# **No Health Without Mental Health**

### We can all play a role to support youth mental health



Good mental health is important for everyone, including youth. When mental health is good it helps youth to get the most out of life. Mental health and physical health need to be considered together as they are closely linked.

#### Did you know?

49% of secondary students rate their mental health as excellent or very good<sup>1</sup>

62% of students rate their physical health as excellent or very good<sup>1</sup>

#### **Individual**

of secondary school students report binge drinking at least once in the past month<sup>1</sup>

of secondary school students experienced a traumatic event in their lifetime1

of secondary students report moderate-to-severe psychological distress in the past month<sup>1</sup>

#### **Family**

8%

of residents under the age of 18 live in poverty<sup>2</sup>



of secondary students report they rarely or never talk about their problems or feelings with at least one parent1

### **Community**



of secondary students worry that they will be harmed, threatened or stolen from at school<sup>1</sup>



of secondary students ranked their subjective social status at school as low, i.e., felt no one respects them and no one wants to hang out with them1

### **Society**

of students reported going to bed or school hungry<sup>1</sup>



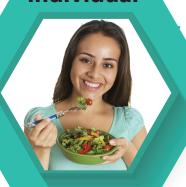
of students experienced unfair treatment at least once in the past year based on characteristics such as gender, race, age or appearance<sup>3</sup>

<sup>1</sup>Durham Region, OSDUHS 2016-2017. <sup>2</sup>Durham Region, Census 2016 based on low-income cut-off, after tax. <sup>3</sup>HBSC 2013-2014

## Steps to support youth mental health...

- Promote safe and healthy schools
- Create inclusive opportunities for extracurricular activities
- Provide opportunities for volunteering

#### **Individual**



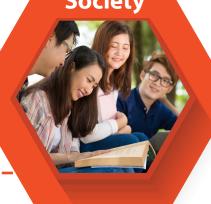
- Build and enjoy healthy relationships
- Limit screen time
- Avoid substances
- Learn healthy ways to manage stress
- Talk with a parent and/or trusted adult

# Community



- Reduce stigma and increase mental health awareness
- Advocate for policies that support health and well-being so that all people can reach their full potential

### Society



# **Family**



- Create positive connections
- Teach skills for living including online safety
- Role model healthy coping
- Access community supports









