

No Health Without Mental Health

We can all play a role to support youth mental health



Good mental health is important for everyone, including youth. When mental health is good it helps youth to get the most out of life. Mental health and physical health need to be considered together as they are closely linked.

Did you know?

49% of secondary students rate their mental health as excellent or very good¹

62% of students rate their physical health as excellent or very good¹

Individual

25%

of secondary school students report binge drinking at least once in the past month¹

34%

of secondary school students experienced a traumatic event in their lifetime¹

41%

of secondary students report moderate-to-severe psychological distress in the past month¹

Family

8%

of residents under the age of 18 live in poverty²

47%

of secondary students report they rarely or never talk about their problems or feelings with at least one parent¹

Community

13%

of secondary students worry that they will be harmed, threatened or stolen from at school¹

23%

of secondary students ranked their subjective social status at school as low, i.e., felt no one respects them and no one wants to hang out with them¹

Society

6%

of students reported going to bed or school hungry¹

39%

of students experienced unfair treatment at least once in the past year based on characteristics such as gender, race, age or appearance³

¹Durham Region, OSDUHS 2016-2017. ²Durham Region, Census 2016 based on low-income cut-off, after tax. ³HBSC 2013-2014

Steps to support youth mental health...

- Promote safe and healthy schools
- Create inclusive opportunities for extracurricular activities
- Provide opportunities for volunteering

Individual



- Build and enjoy healthy relationships
- Limit screen time
- Avoid substances
- Learn healthy ways to manage stress
- Talk with a parent and/or trusted adult

Community



Family



- Reduce stigma and increase mental health awareness
- Advocate for policies that support health and well-being so that all people can reach their full potential

Society



- Create positive connections
- Teach skills for living including online safety
- Role model healthy coping
- Access community supports