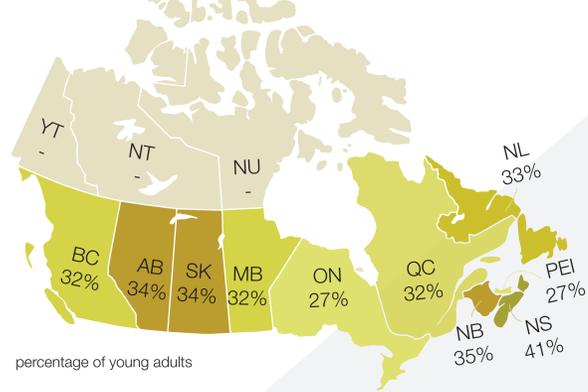


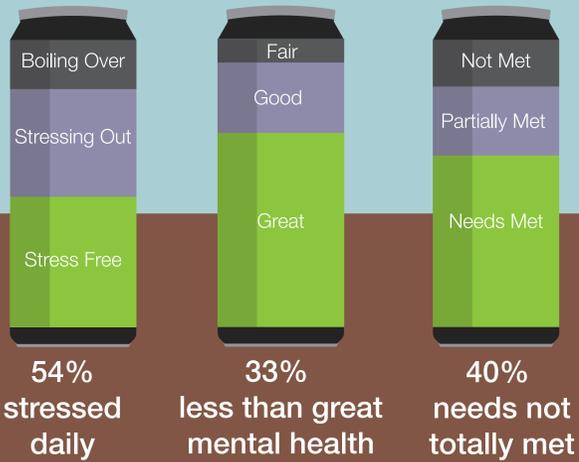
**Mood disorders and substance abuse are most common in the prairies and maritimes**



**1 in 5 young people are dealing with some sort of mental illness**



Of those, only 1 in 6 are receiving treatment



Most students are stressed, many aren't in great mental health, and many with mental health needs aren't getting all the help they need.

**YOUNG CANADIANS and MENTAL HEALTH**

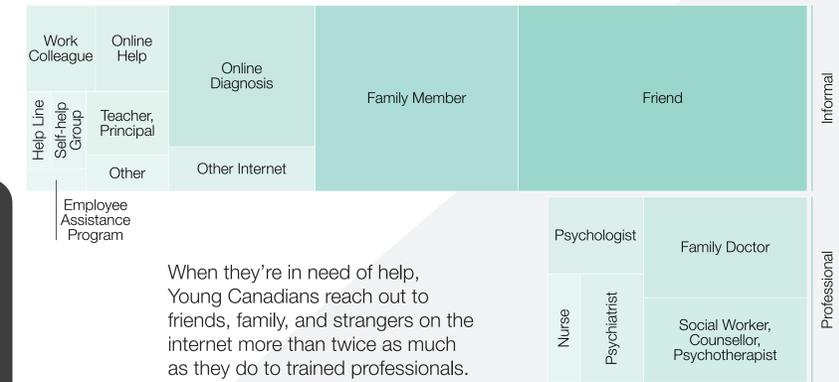
The **DISCONNECT** among **CONNECTED YOUTH**

The suicide rate drastically increases with highschool aged children



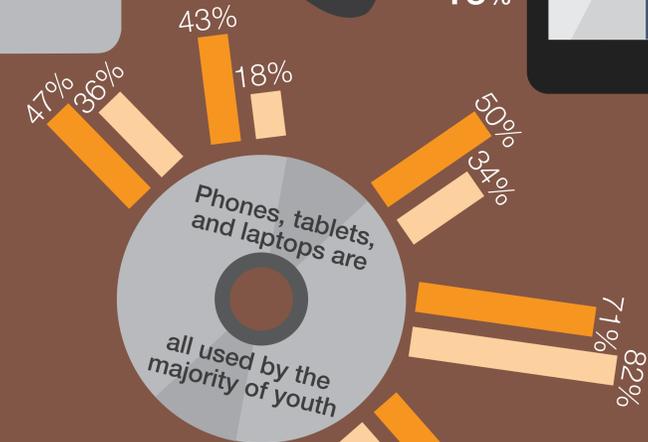
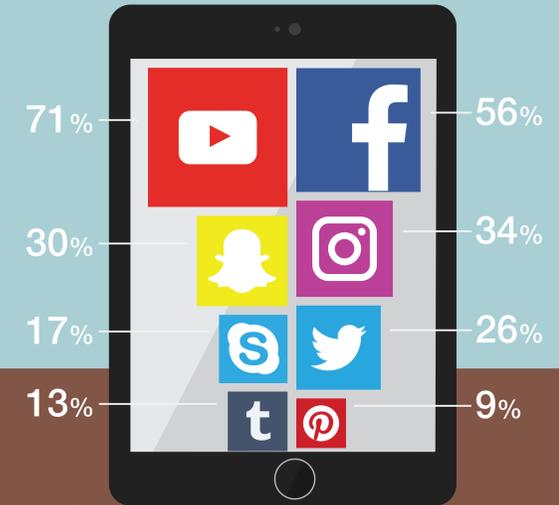
- To Do:
- communicate with youth in their language
  - understand new online habits
  - learn how to engage students

**Most youth look to friends, family, and the internet for help**



When they're in need of help, Young Canadians reach out to friends, family, and strangers on the internet more than twice as much as they do to trained professionals.

**There are a handful of social media sites that most Canadian Youth visit**



**1 in 5 deaths among children, youth and young adults are suicides**

**7 in 10 teachers haven't received professional training to address student mental illness**

**1 in 5 teachers frequently see students with a mental health problem being bullied**

- Teachers agree about barriers to mental health among students
- Not enough mental health professionals in schools: 89%
  - Not enough mental health training for staff: 87%
  - Not enough funding for school-based mental health services: 85%
  - Not enough community-based mental health professionals: 78%
  - Lack of coordinated services between school and community: 75%
  - Lack of referral options in the community: 67%
  - Addressing mental illness not a priority: 54%
- Percentage that agree