

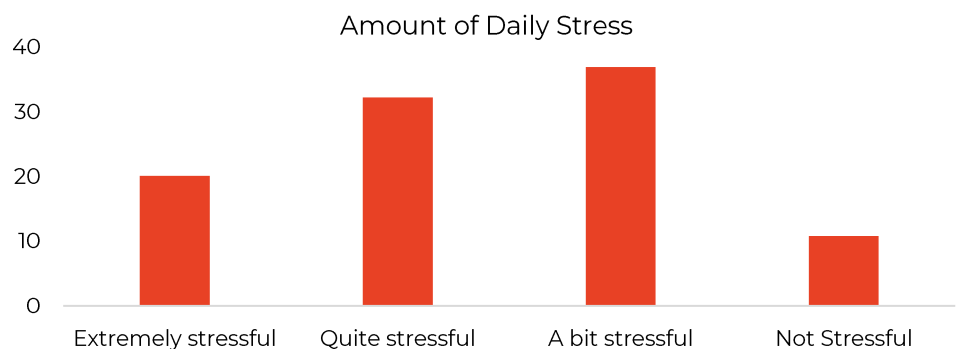
2018 WINNIPEG STREET HEALTH SURVEY REPORT FACT SHEET: MENTAL HEALTH & SUBSTANCE USE



The 2018 Winnipeg Street Health Survey was a research study that focused on the health status, housing, and social service needs of individuals experiencing homelessness in Winnipeg. From July to October 2018, 406 individuals experiencing homelessness were interviewed about their self-reported health, wellness, housing and service needs.

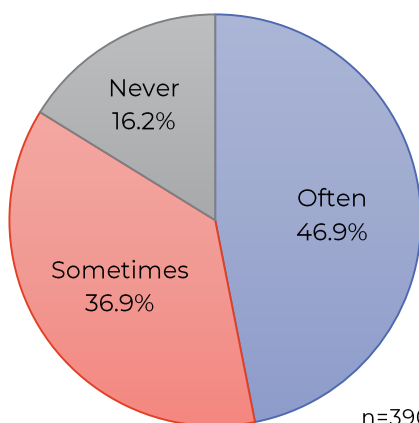
Stress, Social Support Networks and Suicidal Ideation

20.1% of participants reported that most days were extremely stressful, 32.2% said most days were quite stressful and 36.9% said most days were a bit stressful.



n = 398; Missing = 8

How often do you feel very lonely or isolated from other people?



n=390; Missing = 16

46.9% of participants said they felt lonely or isolated often and 36.9% said they sometimes felt lonely or isolated.

Almost half of participants (n=196; 49.9%) reported they had seriously thought about hurting themselves or suicide. Participants' comments on the impact of experiences of homelessness on their own mental health expressed the connections between homelessness, stress and mental health:

“Your mental health goes to shit, you’re tired all the time, you’re irritable, depressed, less patient.”

“Suicidal ideation and depression are a huge part of being homeless. People need to understand that.”



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Self-Reported Mental Health Conditions

Participants were asked if they had ever been diagnosed by a doctor or a psychiatrist for a mental health condition. The three most commonly self-reported diagnoses were anxiety disorders (46.4%), mood disorders (37.5%), and substance use disorders (38.5%). 52.6% of participants reported co-occurring mood and anxiety disorders.

Self-reported Physician Diagnoses	Percentage %
Mood and Anxiety Disorders	52.6
Anxiety Disorders	46.4
Mood Disorders	39.2
Substance Use Disorders*	38.5
Personality Disorders	11.9
Cognitive Impairment and Neurodevelopmental Disorders	10.4
Schizophrenia spectrum and Other Psychotic Disorders	8.4
Any Mental Health Condition	65.0

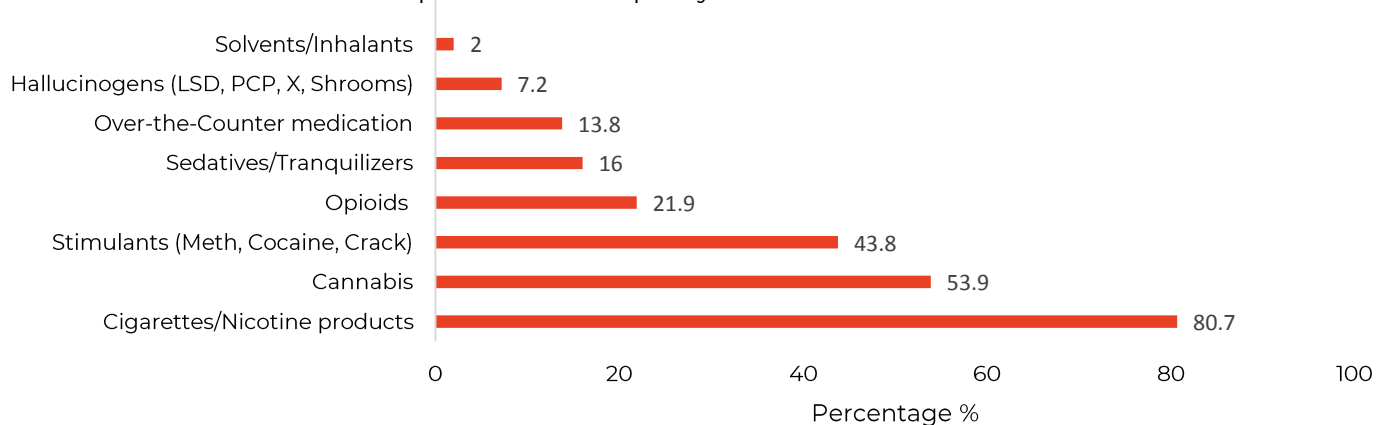
n = 403; Missing = 3

*Described in the survey question as "addiction to drugs and/or alcohol"

Substance Use

Participants had similar rates of drinking alcohol in the past year (80.9%) as the general population.¹ Participants reported high rates of regular nicotine (80.7%) and cannabis (53.9%) use.

Substances used 3 or more times per week in the past year:



n=393; missing=13

¹ 2017 Canadian Tobacco, Alcohol and Drugs Survey

