

## **Mental health services availability for young depressive Francophone in Ottawa living in a minority context: supply or demand?**

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Depression has become the main personal misfortune in the Western World. Despite this, access to mental health services to address this disorder's suffering is not always easy. This is the case in Canada where access to mental health services seems to be problematic for the francophone minority in the mainly Anglophone province of Ontario. Would it be sufficient to simply increase resources in institutions lacking French language services to address the problem of accessibility?

The answer is not so simple in fact, since we found that even in areas where services are available in French, interested persons don't always seek professional help. Therefore, the question is not so much on of supply than one of demand. In this perspective, we have questioned the social representations influencing the demand for mental health services associated with depressive disorders among young Francophones living in a minority context in Canada.

Although our study has several sites (Ontario, Manitoba and New Brunswick), our presentation focuses on our results for the Ottawa area. To meet our research objectives, we interviewed 10 men and women in this region, aged between 18 and 30 years old, for whom French is the first language learned and still understood, and whom reported having experienced depression in the past two years. Data were collected through: 1) the method of network associations, 2) semi-structured interviews, and 3) the technique of incentives by photography. The analysis of the results was performed according to the method of integrated analysis of content of social representations.

Thus, the analysis of social representations of depressive disorders as well as of mental health services support the hypothesis that the issue of accessibility is more important than the issue of supply. In these social representations we have identified an integrated dynamic identity that explains a certain resistance to seeking services for this population. These results have allowed us to better understand the demand for mental health services for young Francophones in Ottawa.