

# 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

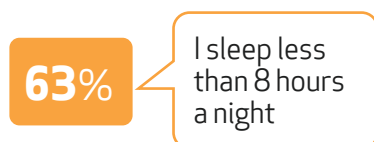
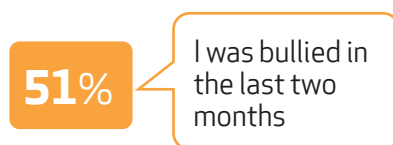


**Half** of us have shown symptoms of depression or anxiety during the last 12 months

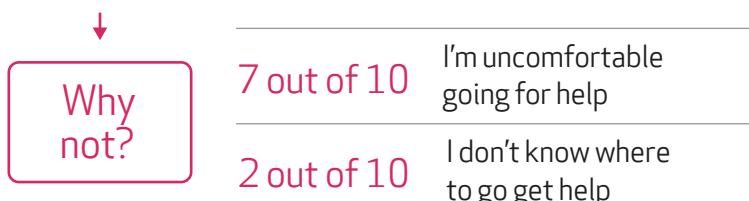
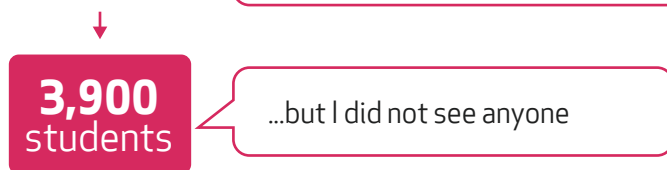
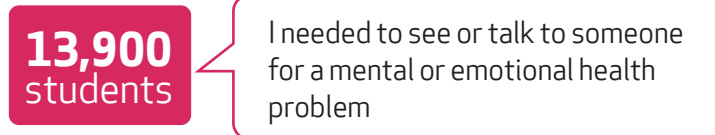
As measured by the number of youth who avoid usual activities because they feel sad, hopeless, nervous, on edge, etc., every day for at least two weeks.

## 2. Many things contribute to this

The presence of risk factors:

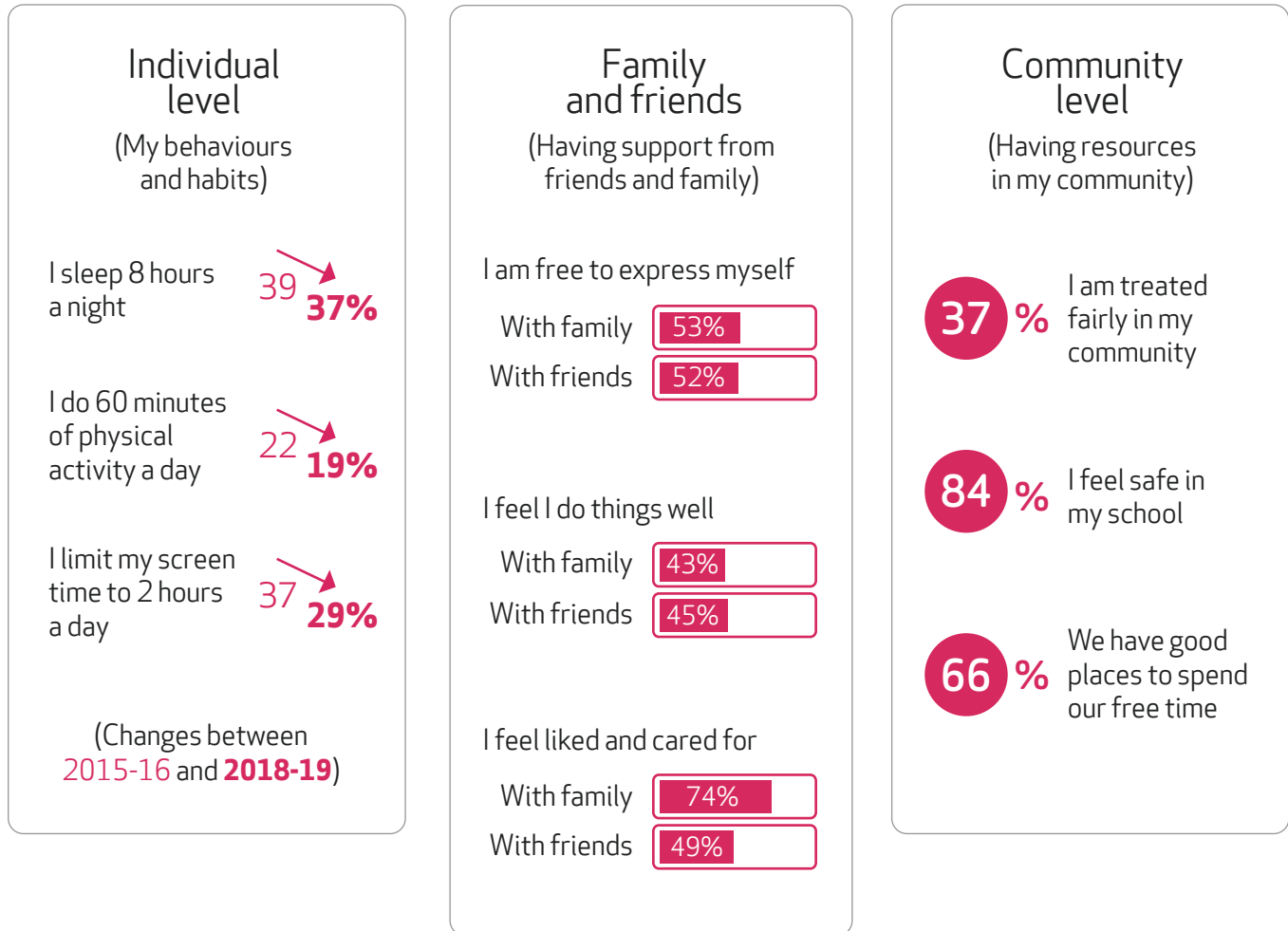


Difficulty getting access to mental health services:



### 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:



### Resources

For immediate help:  
- [crisisservicescanada.ca](http://crisisservicescanada.ca)

For youth:  
- [kidshelpphone.ca](http://kidshelpphone.ca)

- To learn more:
- [camh.ca](http://camh.ca) - Centre for Addiction and Mental Health
  - [cmha.ca](http://cmha.ca) - Canadian Mental Health Association
  - [mdsc.ca](http://mdsc.ca) - Mood Disorders Society of Canada
  - [thelinkprogram.com/en](http://thelinkprogram.com/en) - The Link Program

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.