

MENTAL HEALTH: DID YOU KNOW?

Almost **1 in 5**
young people live
with mental disorders

75%
of mental disorders
develop by age 24

50%
of mental disorders
develop by age 14

Only **1 in 5** children
in Canada who need mental
health services ever receives
professional help

3.2 million
young people ages 12 to 19 are at
risk for developing depression

Suicide is the **2nd**
leading cause of death for
young people, after accidents

The average rate of suicide among
youth who are Aboriginal is estimated to be

5 to 6
times higher than among
non-Aboriginal youth

LGBTQ (lesbian, gay, bisexual,
trans, queer and questioning)
youth are approximately

3 times more likely to
attempt suicide than
their peers

Statistics quoted are from various sources. [See next page for details.](#)

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MENTAL HEALTH: DID YOU KNOW?

STATISTICAL SOURCES:

Almost **1 in 5** young people in Canada live with mental disorders.

Source: Waddell, C., McEwan, E., Hua, J., Shepherd, C. (2002). Child and youth mental health: Population health and clinical service considerations. A research report prepared for the British Columbia Ministry of Children and Family Development. Retrieved from http://www.childhealthpolicy.sfu.ca/research_reports_08/rr_pdf/RR-1-02-full-report.pdf

Only **1 in 5** children in Canada who need mental health services ever receives professional help.

Source: Canadian Mental Health Association (n.d.). Fast facts about mental illness. Retrieved from <http://www.cmha.ca/media/fast-facts-about-mental-illness/>

Suicide is the **2nd** leading cause of death for young people, after accidents, accounting for **24%** of all deaths among Canadians ages **15 to 24**.

Source: Canadian Mental Health Association (n.d.). Fast facts about mental illness. Retrieved from <http://www.cmha.ca/media/fast-facts-about-mental-illness/>

LGBTQ (lesbian, gay, bisexual, trans, queer and questioning) youth in Canada are approximately **3 times** more likely to attempt suicide than their peers.

Source: Centre for Suicide Prevention (December, 2003). Suicide among gay, lesbian, bisexual or transgendered youth. Retrieved on March 3, 2009, from <http://www.suicideinfo.ca/csp/assets/alert53.pdf>

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

“Mental health is an integral part of health; indeed there is no health without mental health.”

– World Health Organization

In Canada, **75%** of mental disorders develop by age **24**; **50%** by age **14**.

Source: Mental Health Commission of Canada (2011). Youth a priority for mental health first aid. News From MHCC: Child and Youth Special Edition. 4. Retrieved from http://www.mentalhealthcommission.ca/SiteCollectionDocuments/Newsletters/MHHC_Newsletter_Sept2011_ENG.pdf

About **3.2 million** young people in Canada ages **12 to 19** are at risk for developing depression.

Source: Young people at risk for depression: Canadian Mental Health Association (n.d.). Fast facts about mental illness. Retrieved from <http://www.cmha.ca/media/fast-facts-about-mental-illness/>

The average rate of suicide in Canada among youth who are Aboriginal is estimated to be **5 to 6 times** higher than among non-Aboriginal youth.

Source: Oppal, W. (2006). Sayt k'üülm goot – Of one heart: Preventing Aboriginal youth suicide through youth and community engagement. Retrieved from http://www.rcybc.ca/Groups/Archived%20Reports/cyo_of_one_heart_web.pdf