



Association of Psychologists
of Nova Scotia

Definition of **Health**

The World Health Organization (WHO)

“Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.”

What About Pills?

Many emotional disorders are treated with medications.

Medications are often helpful in improving symptoms. But medications do not lessen the factors that may have contributed to the disorder in the first place.

Medications also do not contribute to a sense of self-efficacy – the belief that an individual has the coping resources to take care of their own challenges.

Psychological interventions teach self-efficacy, coping skills and relapse prevention.

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Did You Know?

- ✔ More than 2.6 million Canadians are affected by mental illness. Almost half do not receive necessary services. *StatsCan 2003*
- ✔ The estimated cost of mental disorders in Canada was at \$14.4 billion in 1998, a little more than 25% of money invested in public health care that year.
- ✔ Psychological factors are major Sources of suffering and contribute to decreased productivity.
- ✔ Psychological problems in children are often undetected by physicians and are more successfully treated by multi-disciplinary teams.
- ✔ Between 40% and 70% of visits to primary care physicians are behavioural, emotional or psychological in nature.
- ✔ Nova Scotia has about 2,554 person per psychologist.
- ✔ Psychologist play a role in diagnosis, treatment, consultation, health promotion and research, program design, education and program evaluation.
- ✔ More than 1 million adults, 705 of them working, have experienced a major depression in the previous year. *StatsCan 06*
- ✔ Health spending in Canada expected to hit \$160.2 billion in 2007, from \$150.3 billion in 2006. *Cdn institute for Health information*
- ✔ Every \$1 spent on psychological services yield a savings of \$5 in medical costs.

