

MENTAL HEALTH

EXPERIENCES OF YOUTH IN OTTAWA

MANY YOUNG PEOPLE WANT TO TALK TO SOMEONE ABOUT A MENTAL OR EMOTIONAL PROBLEM, BUT DO NOT KNOW WHERE TO TURN

This information is from the Ontario Student Drug Use and Health 2021 Survey conducted by the Centre for Addiction and Mental Health.

NOTE: * denotes estimates that should be interpreted with caution due to high sampling variability/small sample size.

16%

of students in Ottawa, in grades 7-12, reported that they had considered attempting suicide in the past 12 months.

Students from lower socio-economic status (SES) households were twice as likely to report having considered suicide (25%*) compared to those from higher SES households (13%).

42%

of students in Ottawa, in grades 7-12, reported wanting to talk to someone about a mental or emotional problem but not knowing where to turn.

This was significantly higher than was reported in 2019 (34%).

Some youth have less access to knowledge about where to go for help than others

Almost 1 in 2 students in grades 9-12 report wanting to talk to someone but not knowing where to turn.

Grade 9-12 students identifying their sexual orientation as LGBTQ2+ were twice as likely to report wanting to talk to someone but not knowing where to turn compared to their heterosexual counterparts.

Students from lower SES households were significantly more likely to report wanting to talk to someone but not knowing where to turn (59%*) compared to those from higher SES households (36%).

Students in grades 9-12 identifying their gender as other than man/boy or woman/girl were significantly more likely to report wanting to talk to someone but not knowing where to turn (81%) compared to those identifying as a man/boy (26%) or woman/girl (54%).

For more information on mental health, addictions and substance use health services and resources visit OttawaPublicHealth.ca/MentalHealthAndWellness.