

Youth Facts: Mental Health

Ottawa Student Drug Use and Health Report, 2014

Mental health and bullying issues often first appear in adolescence. Poor mental health is linked to lower success in school and greater risk-taking behaviour. A safe home and school environment, positive role models, good problem-solving skills and access to support services can help improve youth mental health.

To learn more about *Youth Facts* and other topics, and view an accessible version visit:
<http://www.ottawa.ca/healthreports>.

64% of students reported excellent or very good mental health.

Students with excellent mental health were less likely to be victims of bullying and more likely to feel attached to and safe in their school.



Boys, grades 7 to 8 students, immigrant students and students from families of higher socioeconomic status were more likely to report excellent mental health.



1 in 4

students visited a mental health professional at least once in the past year.



26%

of students experienced a time in the past year where they wanted to talk to someone about a mental health or emotional problem, but they didn't know where to turn. This was more common among students who had seriously considered attempting suicide in the past year.



of students scored as having high or very high levels of psychological distress, based on a screening questionnaire.



One in five students was bullied on the internet in the past year.

23%
of students were bullied at school in the past year.

20%

2009

11%

2013

There was almost a 50% reduction in students who reported bullying others at school.

Resources:

- Youth Services Bureau (YSB) of Ottawa provides a Youth Mental Health Walk-In Clinic, youth and family counselling, crisis support, and a 24/7 Crisis Line: 613-260-2360. www.ysb.on.ca.
- Distress Centre - Ottawa and Region: 613-238-3311 and www.dcottawa.on.ca
- Youth Net at CHEO provides a variety of mental health programs, including bilingual focus group sessions, programs in schools and the community, and in-house initiatives for youth dealing with mental health issues. To find out more, visit www.youthnet.on.ca or call 613-738-3915.
- Le Centre Psychosocial provides mental health services to Francophone youth and their families in the Ottawa region: www.centrepyschosocial.ca/fr/
- Parents' Lifeline of Eastern Ontario (PLEO) provide family support meetings for parents of children, youth and young adults living with mental illness, held the 3rd Thursday of every month. For dates and locations, visit their website: www.pleo.on.ca/
- Your local community health and resources centre offer many programs and services for youth and families related to bullying and mental health: www.coalitionottawa.ca.
- Wabano Centre for Aboriginal Health provides comprehensive and culturally relevant mental health services, including individual counselling, groups, events and case management to youth and families: www.wabano.com.
- Rideauwood Addiction and Family Services (www.rideauwood.org) is a non-profit agency serving individuals and family members who are or have been affected by addictions, substance abuse, problem gambling or related mental health issues. Contact your school or Rideauwood Intake: 613-724-4881.

More Information:

For general information about mental health services available in Ottawa, please see our Mental Health Referral Tool at ottawa.ca/mentalhealthresources. For information about how to talk to youth about mental health please visit www.havethattalk.com. You can also visit www.ementalhealth.ca for information about local mental health-related resources.

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