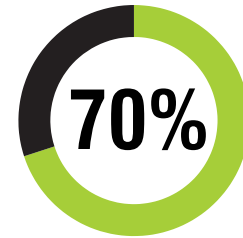


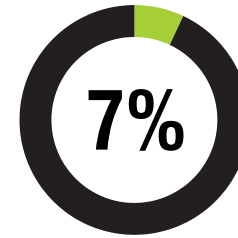
Mental Health Facts for Children & Youth

In any given year,
1 in 5 Canadians
experience
a mental health or
addiction problem.¹

70% of mental health
problems have their onset in
child and teen years.²



7% of Canadian teens reported
having been diagnosed with an
anxiety or mood disorder in 2012.³



Impact

1.2 Million

Canadian children and youth
are affected by mental illness.¹



2x

Teenagers who are struggling with
depression are two times more likely
to drop out of high school.⁴

Reasons to seek more information about your mental health:

- Feeling very sad or withdrawn for more than 2 weeks (e.g. crying regularly, feeling fatigued, feeling unmotivated, difficulty concentrating).
- Trying to harm or kill oneself. Having thoughts of suicide or self harm.
- Risk-taking behaviors that could cause harm to self or others.
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.
- Significant weight loss or gain. Significant changes in eating habits.
- Significant change in mood or growing inability to cope with daily problems and activities.
- Excessive use of drugs or alcohol. Misuse of over-the-counter or prescription medication.
- Drastic changes in behavior, personality or sleeping habits.
- Seeing or hearing things that aren't there (hallucinations).
- Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.

Suicide

1 in 7 Canadian youth, aged 15-24 have reported
having suicidal thoughts at some point in their life.⁵



Suicide is the leading cause of non-accidental death
in youth age 15 to 19 and accounts for 23% of all
deaths in this age group.⁶

Ways to Get Help

Call Interlake-Eastern
RHA Mental Health
Crisis Services at
1-866-427-8628



Talk to your
family doctor or
nurse practitioner



Connect with supports:
family, peers and professionals

Visit www.ierha.ca click on
“Care in Your Community”
then “Mental Health” for
more information about area
resources.



Contact Kids Help Phone at
1-800-668-6868 or
text **CONNECT** to 686868



Talk with your school counsellor

1. Smetanin et al. (2011). The life and economic impact of major mental illnesses in Canada: 2011-2041. Prepared for the Mental Health Commission of Canada. Toronto: RiskAnalytica.

2. Government of Canada. (2006). The human face of mental health and mental illness in Canada. Ottawa: Minister of Public Works and Government Services Canada.

3. Mental Health Commission of Canada. (2015). Informing the Future: *Mental Health Indicators for Canada, Ottawa, ON: Author*

4. Revisiting the Link Between Depression Symptoms and High School Dropout: Timing of Exposure Matters. Dupéré, Véronique et al. *Journal of Adolescent Health*, Volume 62, Issue 2, 205 - 211

5. Statistics Canada, 2012. Canadian Community Health Survey - Mental Health.

6. Statistics Canada (2015). Leading causes of death, total population, by age group and sex, Canada, 2012. CANSIM 102-0561.