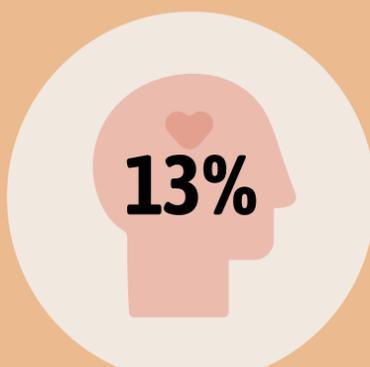


MENTAL HEALTH AND INTERSECTIONALITY



Canadians will experience a mental health problem or illness, with most beginning before the age of 18



of those aged 15-24 self-identified as having a disability, mental health disabilities being most common.



of Indigenous peoples have experienced at least one form of discrimination in the last year.

IMPORTANT TERMS



EQUALITY

means that everyone is given the same resources or opportunities



EQUITY

recognizes that each person has different circumstances, and allocate the resources and opportunities needed to reach an equal outcome.



PRIVILEGE

a special right, advantage, or immunity granted or available only to a particular person or group.



Marginalized communities experience discrimination and exclusion due to unequal power distributions social, economically, and politically

WHAT IS INTERSECTIONALITY?

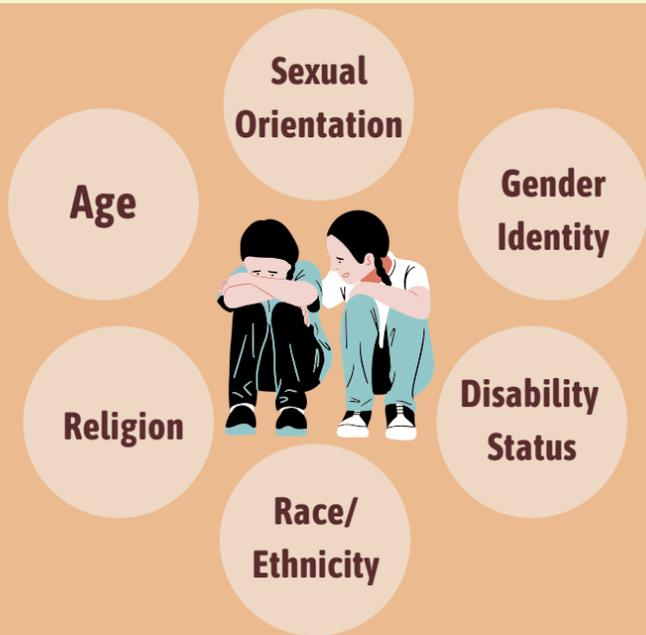
The interconnected relationships between a variety of aspects of identity, In the context of mental health, an intersectional lens provides a unique perspective into the overlapping and interdependent systems of discrimination or disadvantage.

Intersectional Privilege: individuals who identify with multiple marginalized groups experience joint effects on their health and wellbeing.



An intersectional lens is crucial to understanding the complex, multi-layered, and intersecting interplay between oppression and privilege.

INTERSECTING FACTORS INFLUENCING MENTAL HEALTH



There are common stereotypes and stigma associated with each community, which are harmful to peoples' mental health and contribute to how communities may be neglected in receiving support.

Debunking myths about these communities is an important step in improving access to mental health support among marginalized communities.

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