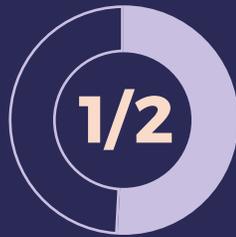




The state of mental health of N.B. youth

What youth in grades 6 to 12 tell us in the latest results of the New Brunswick Student Wellness Survey

1 Our situation is worrisome



Half of us have shown symptoms of depression or anxiety during the last 12 months

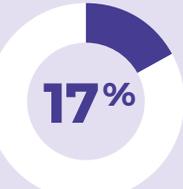
As measured by the number of youths who avoids usual activities because they feel sad, hopeless, nervous, on edge, etc., every day for at least two weeks.

2 Many things contribute to this

The presence of risk factors:



I was bullied in the last two months



I was a victim of dating violence



I sleep less than 8 hours a night

Difficulty getting access to mental health services:

13,900 students

I needed to see or talk to someone for a mental or emotional health problem

3,900 students

...but I did not see anyone

Why not?

7 out of 10

I'm uncomfortable going for help

2 out of 10

I don't know where to go to get help

3 How can we improve our wellness?

Although avoiding risk factors and improving access to mental health services are part of the solution, it is also important to adopt **protective factors**, which help improve wellness. They occur at different levels:

Individual Level

My behaviours and habits

I sleep 8 hours a night



I do 60 minutes of physical activity a day



I limit my screen time to 2 hours a day



Changes between **2015-2016** and **2018-2019**

Family and friends

Having support from friends and family



With family



With friends

I am free to express myself



I feel I do things well



I feel liked and cared for



Community Level

Having resources in my community



I am treated fairly in my community



I feel safe in my school



We have good places to spend our free time

Resources

For immediate help:
crisisservicescanada.ca

For youth:
kidshelpphone.ca

Share your challenges with others who care, offer your support to someone you know, raise your voice to express the needs of your community and those close to you.

To learn more:

- camh.ca – Centre for Addiction and Mental Health
- cmha.ca – Canadian Mental Health Association
- mdsc.ca – Mood Disorders Society of Canada
- thelinkprogram.com/en – The Link Program



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