

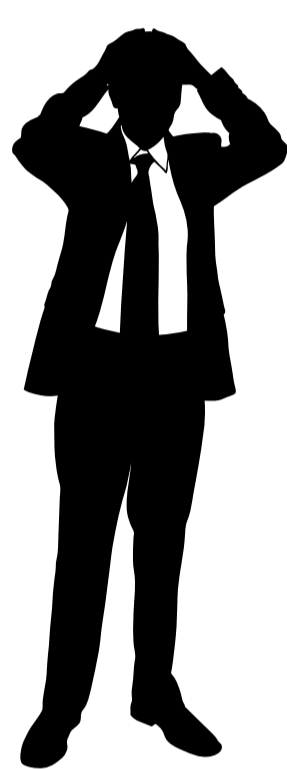
Healthy People, Strong Communities:

# Personal Wellbeing and Safety



Personal wellbeing refers to the capacity of an individual to make healthy choices and handle life's challenges. Feeling safe and secure is a key component of personal wellbeing.

## Who it affects:



**1 in 5**

will experience a mental health illness in their lifetime.<sup>1</sup>

**92%**

of seniors live in private households, either alone or with family.<sup>2</sup>

**6 in 10**

women, and 3 in 10 men, are concerned for their safety when taking public transit.<sup>3</sup>

## Why it matters:



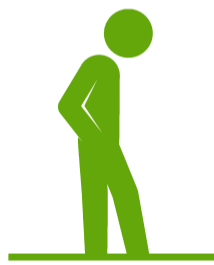
### LONG TERM HEALTH RISKS

Individuals who feel unsafe are less likely to be physically active and are more likely to experience anxiety.<sup>4</sup>



### LOW PRODUCTIVITY AND JOB PERFORMANCE

18% of the working population have missed work or cut back on workload because of depression.<sup>5</sup>



### INCREASED ISOLATION AND VULNERABILITY

Individuals are less likely to participate in social gatherings, resulting in increased loneliness.<sup>6</sup>

## How we help:

With over 100 locations, United Ways Centraides are working to make a measurable impact on physical wellbeing and safety in communities across Canada.



Invest in programs that provide counselling for addiction, mental health issues, and/or violence related trauma.



Engage community members, through awareness and outreach, on health promotion and risk reduction.



Strengthen programs for individuals who experience barriers to community inclusion and participation.

## The impact we want:

- Individuals and families are able to **live independently** and **make healthy choices**.
- Individuals and families have **positive mental health** and are better **able to handle life's challenges**.
- **Neighbourhoods and homes are safe** for individuals and families.



**United Way  
Centraide  
Canada**

**Change starts here.**  
unitedway.ca

1) Mental Health Commission of Canada. 2013. *Making the Case for Investing in Mental Health*. Accessed: 01-16-2015. p. 1.  
2) Statistics Canada. "Living Arrangements of Seniors." *Census in Brief*. Ottawa: Minister of Industry, Catalogue No. 98-312-X2011003.  
3) Brennan, S. 2011. "Canadians' Perceptions of Personal Safety and Crime, 2009." *Juristat*. Ottawa: Statistics Canada, p. 16.  
4) Bennett, G., McNeill, L., Wolin, K., Duncan, D., Puleo, E., et al. 2007. "Safe to Walk? Neighborhood Safety and Physical Activity Among Public Housing Residents." *Public Library of Science Medicine* 4(10).  
5) Mental Health Commission of Canada and the Centre for Applied Research in Mental Health & Addiction. 2011. *Improving Psychological Health & Safety in the Workplace: Critical Analysis and Pragmatic Options*. p. 8.  
6) Little, B. and Phillips, S. 2006. *Social Participation, Personal Project and Well-Being: A Social Ecological Framework on the Life-Course*. p. 17.