



## General Stats on Youth Mental Health

- According to the Canadian Mental Health Association (2002), 10-20% of Canadian youth are affected by a mental illness or disorder, and among those affected only 1 out of every 5 youth who need help will actually receive it.
- The Canadian Mental Health Association has said that “mental illness is increasingly threatening the lives of our children”, with the youth suicide rate in Canada being the third highest in the industrialized world.
- Next to accidents, suicide is the second leading cause of death in Canada for youth age 15-24 (Health Canada 2002).
- General population studies have shown that the first symptoms and onset of major mental health disorders develop in adolescence and early adulthood, but that individuals in this age group are the least likely to access mental health services (Patton et al., 2007; Statistics Canada, 2003).
- In Canada, there are 3.2 million youth between the ages of 12-19 who are at risk for developing depression, and approximately 5% of male and 12% of female youth have already experienced a major depressive episode in their lifetime (CMHA).
- It has been found in major epidemiological studies that approximately 50% of all adult mental disorders commence during adolescence (Kessler et al., 2005).



### Contact Us

1145 Carling Avenue  
Ottawa, ON K1Z 7K4  
613.722.6521  
[www.rohcg.on.ca](http://www.rohcg.on.ca)