Understanding an Infographic about Mental Health	Reading
Theme: Health and Safety	**CLB Level:** 6/7
Topic: Mental Health	**Competency:** Getting Things Done

Student Name: _____ Date: _____

ASSESSMENT ACTIVITY/TOOL

1. What is the main idea of this infographic? (1)

   _____

2. What are the FOUR factors that contribute to positive mental health? (2)

   _____

   _____

3. What are two indicators that measures positive mental health? (1)

   _____

   _____

4. Which indicator of positive mental health is the important in your life? Why? (2)

   _____

   _____

5. Why was this infographic created? Do you think it was successful? Why? (2)

   _____

   _____

6. What factor of positive mental health do you believe is the most important? Why? (2)

   _____

   _____

7. How would you describe the language the writer used (circle ONE) (1)

   a) Sarcastic
   b) Instructional
   c) Academic
   d) Friendly and Polite

LIVEWORKSHEETS

MEASURING POSITIVE MENTAL HEALTH IN CANADA

POSITIVE MENTAL HEALTH IN ADULTS CAN BE MEASURED THROUGH THESE FIVE INDICATORS

High self-rated mental health	Happy	Satisfied with life	High psychological well-being	High social well-being
65%	82%	82%	70%	Coming soon (summer 2015)

Source: CCHS Mental Health, 2012, based on Canadian self-reported data

MANY FACTORS CONTRIBUTE TO POSITIVE MENTAL HEALTH, FROM THE INDIVIDUAL TO SOCIETY

WHAT IS POSITIVE MENTAL HEALTH?

It is a state of well-being that allows us to "feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face."

Source: Public Health Agency of Canada

INDIVIDUAL

Individual behaviours and experiences are associated with positive mental health.

54% of Canadian adults are physically active (CCHS, 2013)

85% adults drink according to the low risk alcohol drinking guidelines (CADUMS, 2012)

FAMILY

Healthy family relationships provide an important foundation for positive mental health.

40% of adults have a family member with drug, alcohol, emotional, or mental health problems (CCHS Mental Health, 2012)

70% of adults live with a spouse or partner (CCHS Mental Health, 2012)

COMMUNITY

Positive mental health is supported by strong ties to the community.

87% of adults believe their neighbourhood is a place where neighbours help each other (GSS, 2009)

64% of adults are a member of at least one community organization (GSS, 2008)

SOCIETY

At the societal level, factors such as discrimination and stigma are related to lower positive mental health.

This infographic is the first in a series of knowledge products responding to the need for better data on positive mental health, as identified in Canada's first national mental health 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.

Public Health Agency of Canada | Agence de la santé publique du Canada

LIVEWORKSHEETS