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 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 (28%) or woman/girl (54%).

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

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