



## Livable and Affordable Housing is ... Vital to Our Health



Livable and affordable housing has a major role to play in our physical and mental well-being. People who are homeless or don't have healthy and affordable housing are at high risk of serious physical and mental health problems, problems accessing health care, ending up in the hospital, being assaulted and going hungry – and die much earlier than people with stable housing. Healthy housing includes housing with supports that allows people with physical and mental health needs to live in dignity.

Without livable and affordable housing, it's hard to get and keep a job, have a harmonious family life, meet our health needs and raise healthy children. Everyone needs healthy housing – decent, stable and appropriate to our individual needs.

## ... and Makes Good Economic Sense

Creating new affordable housing and rehabilitating our existing housing is good for our economy too. It creates jobs and stimulates our economy when many Ontarians are still struggling. For every \$1 that governments invest in the construction of new affordable housing, a \$1.76 is generated in the local economy. That puts Ontarians back to work, and creates much needed affordable housing that benefits us all. But, it doesn't happen without government investments.

### Ask your candidates:

- How will your party ensure that all people with physical and mental health issues have their housing needs met?
- What are your party's plans to ensure access to healthy and affordable housing for all Ontarians?

### Resources:

- Mental Health Commission, *At Home/Chez Soi Project*: [www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)
- Reach<sup>3</sup>, *Housing Vulnerability and Health: Canada's Hidden Emergency*: [www.stmichaelshospital.com/pdf/crich/housing-vulnerability-and-health.pdf](http://www.stmichaelshospital.com/pdf/crich/housing-vulnerability-and-health.pdf)
- Wellesley Institute, Affordable Housing research: [www.wellesleyinstitute.com/our-work/housing](http://www.wellesleyinstitute.com/our-work/housing)

