



Non-binary and 2SLGBTQIA+ youth's mental health

Results from the **2022-2023** edition
New Brunswick Student Wellness Survey (Grades 6 to 12)

High or moderate level of resilience

The ability to adapt to challenges by using internal and external resources.



High level of mental fitness

A person's basic psychological needs being met by family, friends, and school.



Symptoms of anxiety or depression in the last 12 months



What does non-binary mean?

The term "non-binary" refers to individuals who self-reported their gender as neither exclusively man/boy or woman/girl.

What does 2SLGBTQIA+ mean?

The term "2SLGBTQIA+" refers to individuals who identify as Two-Spirit, lesbian, gay, bisexual, transgender, queer and/or questioning, intersex, asexual and plus sign which reflects the countless affirmative ways in which people choose to self-identify.

The NBHC acknowledges that not all individuals who were included in the non-binary and/or 2SLGBTQIA+ categories classifications in its data use this term to describe their own identity or sexual orientation.

IF YOU NEED HELP:

nb.211.ca - kidshelpphone.ca - nb.bridgethegapp.ca
Chimo Helpline: 1-800-667-5005
gendercreativekids.com - pflagcanada.ca



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