YOUTH IN SIMCOE MUSKOKA



When students are mentally healthy, they are better prepared to learn and thrive. Mental health is impacted by many factors and life events.

All youth can benefit from learning skills and behaviours to help cope with stressful situations and challenges—however some youth are more at risk of poor mental health and can use extra support.





Mental health worsens after students move from Grade 7 and 8 into high school. Fair/poor perceived mental health 27% high school 13% Gr. 7-8 Elevated stress 43% high school 12% Gr. 7-8

SEX

Poor mental health is reported by twice as many female students as males.

MALES FEMALES MALES FEMALES

9% 18% 10% 28%

Had serious thoughts

about attempting

suicide

Visited a mental health

professional

MALES FEMALES

20%

44%

Wanted to talk to someone about a mental health or emotional problem, but didn't know where to turn

FAMILY SOCIAL STATUS

Students rated their family's place in society in respect to money, education and occupation. Those who rate their family social status lower, reported worse mental health.

44% 22%

37% **1**3% **1**

Symptoms of anxiety and depression

24%

Low Social Status

10% High Social Status

about attempting suicide

Had serious thoughts

FOUR THINGS YOU CAN DO



Bullied at school

Talk openly with



Listen to their feelings and show support



Learn about supports in your community



ts Talk with a heath care professional

References

This infographic presents data from the Ontario Student Drug Use and Health Survey (OSDUHS) that is significantly different by grade, sex and family social status, for students in Grades 7 to 12 in public elementary and high schools in Simcoe Muskoka. The OSDUHS is an anonymous, voluntary survey given to students in Ontario every two years.

The data used in this publication came from the Ontario Student Drug Use and Health Survey conducted in 2015 by the Centre for Addiction and Mental Health and administered by the Institute for Social Research, York University. Its contents

and interpretation are solely the responsibility of the Simcoe Muskoka District Health Unit and do not necessarily represent the official view of the Centre for Addiction and Mental Health.