetime as well as symptoms of generalized anxiety more often than Anglophones.

QUOTE

Louise Bouchard, Alejandra Dubois and Ewa Sucha (2019) The mental health of Francophones and Anglophones living in minority situations in Canada. Chaire de recherche de l'Université d'Ottawa et de l'Institut du Savoir Montfort sur la santé des francophones de l'Ontario, Ottawa.