



Mental health and well-being among Durham Region students

Grades 7-12, 2015

at a glance.....

Mental health is how we think, feel and act. It helps us cope with the normal stresses of life, be productive and make a contribution to our community.



Stress and Mental Health

We all have highs and lows in life. A low period does not mean you have a mental illness.

39% felt they were under a lot of stress in the past month*

17% reported fair to poor mental health in the past year*

37% reported elevated psychological distress (e.g., felt nervous or restless) in the past month*

Stress can be beneficial for achievement in small amounts but too much stress and the inability to cope can harm physical and mental health, and impair learning.

Did you know... the onset of mental illness often appears in the teen years? It's important to encourage and assist students to seek help if they're having difficulty coping.

21% visited a mental health professional at least once in the past year*

27% wanted to talk about a mental health or emotional problem in the past year but did not know where to turn

*grades 9-12



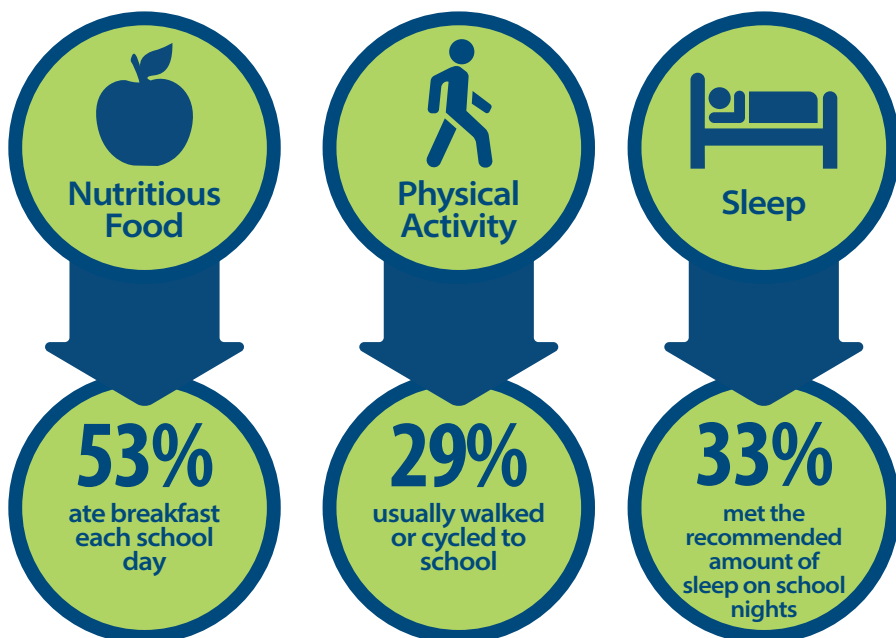
4% reported attempting suicide in 2015*.

*grades 9-12

The impact of suicide extends beyond the tragic loss of a person's life and impacts family, community and society at large. It's important to know that suicide can be prevented and that talking about suicide is okay.

Dealing with change

To cope with physical, emotional and social changes students need:



Feeling a sense of belonging can protect a student's mental health.

- Over **80%** felt like they are a part of their school
- Over **80%** felt close to the people at their school
- Over **90%** felt safe at school



Acknowledgment: The data used in this publication come from the Durham Region Health Department analysis of self-reported attitudes and behaviours from the 2014-2015 Ontario Student Drug Use and Health Survey conducted at the Centre for Addiction and Mental Health (CAMH) and administered by the Institute for Social Research, York University. Its contents and interpretation are solely the responsibility of the author and do not necessarily represent the official view of the CAMH.



Epidemiology & Evaluation



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If you require this information in an accessible format, contact 1-800-841-2729