



September 24, 2019

**News Release**

## **The IHE releases *IHE Mental Health In Your Pocket 2019*, a virtual handbook of mental health economic statistics**

*The IHE, the Centre de recherche de l'Institut universitaire en santé mentale de Montréal, and the Université de Montréal release IHE Mental Health In Your Pocket 2019.*

The IHE, the Centre de recherche de l'Institut universitaire en santé mentale de Montréal, and the Université de Montréal are pleased to announce the release of *IHE Mental Health In Your Pocket 2019* – a virtual handbook of mental health economic statistics that synthesizes the most current, available data on indicators that affect the various economic aspects of the Canadian mental health system.

*IHE Mental Health In Your Pocket 2019* is a compendium of economic statistics about mental health in Canada; it brings together information that demonstrates the burden of mental illness and where Canada's mental health system ranks among other developed countries.

*"IHE Mental Health In Your Pocket 2019 is a valuable tool to help understand the prevalence of mental disorders as well as where and how resources are being used,"* said Dr. Alain Lesage, Professor at the Université de Montréal and Psychiatrist at the Centre de recherche de l'Institut universitaire en santé mentale de Montréal. *"By providing an overview of the economic burden of mental illness as well as the resource allocation and utilization, all stakeholders, parliamentarians, planners, clinical and services managers, non-profit organizations, carers, and patient representatives across the country will be better able to put policies and systems in place to address the gaps."*

To provide important consolidated information on key indicators that depict the state of our mental health system, *IHE Mental Health In Your Pocket 2019* is organized around three fundamental questions: What is the burden of mental illness? What resources do we as a society commit to address this burden? How does the system perform in allocating resources to the population dealing with mental illness, in terms of utilization and expenditures?

*"We hope the IHE Mental Health In Your Pocket 2019 virtual booklet will support everyone involved in mental health care to make informed decisions, by providing reliable, timely data on resource allocation in mental health care. The broad economic perspective of the current mental health system this provides should enable evidence-informed policy decisions to improve services for us all,"* said Dr. Christopher McCabe, Executive Director and CEO of the IHE.

Jian Wang conducted the research and writing of the handbook, along with Alain Lesage and Philip Jacobs. Gareth Hopkin, Thomas Poder, Anne Dezetter, and Helen-Maria Vasiliadis assisted with the revision, Stefanie Kletke edited the content and prepared the PDF format, and Mark Bieber created the interactive online platform.

For more information and to access the *IHE Mental Health In Your Pocket 2019* virtual handbook, please visit [www.ihe.ca/ihe-iyip-series/mhiyp-2019/mental-health-iyip-2019](http://www.ihe.ca/ihe-iyip-series/mhiyp-2019/mental-health-iyip-2019).

*IHE Mental Health In Your Pocket 2019* is also available in French! *IHE Statistiques économiques en santé mentale dans votre poche (ÉSaMe) 2019* est aussi disponible en français en version électronique. Pour plus d'informations, s'il vous plaît visitez [www.ihe.ca/ihe-iyip-series/mhiyp-2019/sesame-2019](http://www.ihe.ca/ihe-iyip-series/mhiyp-2019/sesame-2019). Pour de plus amples renseignements, écrivez-nous à [info@ihe.ca](mailto:info@ihe.ca).

*The IHE is an independent, not-for-profit organization that performs excellence in health economics research and health technology assessment. Our core objectives include: supporting decision-making in health policy and practice with evidence from research in health economics and health technology assessment; assessing the medical, economic, social, and ethical implications of both established and new health practices, procedures, and technologies; and facilitating discussions and partnerships among government, academia, industry, and healthcare providers to address important issues in health care. Visit us at [www.ihe.ca](http://www.ihe.ca) to learn more.*

**Contact:**

Jasmine Brown

Director of Communications, Institute of Health Economics

Direct: (780) 401-1768 | Cell: (780) 966-4879

[jbrown@ihe.ca](mailto:jbrown@ihe.ca)