



YMHC

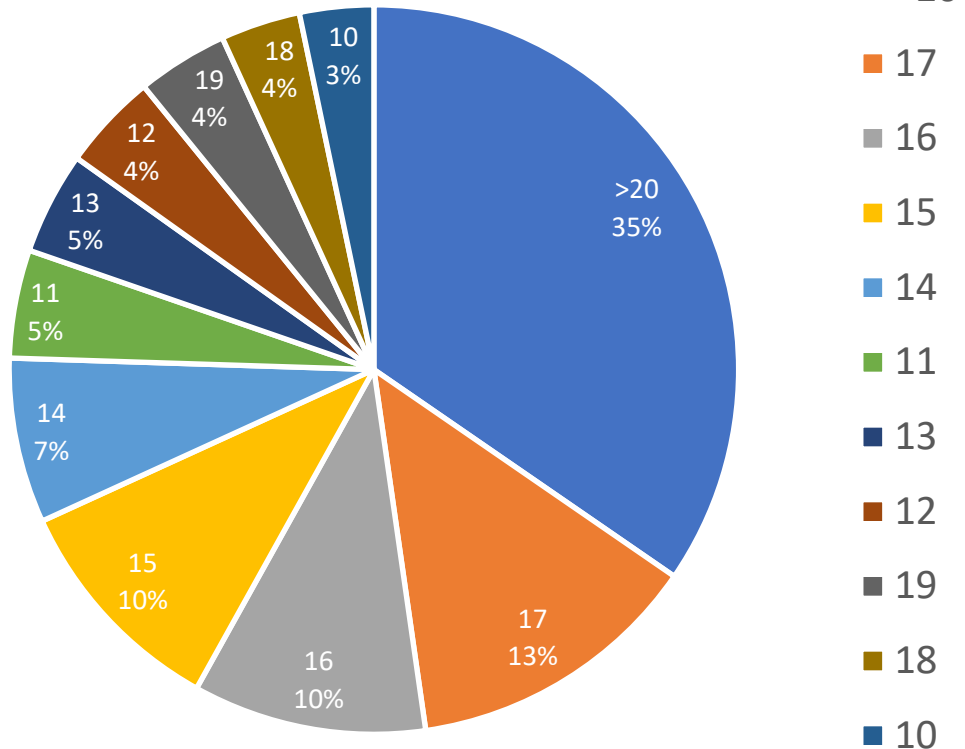
Youth Mental Health Canada

Analysis of Youth Mental Wellness Survey

August 2019

Prepared by Jessica Jing

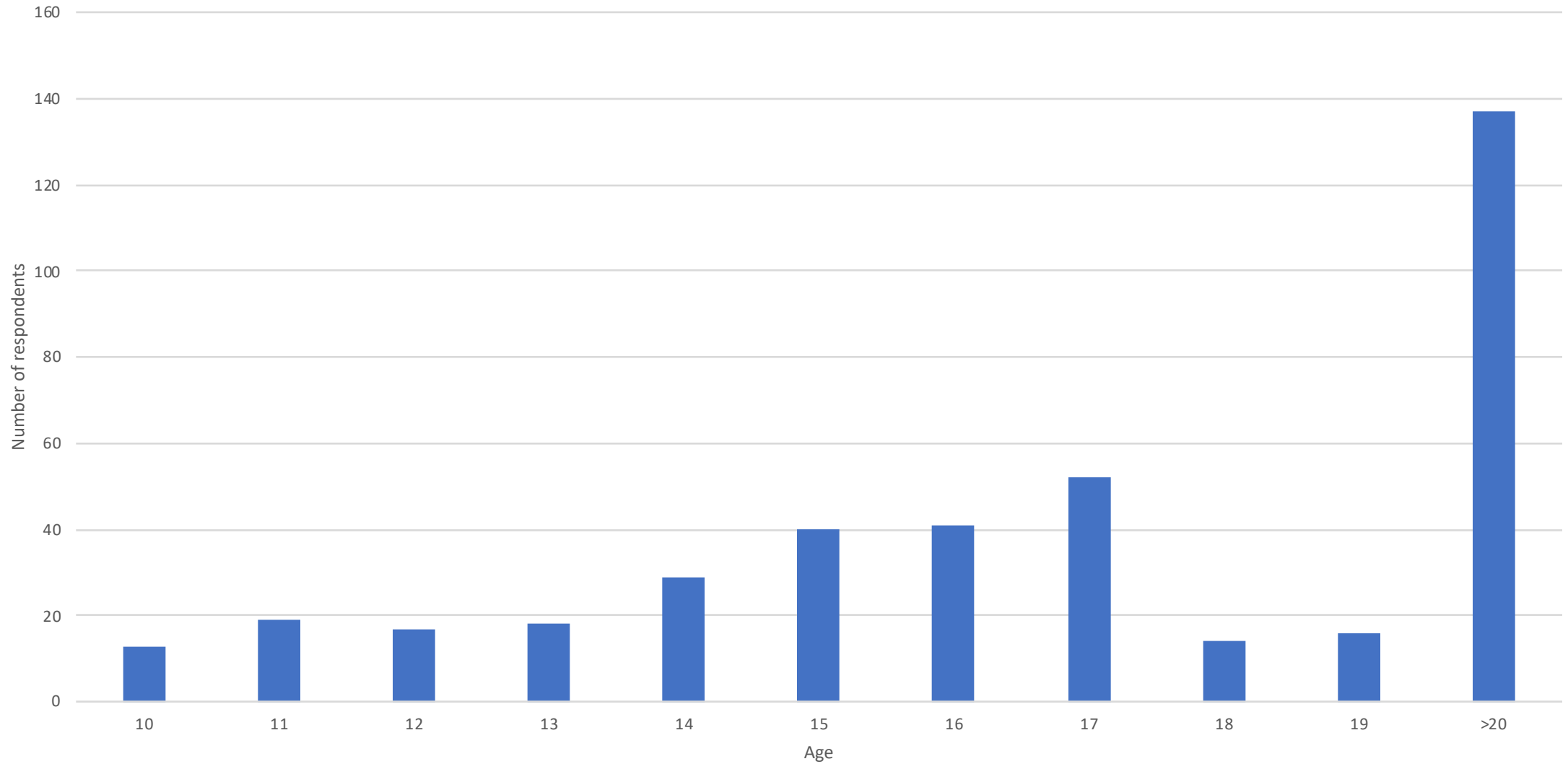
How Old Are You?



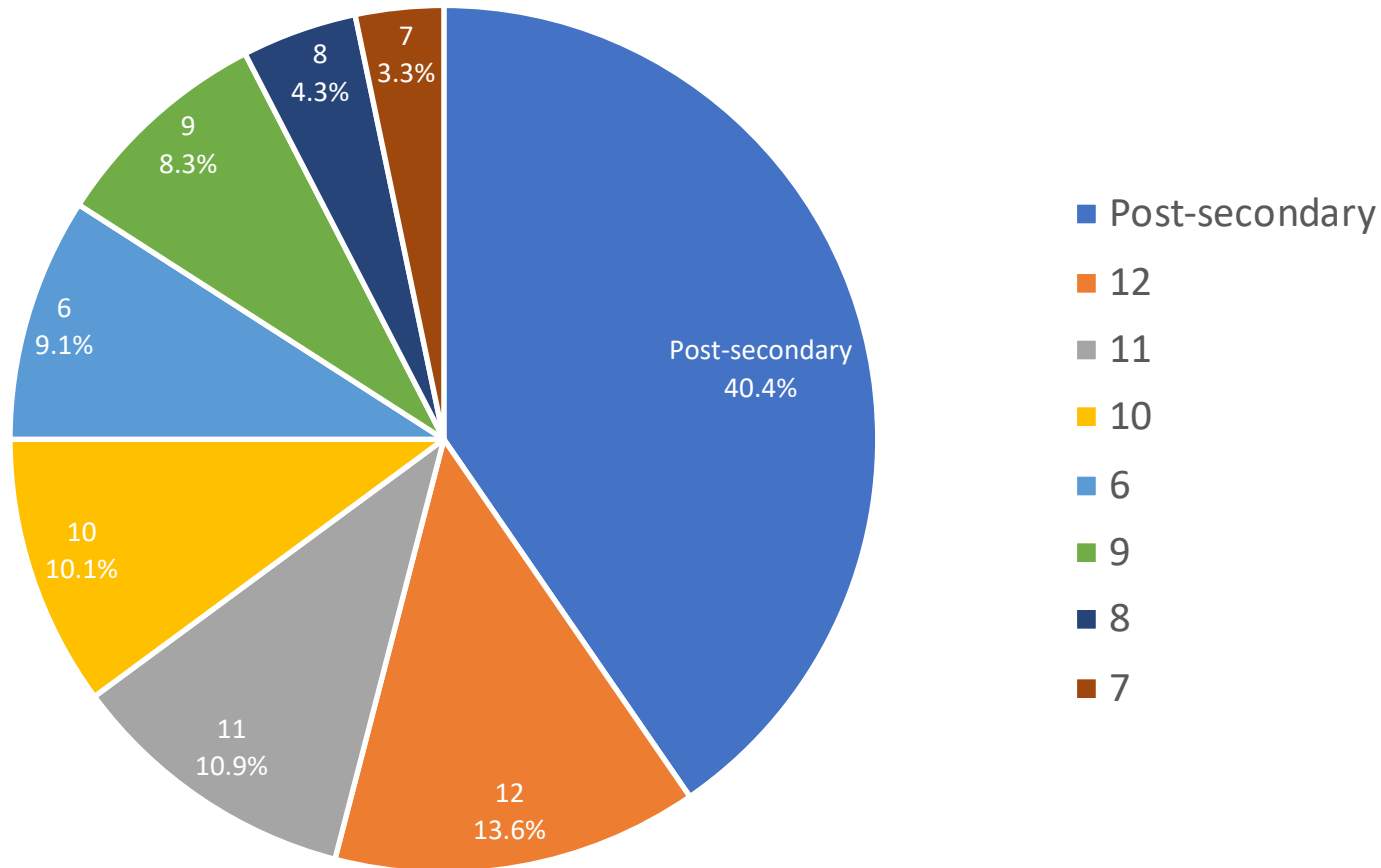
Most respondents are 20 years old or older.

Youth who are greater than 17 years old comprise more than half of the respondents.

How old are you?



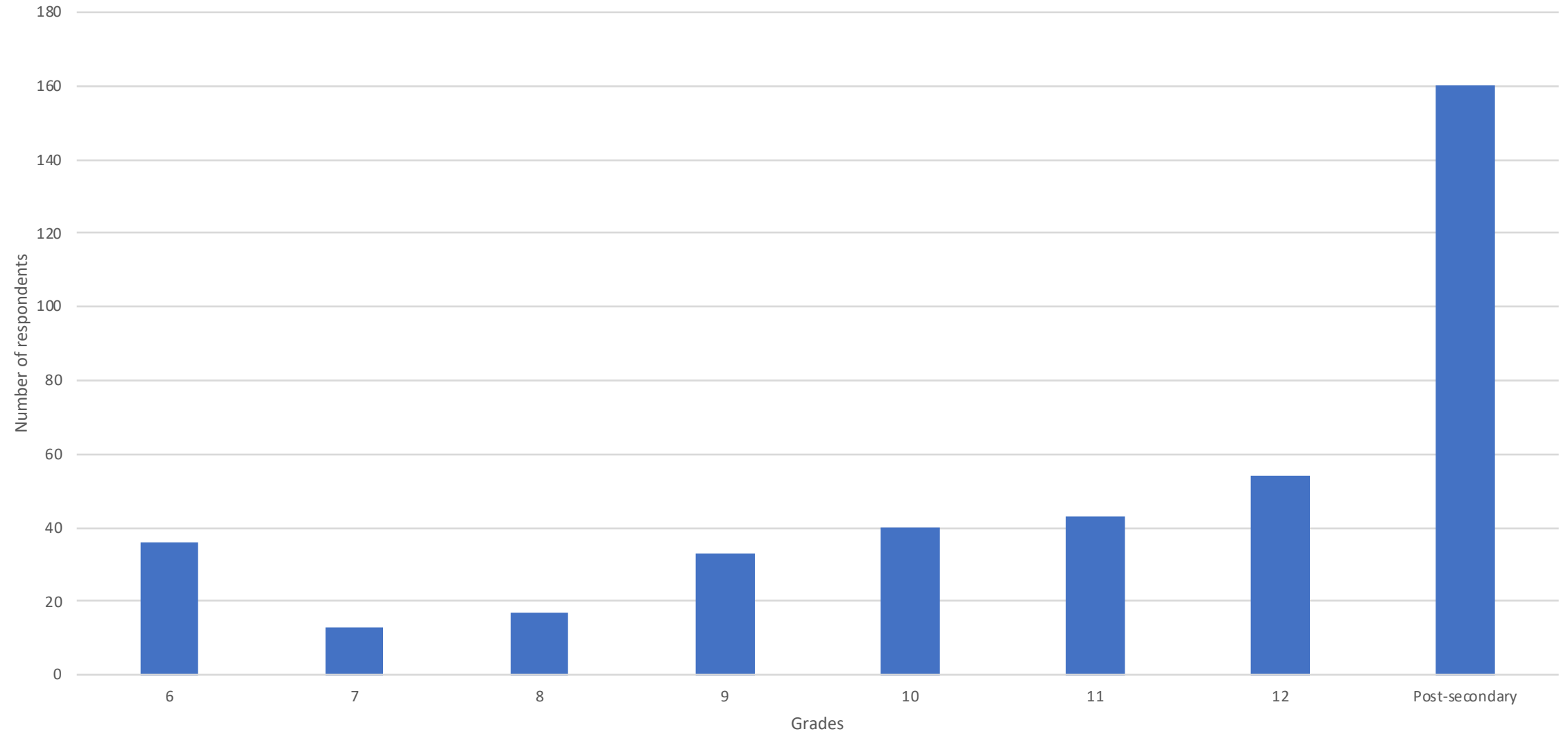
What Grade Are You In?



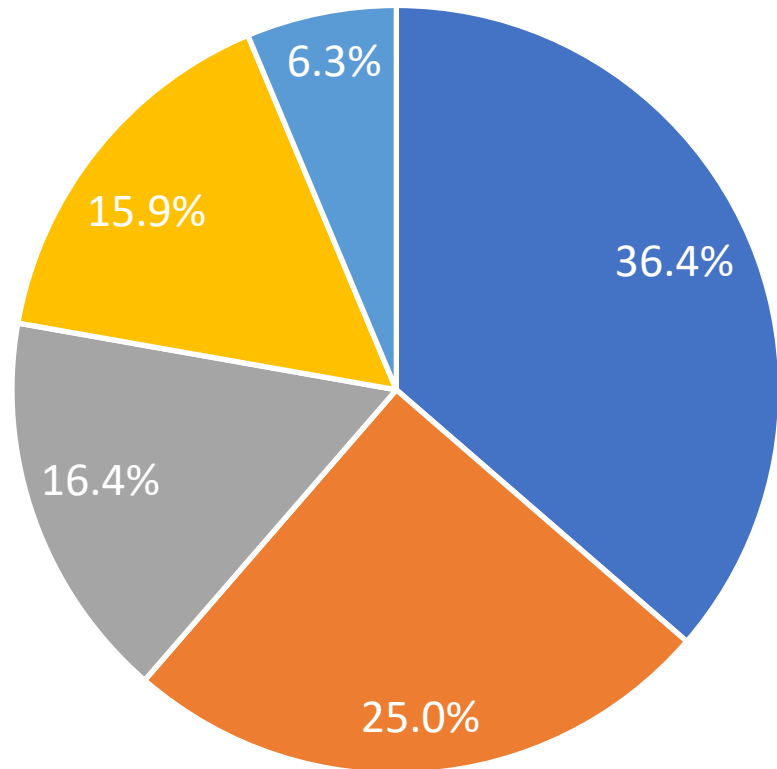
Most respondents are attending post-secondary schools.

More than half of the respondents are in 12th grade or higher.

What grade are you in?



How Do You Feel About School?

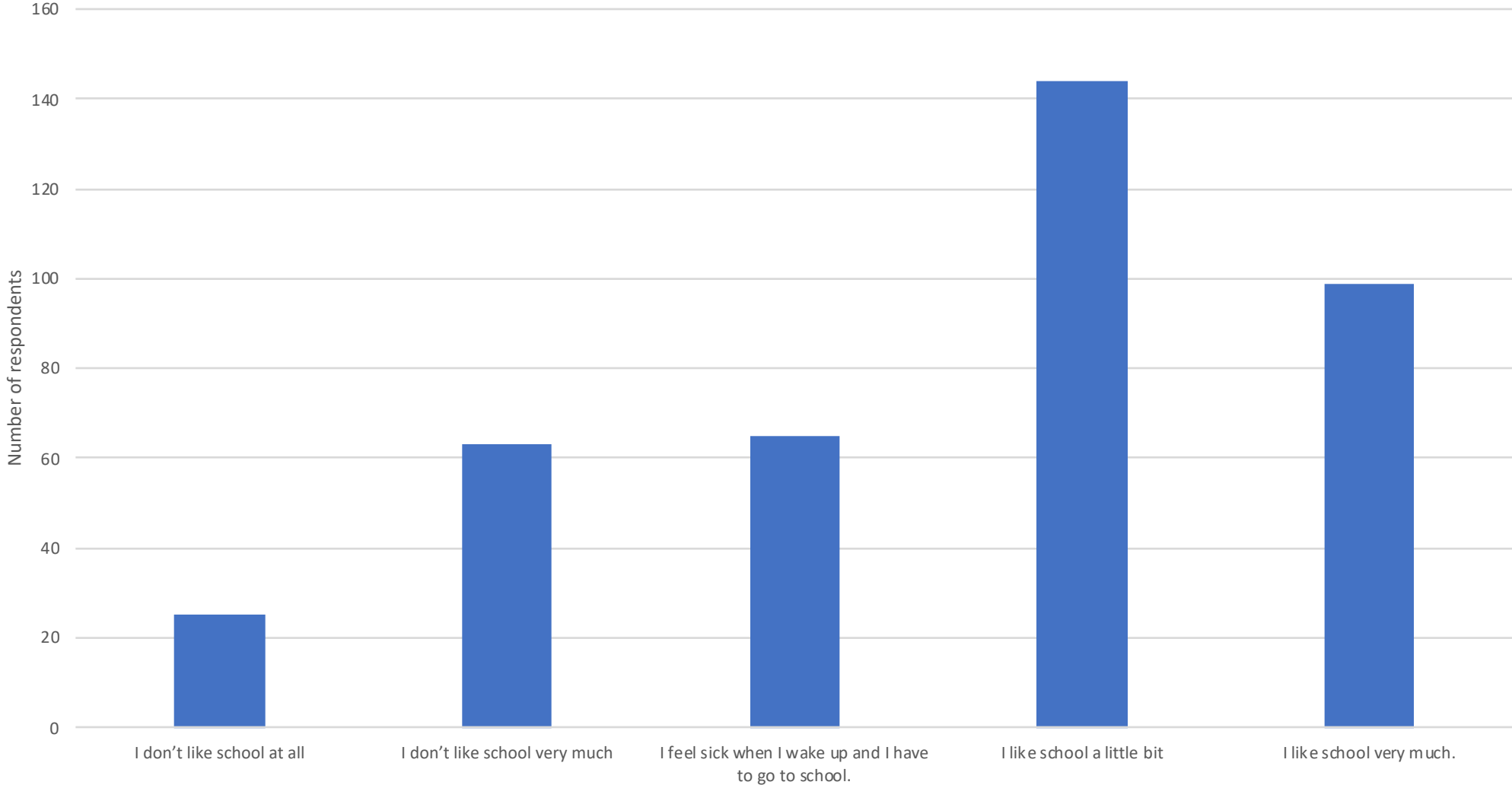


- I like school a little bit
- I like school very much.
- I feel sick when I wake up and I have to go to school.
- I don't like school very much
- I don't like school at all

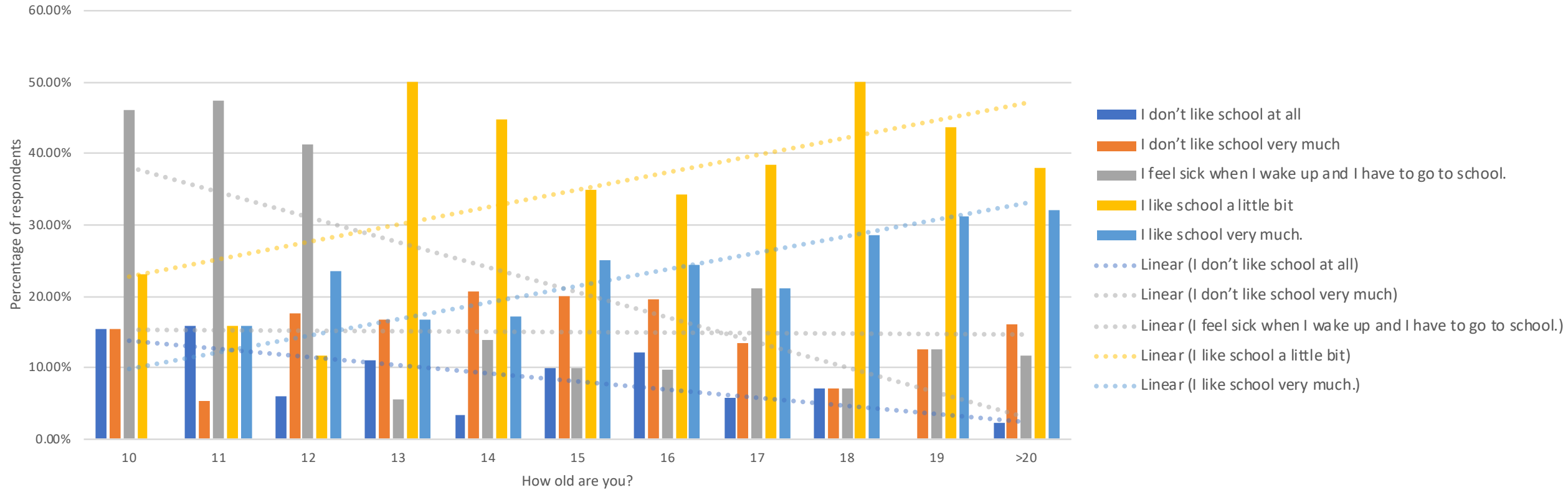
Most respondents like school a little bit.

More than half of the respondents generally like school.

How do you feel about school?



How do you feel about school?



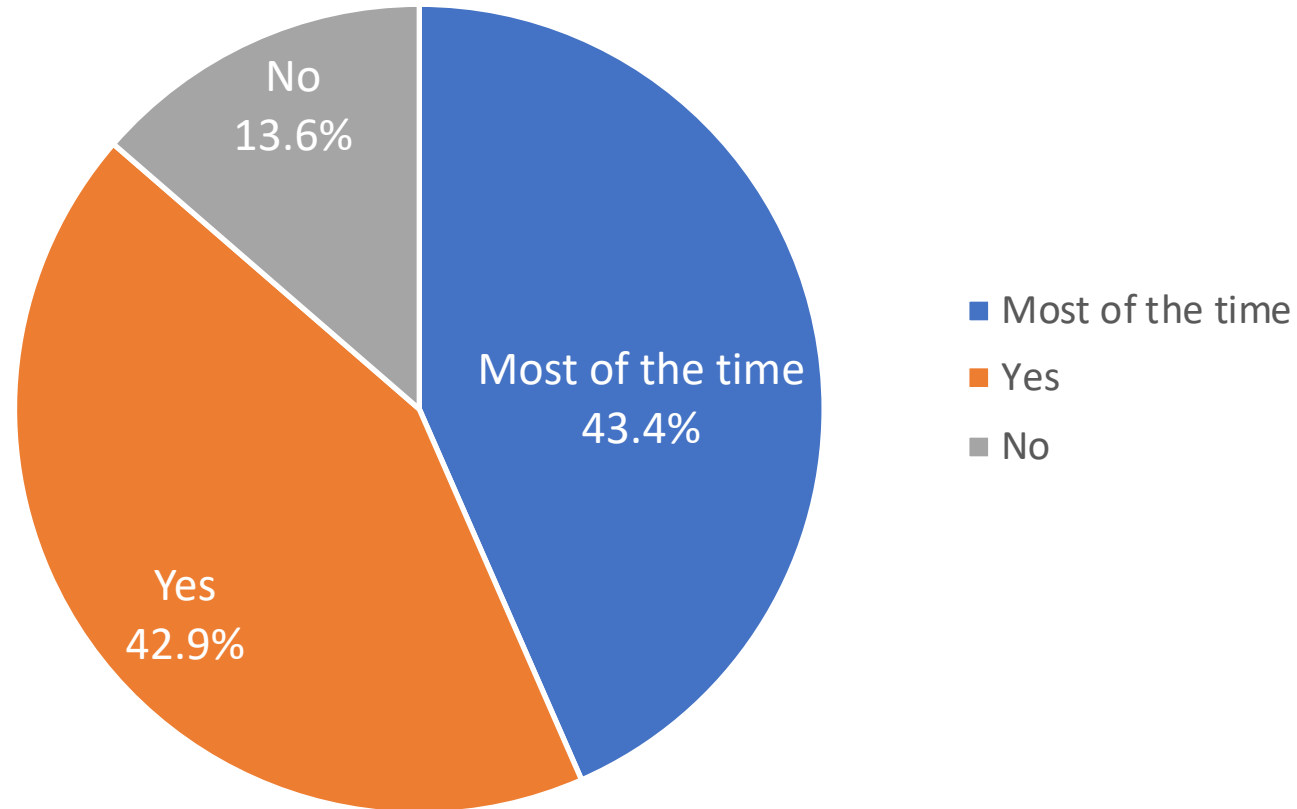
Since the distribution of age is not normal, the following questions are analyzed by different age groups.

The percentage of respondents who like school a bit increase with age.

The percentage of respondents who feel sick when wake up and have to go to school decreases with age.

No respondents who are 10 years old likes school very much.

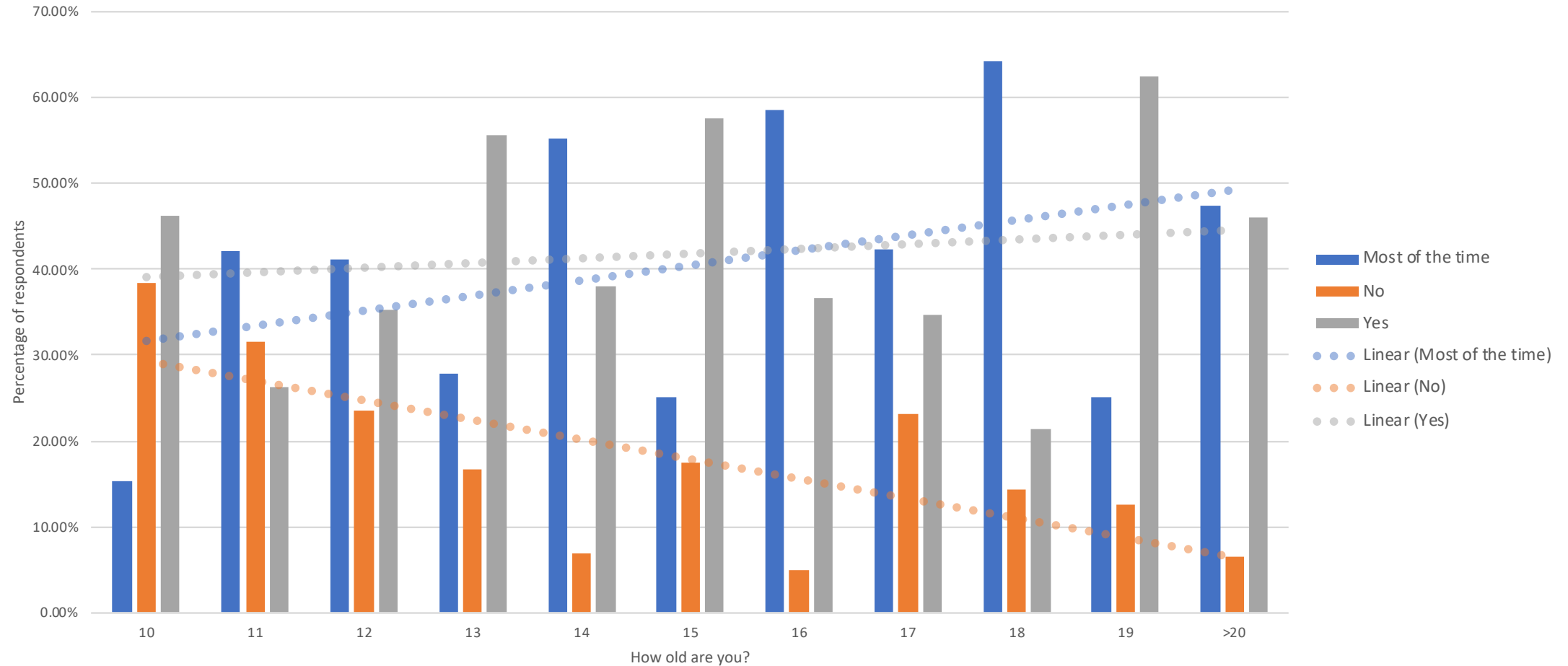
Do You Feel Safe At This School?



Most respondents feel safe at school most of the time.

However, 13.6% of all respondents do not feel safe at school.

Do you feel safe at school?

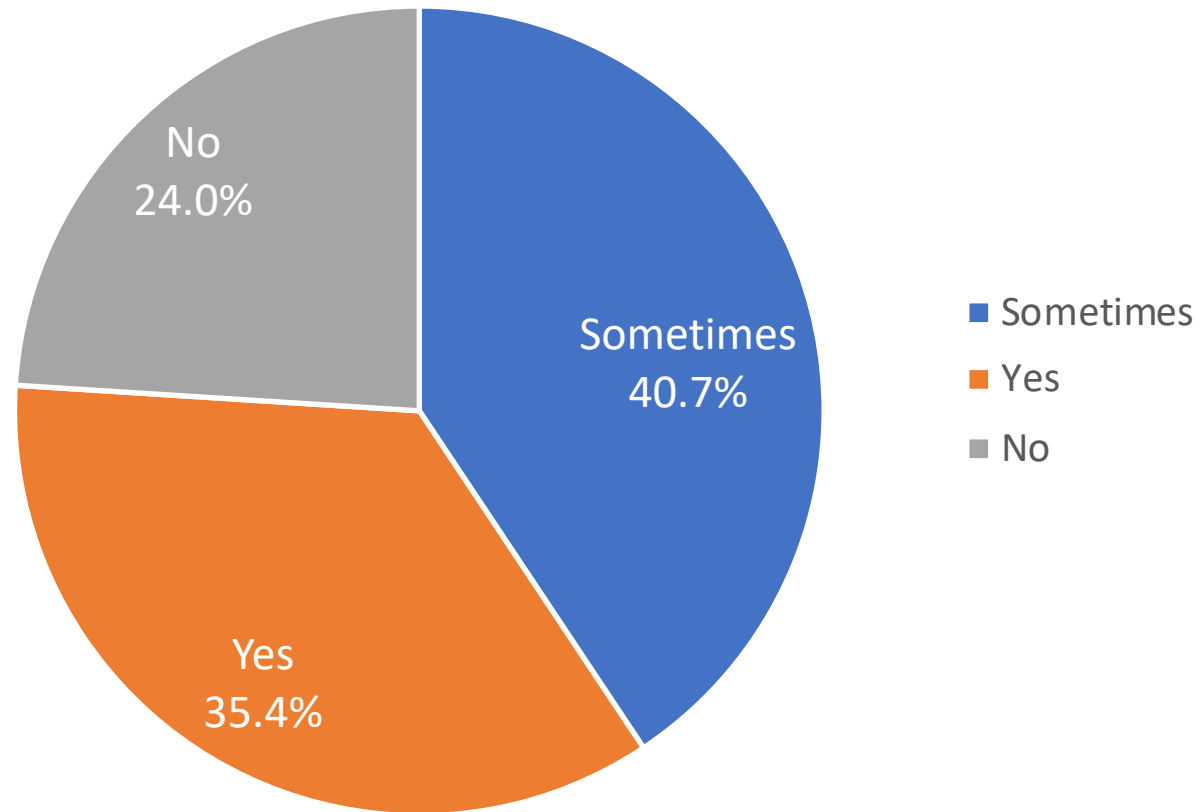


The percentage of respondents who does not feel safe at school decreases with age.

The percentage of respondents who feel safe increases with age.

More respondents aged 10 do not feel safe at school than those from other age groups.

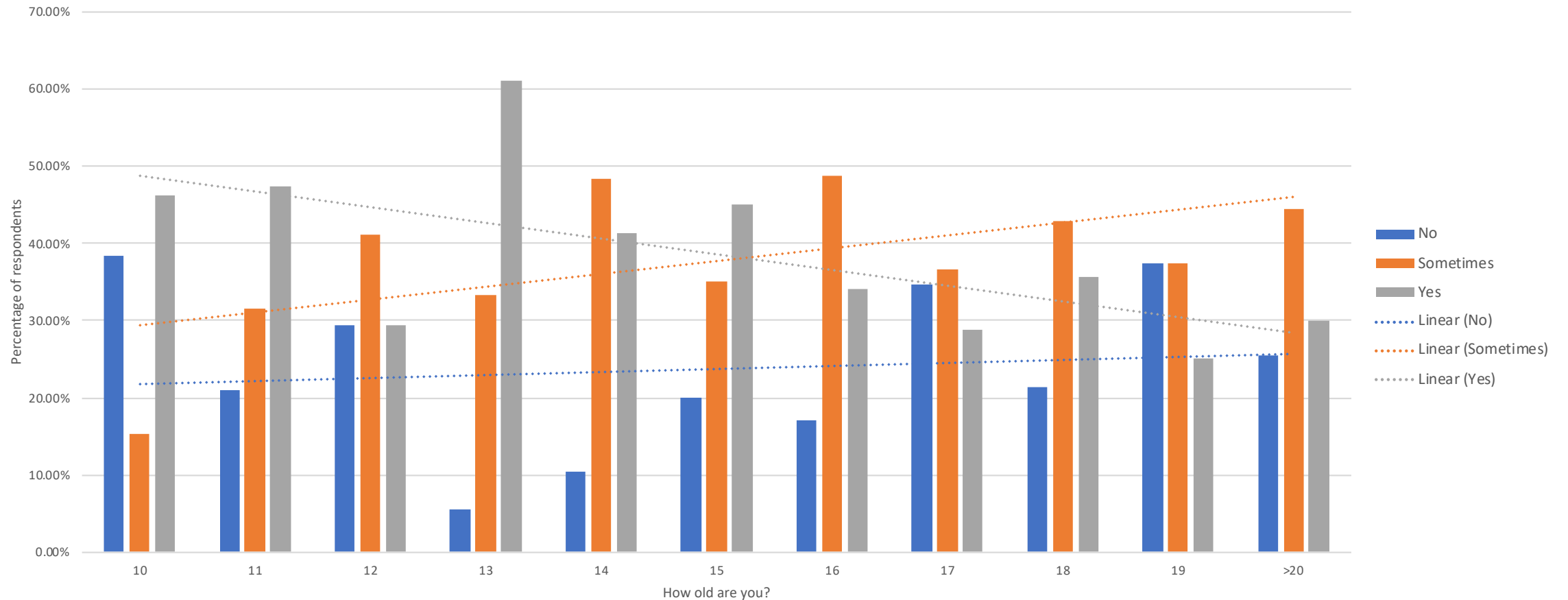
Do You Feel Close To People At This School?



Most respondents sometimes feel close to people at their school.

24% of respondents do not feel close to people at school.

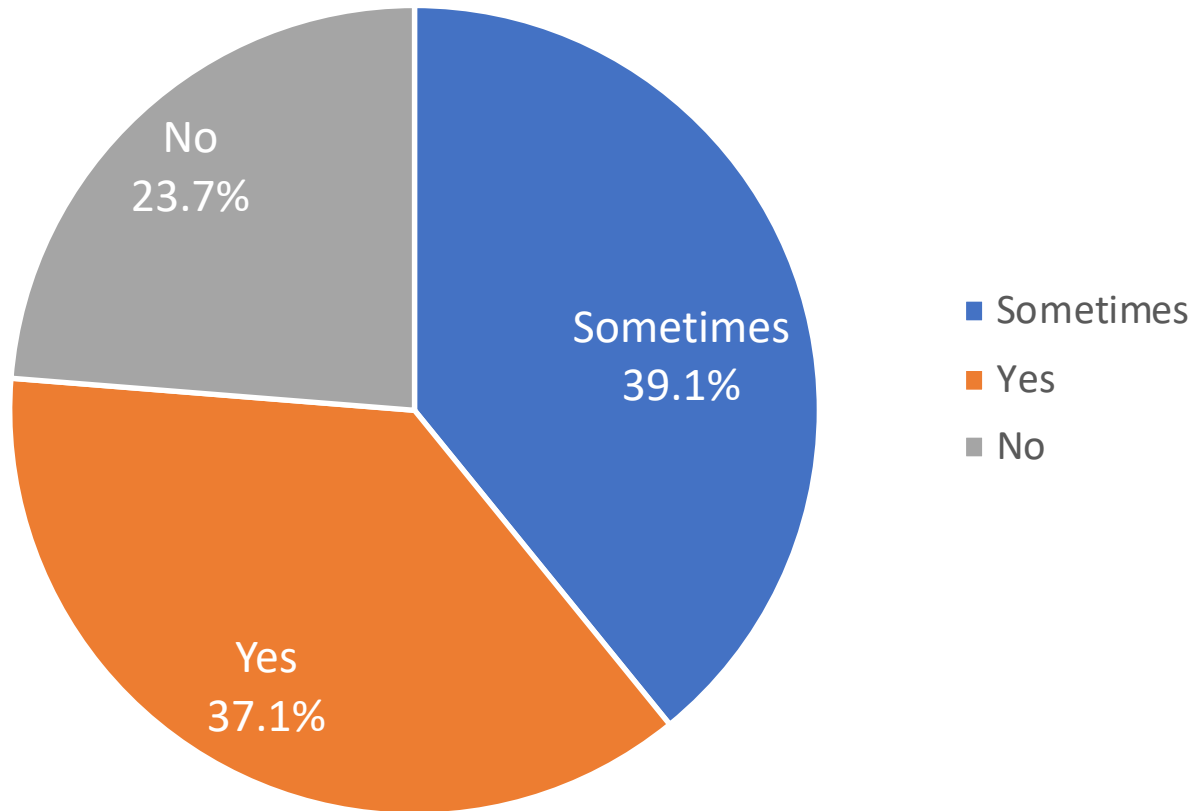
Do you feel close to people at school?



The percentage of respondents who feel close to people at school decreases with age.

The percentage of respondents who sometimes feel close to people at school increases with age.

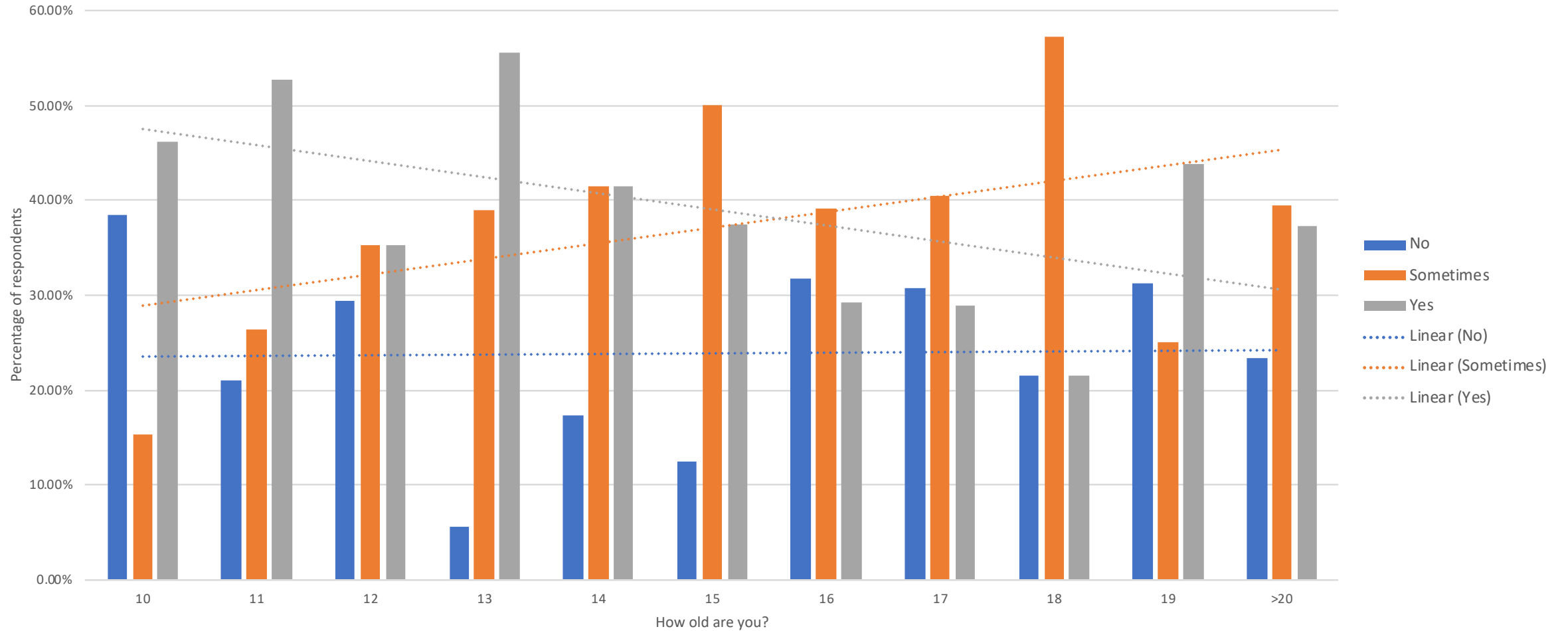
Do You Feel A Part Of This School?



Most respondents sometimes feel a part of their school.

23.7% of respondents do not feel a part of school.

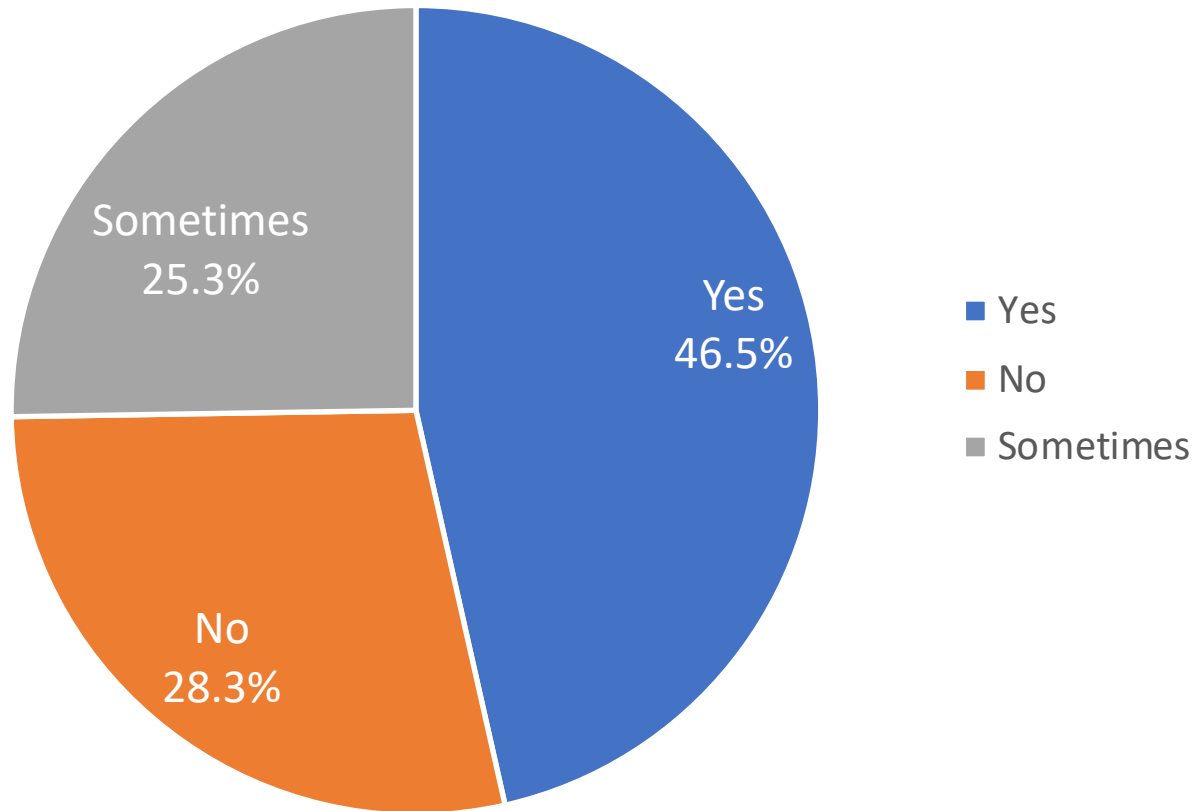
Do you feel a part of this school?



The percentage of respondents who feel a part of their school decreases with age.

The percentage of respondents who sometimes feel a part of their school increases with age.

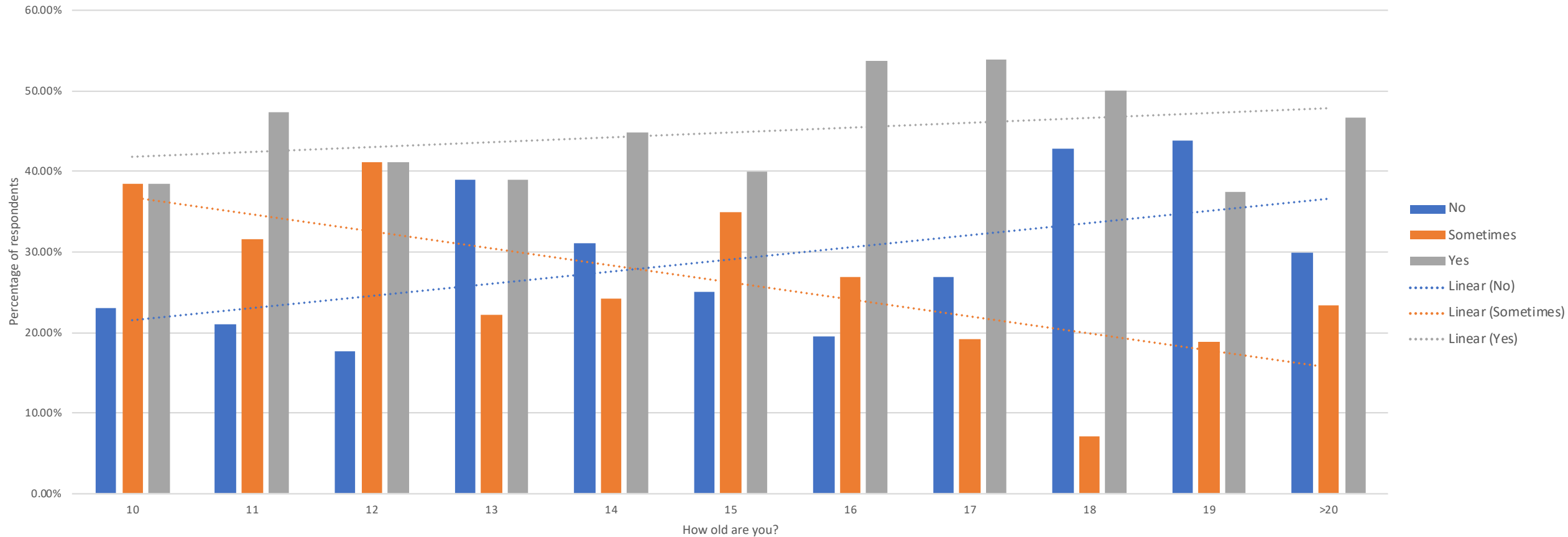
Is There A School Staff Member That You Feel Comfortable Talking To?



Most respondents have a school staff member that they feel comfortable talking to.

28.3% of respondents do not have a school staff member that they feel comfortable talking to.

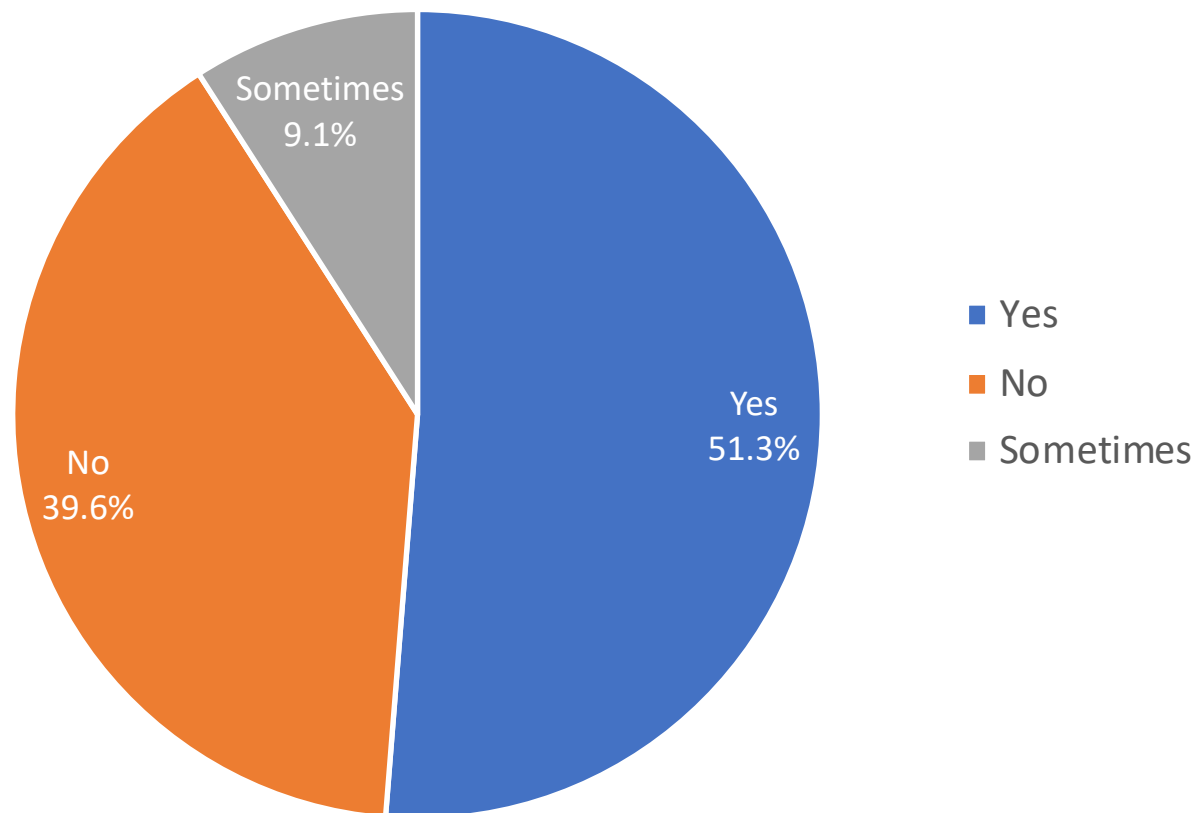
Is there a school staff member that you feel comfortable talking to?



The percentage of respondents who does not have a staff member that they feel comfortable talking to increases with age.

Overall, more respondents have a staff member that they feel comfortable talking to.

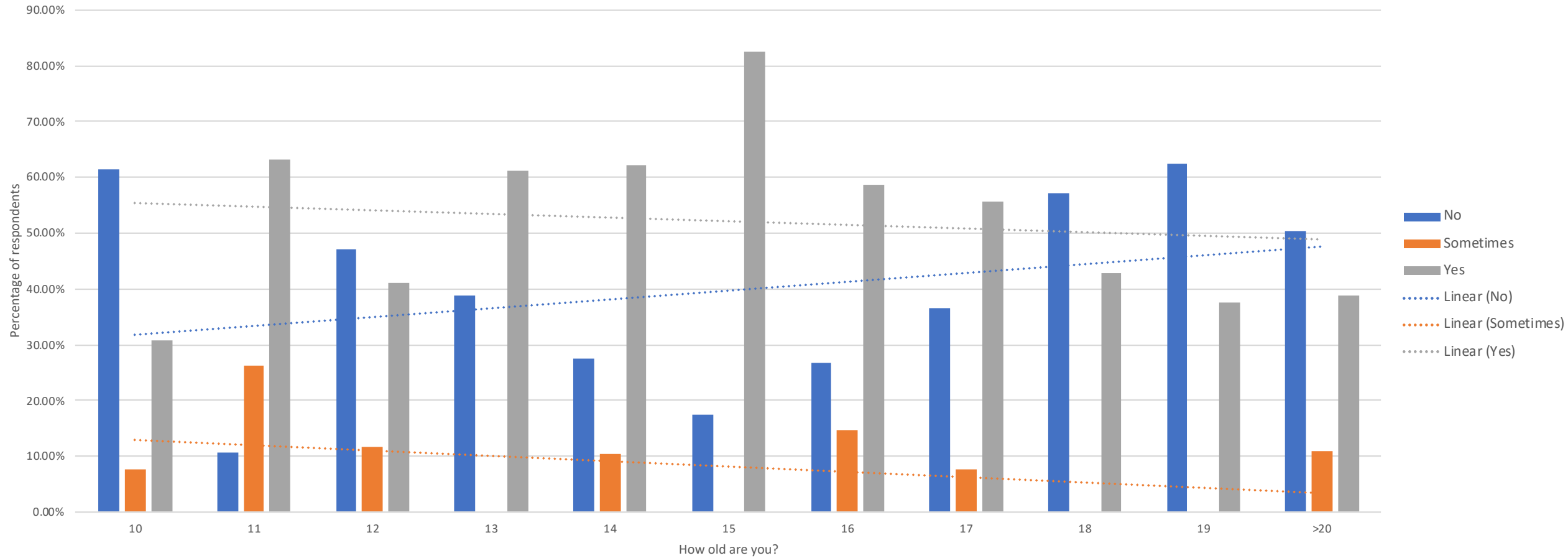
Do You Belong To Any School Teams, Clubs Or Associations?



Most respondents belong to school teams, clubs or associations.

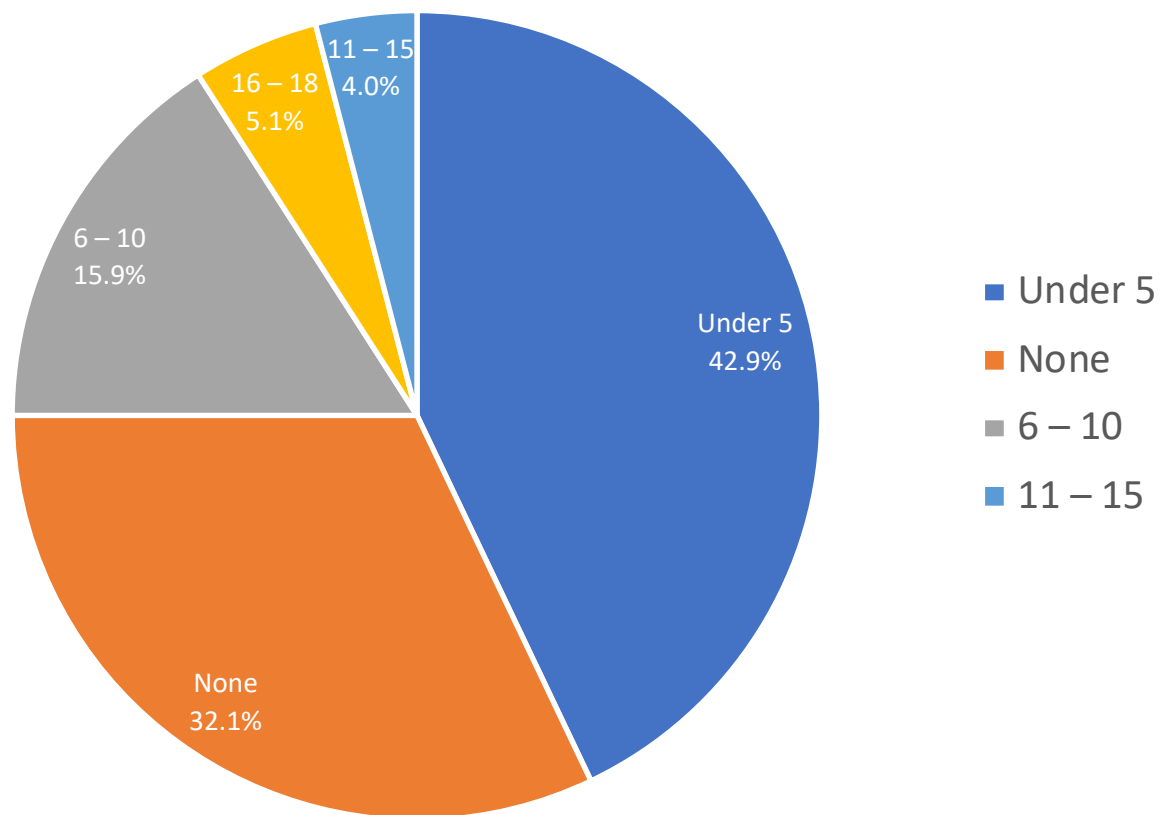
39.6% of respondents do not belong to any school teams, clubs or associations.

Do you belong to any school teams, clubs or associations?



The percentage of respondents who do not belong to any school teams, clubs or associations increases with age.

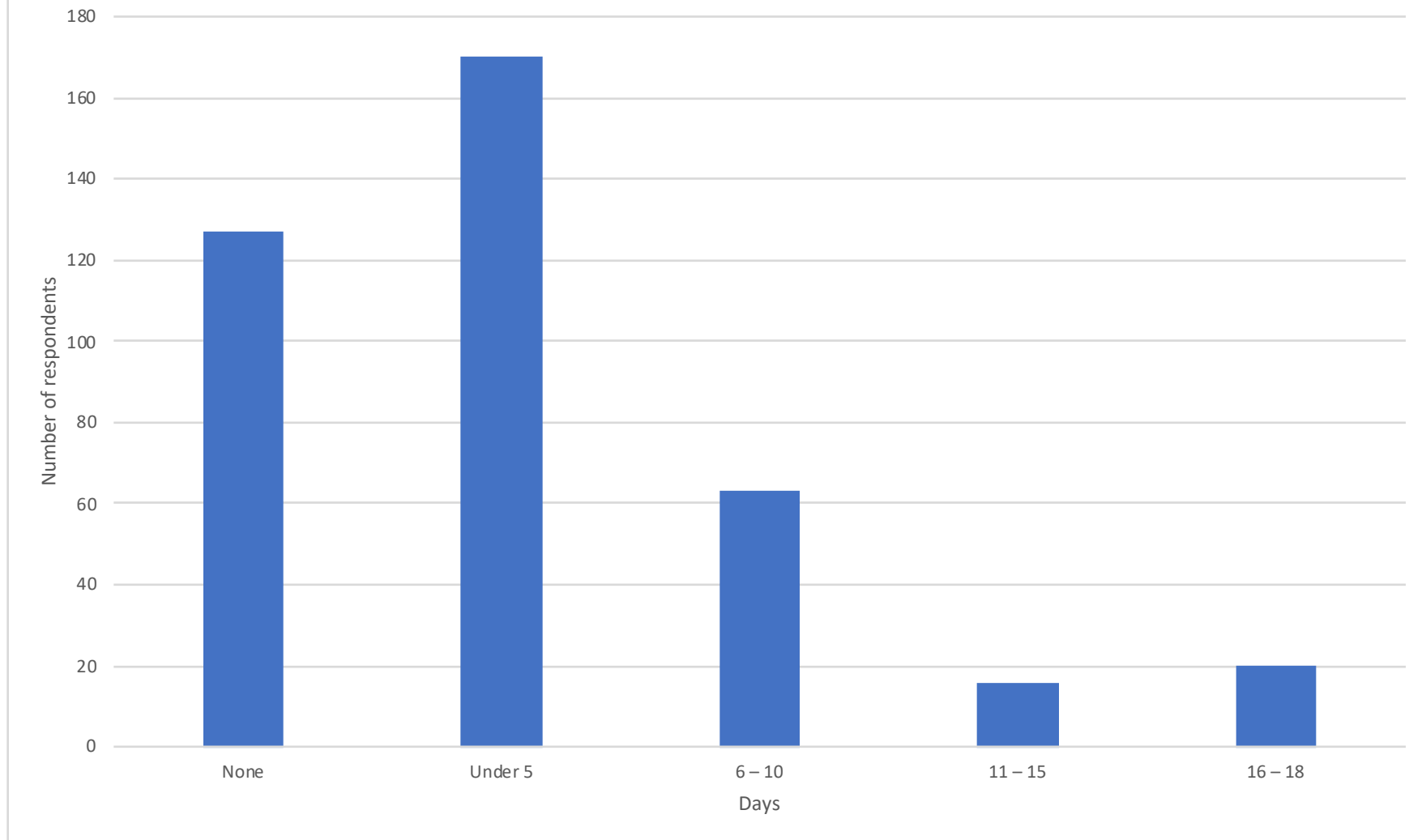
In The Last Four Weeks Of School, How Many Days Did You Miss?



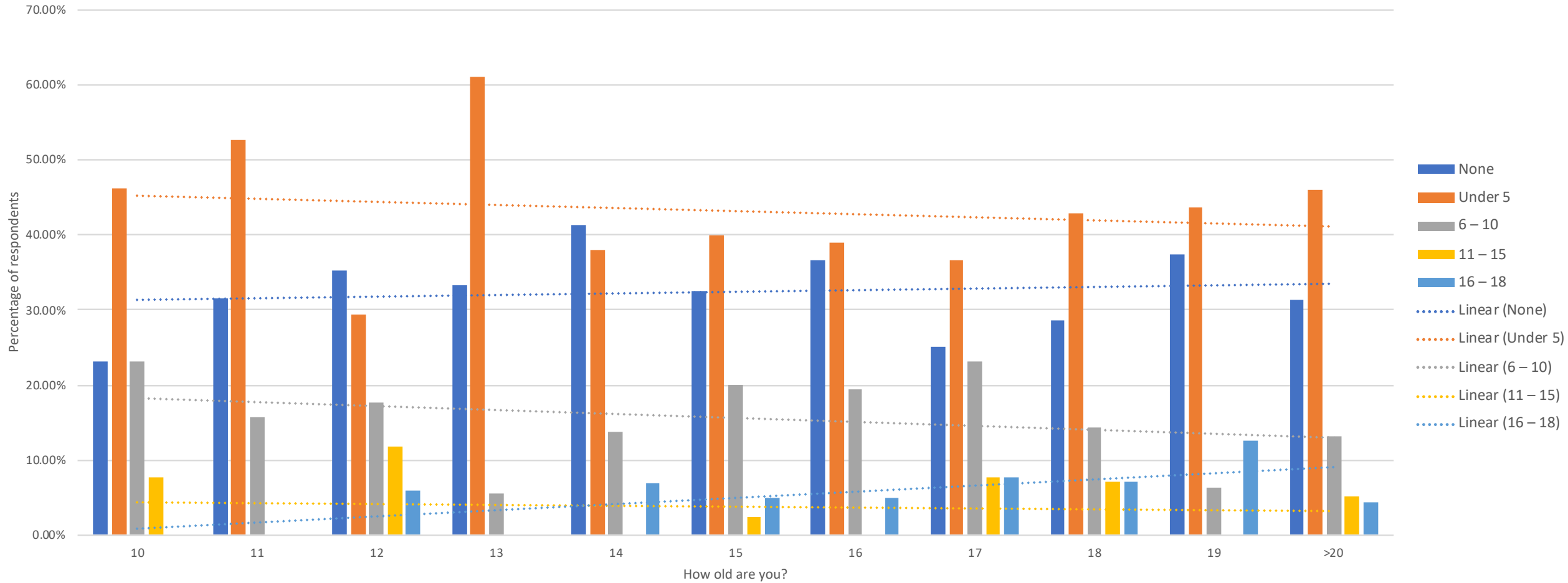
Most respondents missed less than 5 days of school in the last four weeks.

4% of respondents missed 11-15 days of school.

In the last four weeks of school, how many days did you miss? (total: 20)

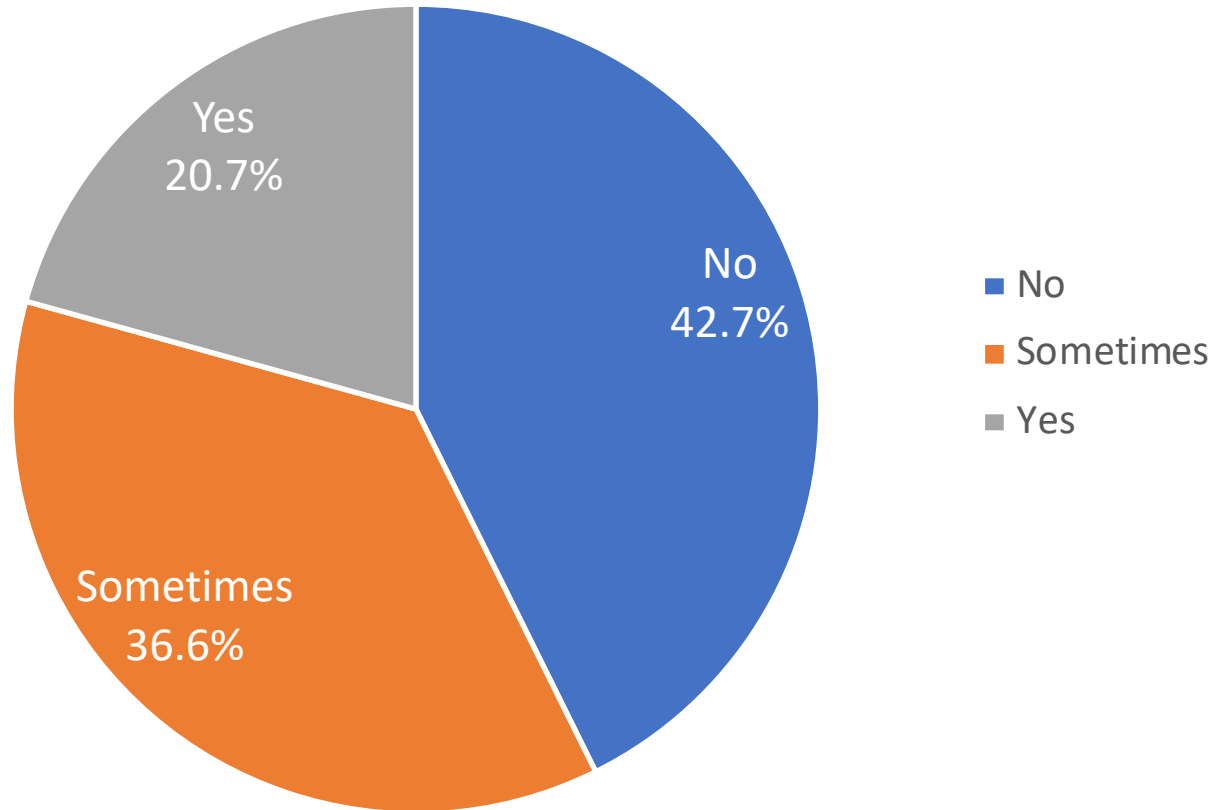


In the last four weeks of school, how many days did you miss? (total: 20)



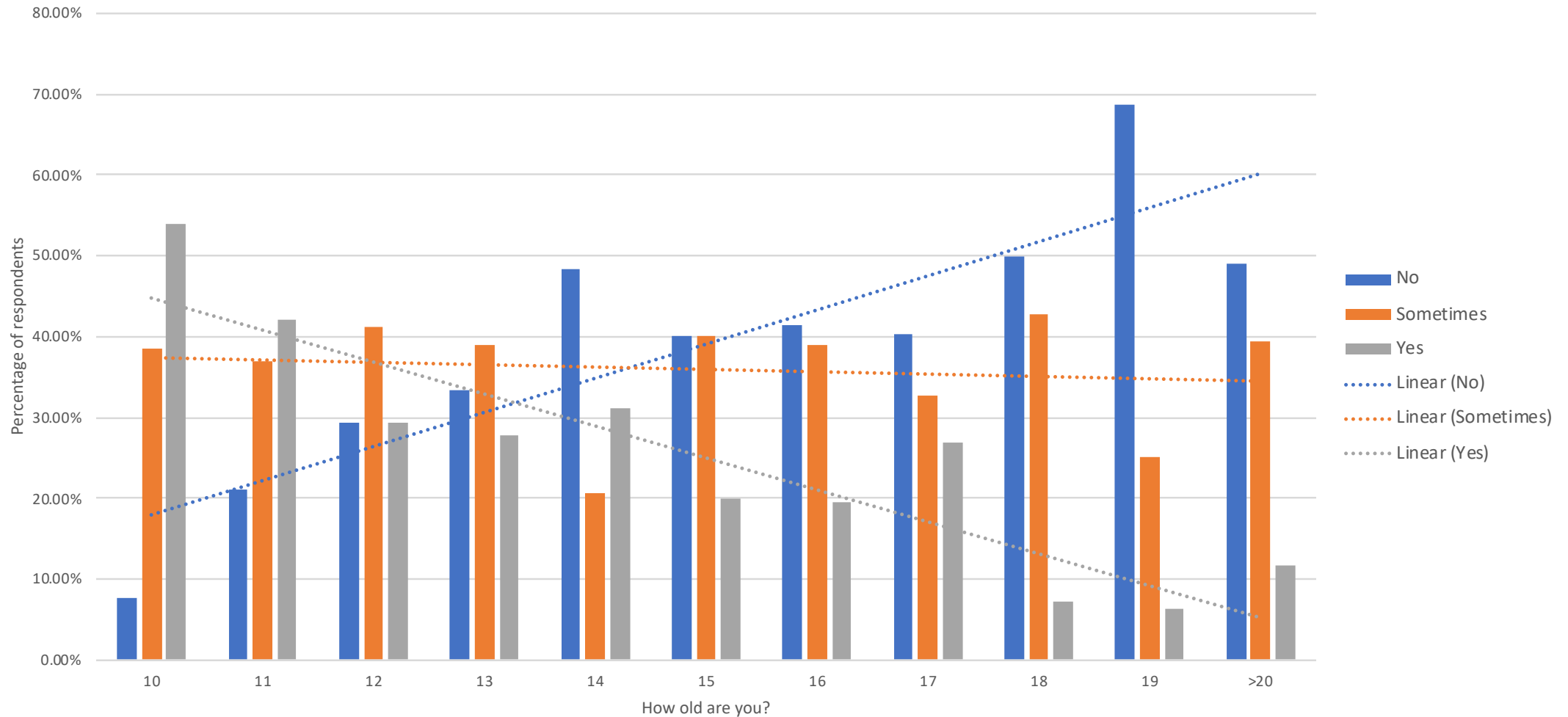
The percentage of respondents missed school is consistent across all age group.

Do You Exercise Every Day?



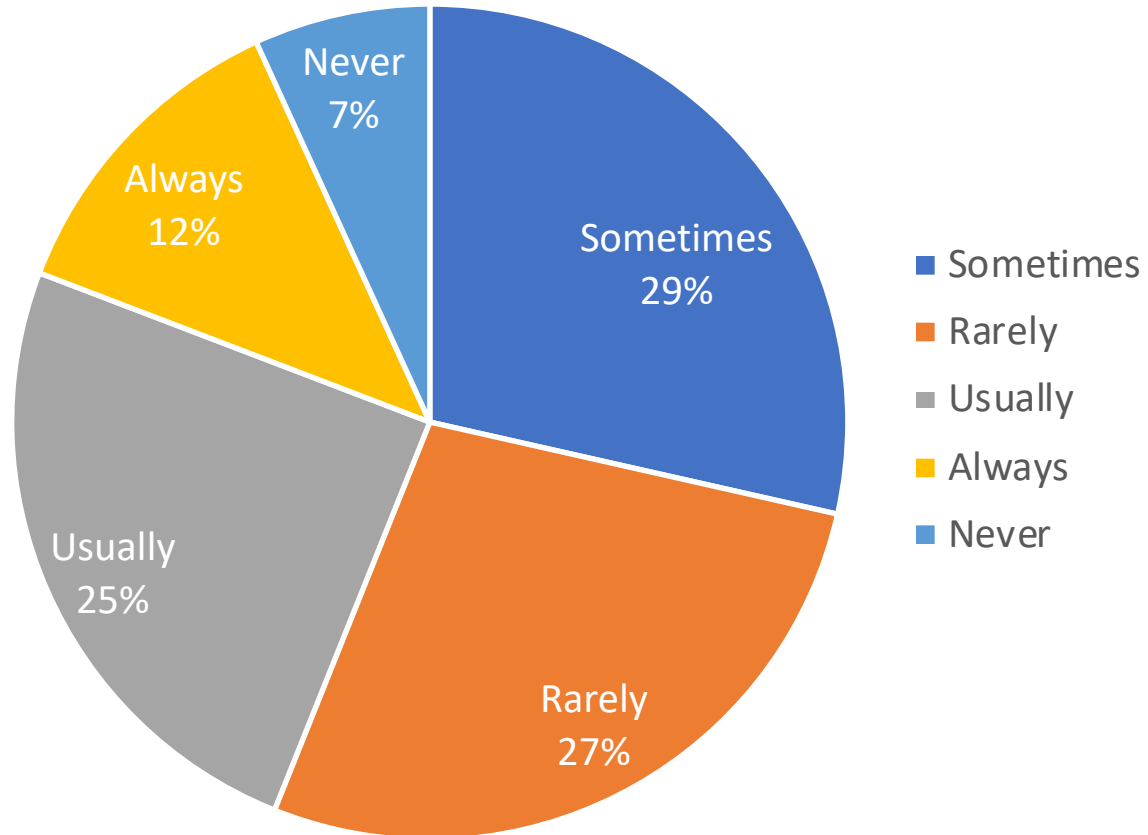
Most respondents do not exercise every day.

Do you exercise every day?



The percentage of respondents who exercise every day decreases with age.
The percentage of respondents who do not exercise every day increases with age.

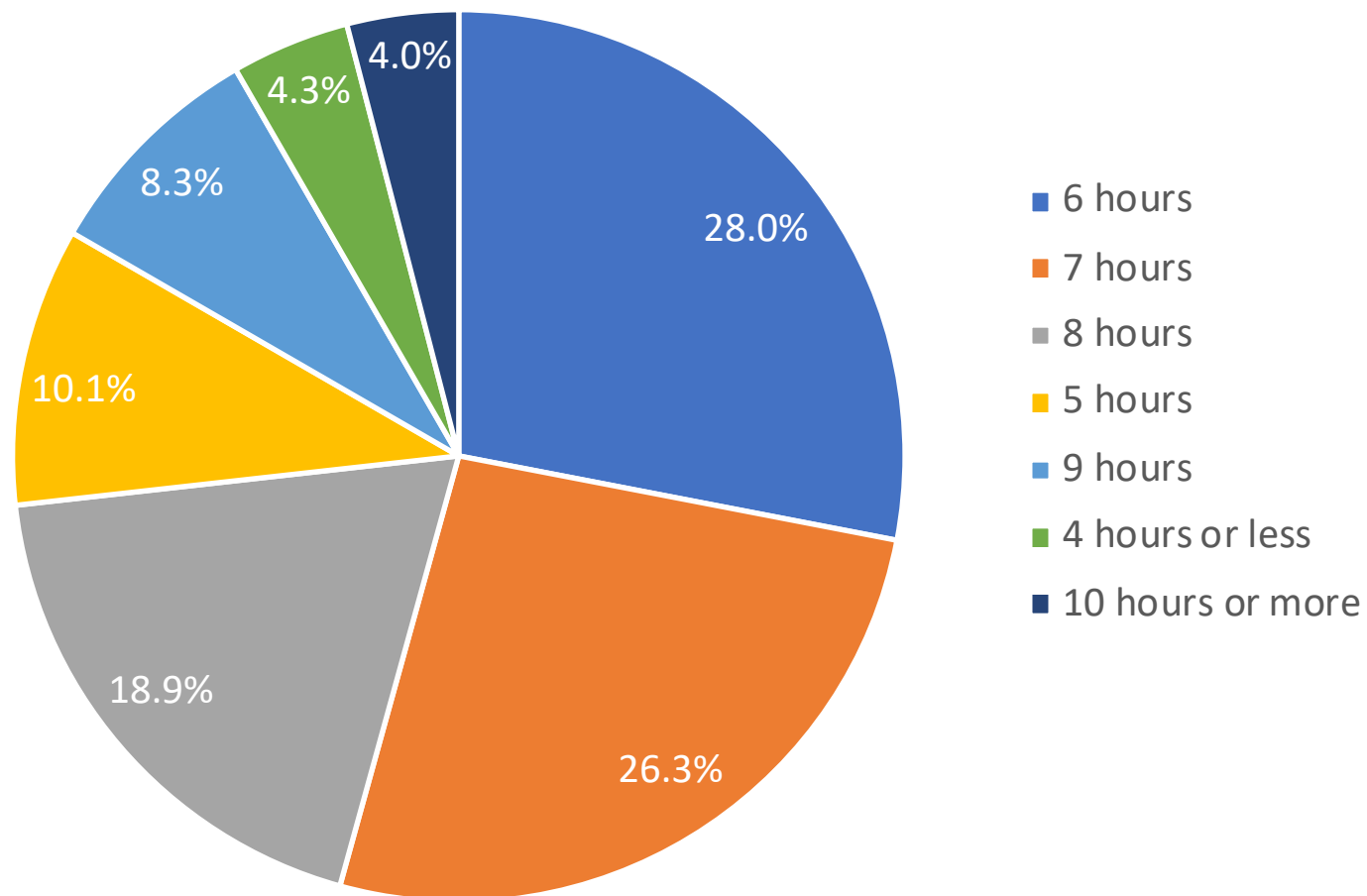
How often do you talk about your problems or feelings with a friend or family member?



Most respondents sometimes talk about their problems.

6.8% of respondents never talk about their problems.

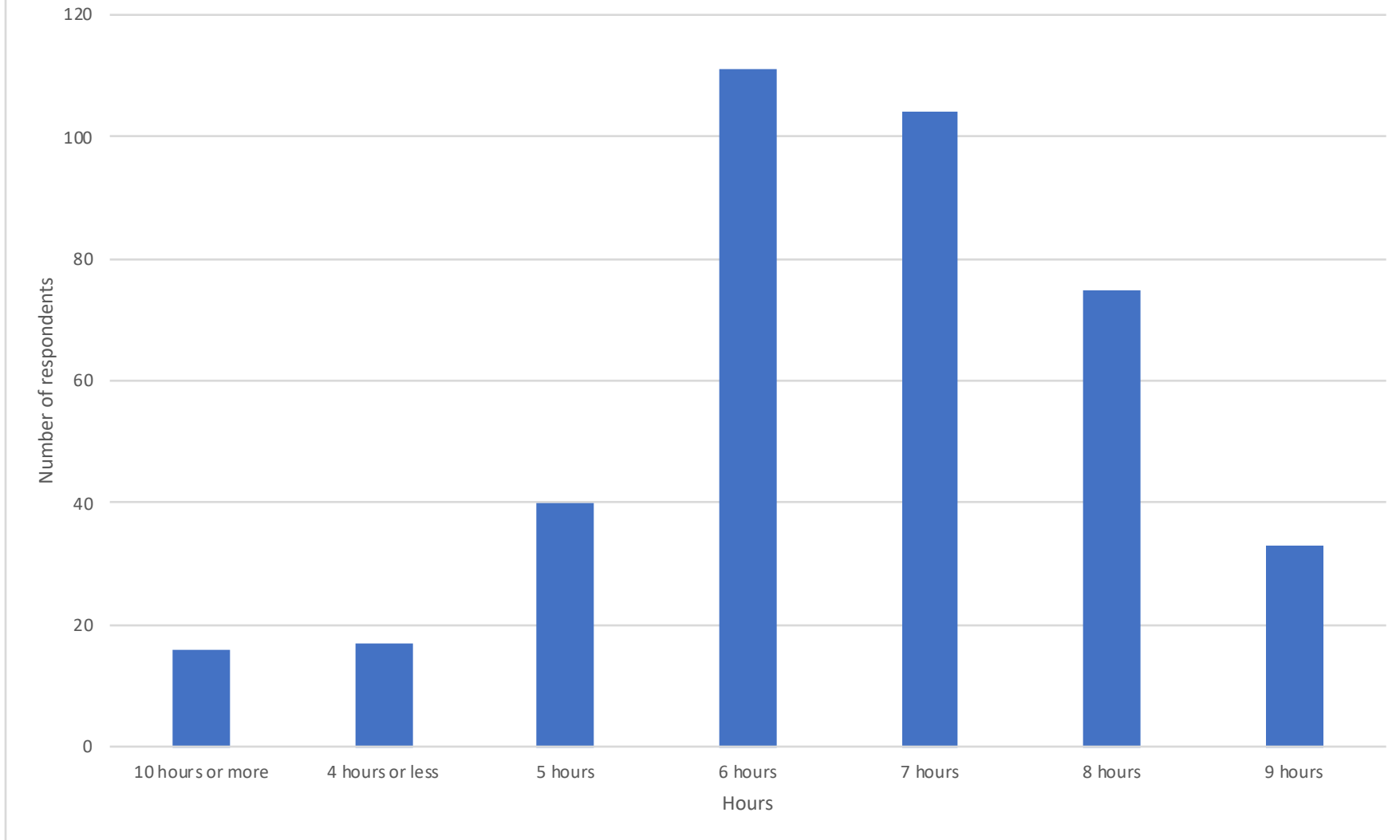
On An Average School Night, How Many Hours Of Sleep Do You Get?



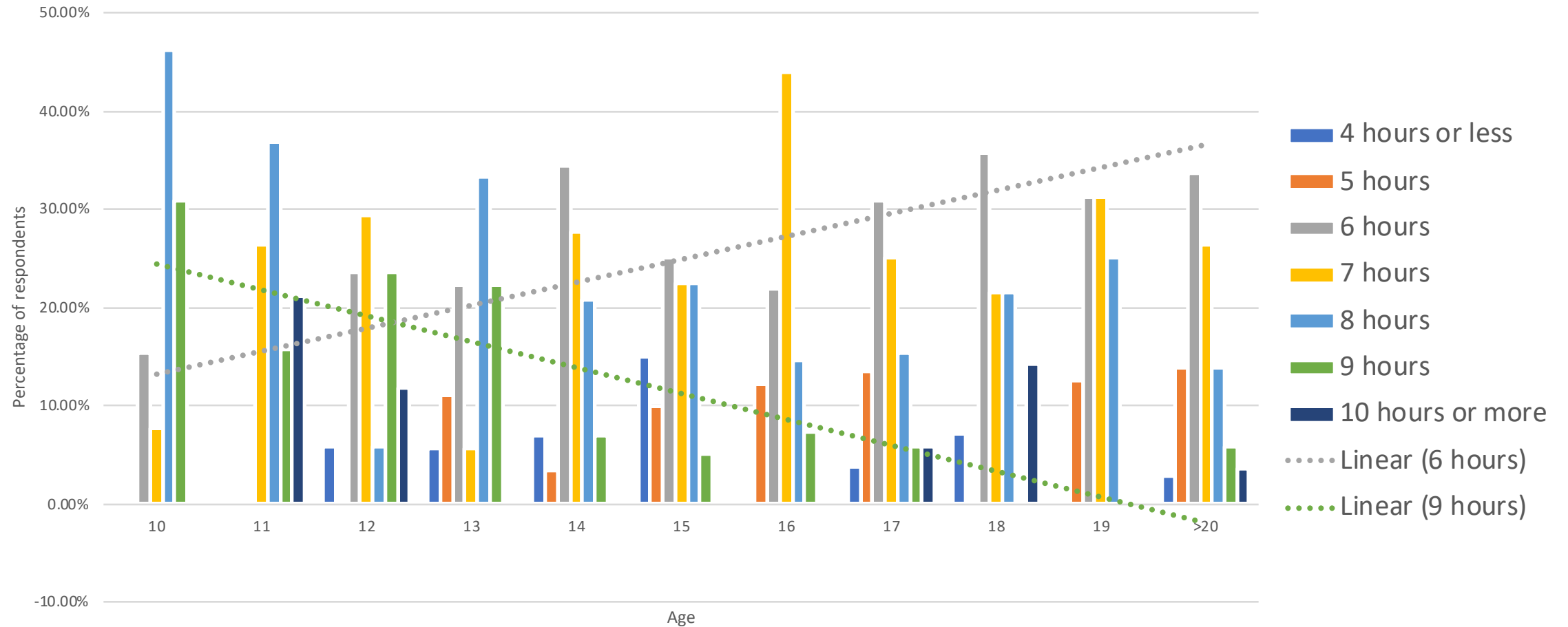
Most respondents sleep for 6 hours on an average school night.

4.3% of respondents sleep for less than 4 hours.

On an average school night, how many hours of sleep do you get?

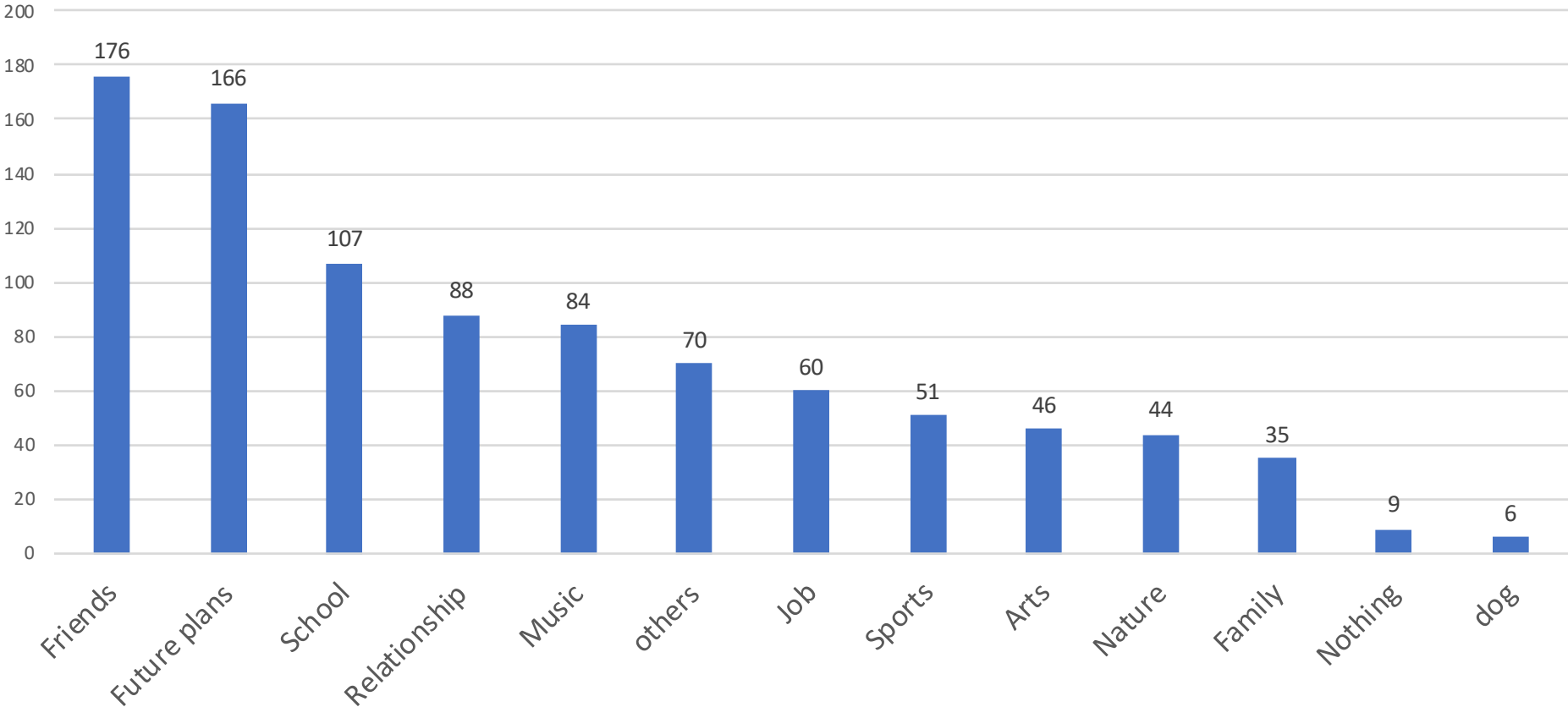


On an average school night, how many hours of sleep do you get?



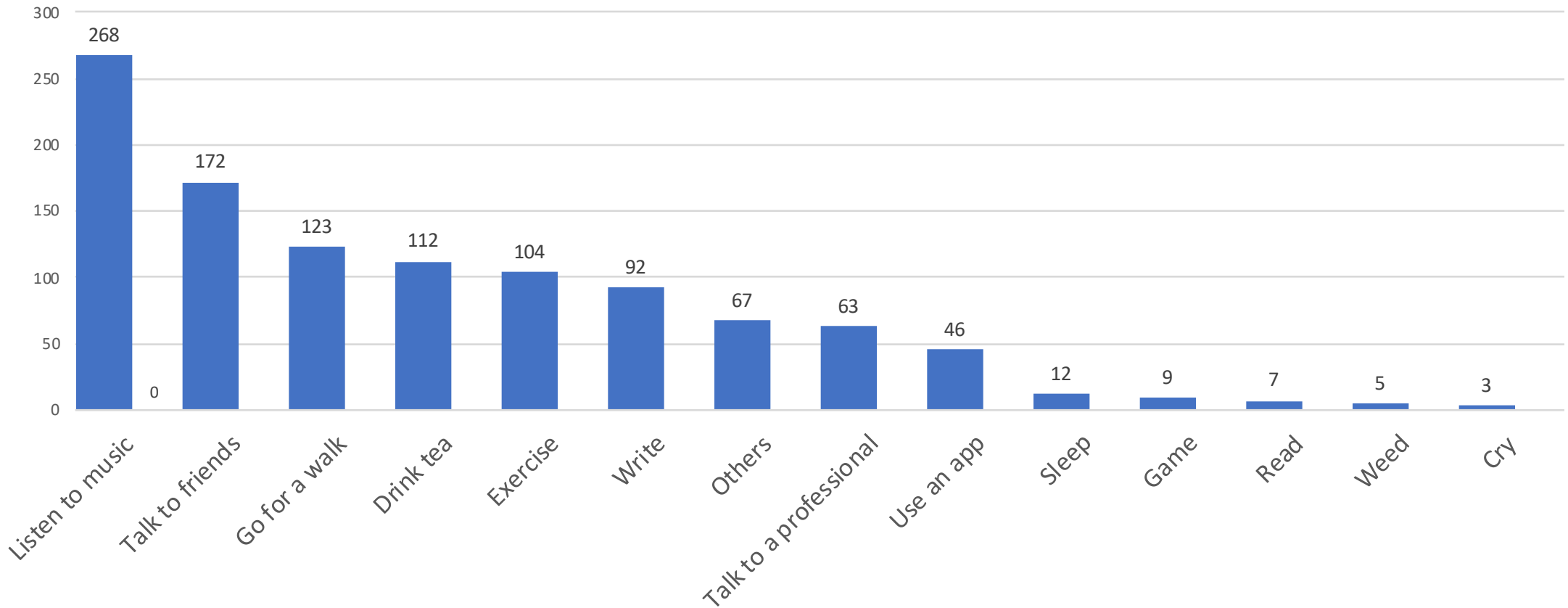
Percentage of respondents who sleep for 6 hours increases with age.
 Percentage of respondents who sleep for 9 hours decreases with age.

What motivates you to get up every day?



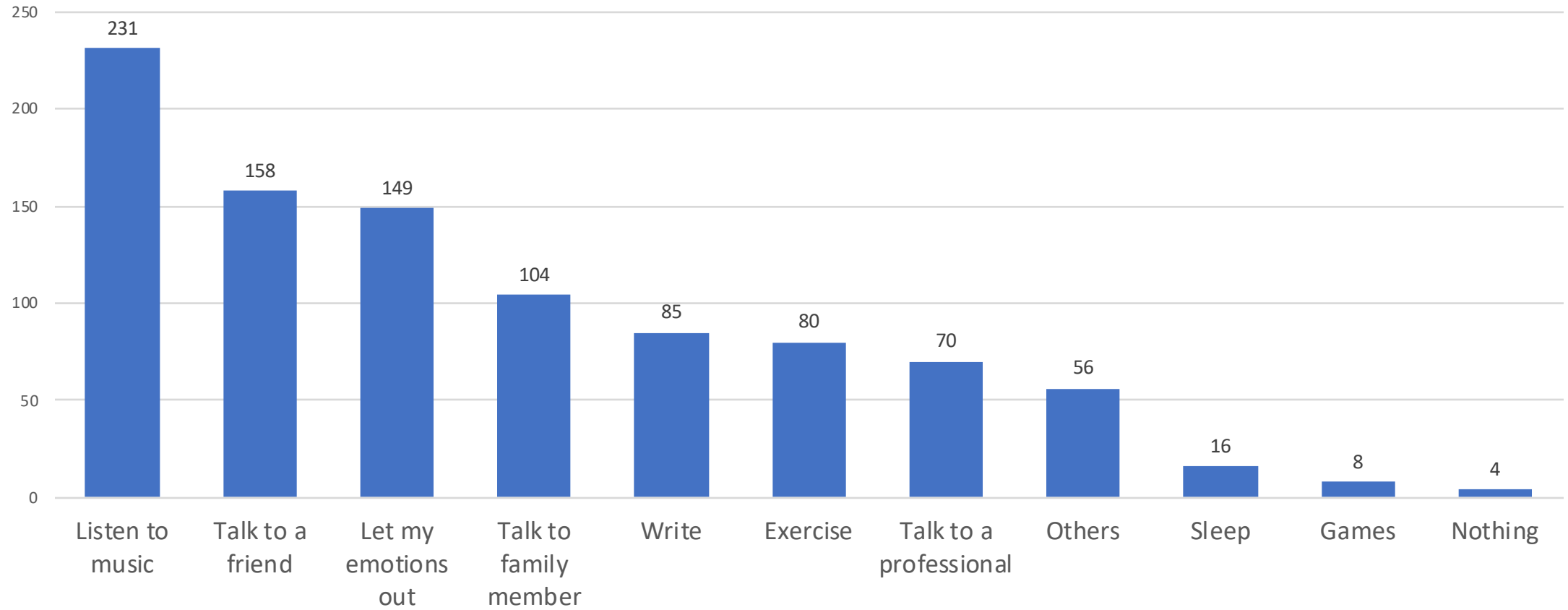
Friends and future plans motivate respondents to get up the most.

What do you do to manage times you feel stressed or anxious?



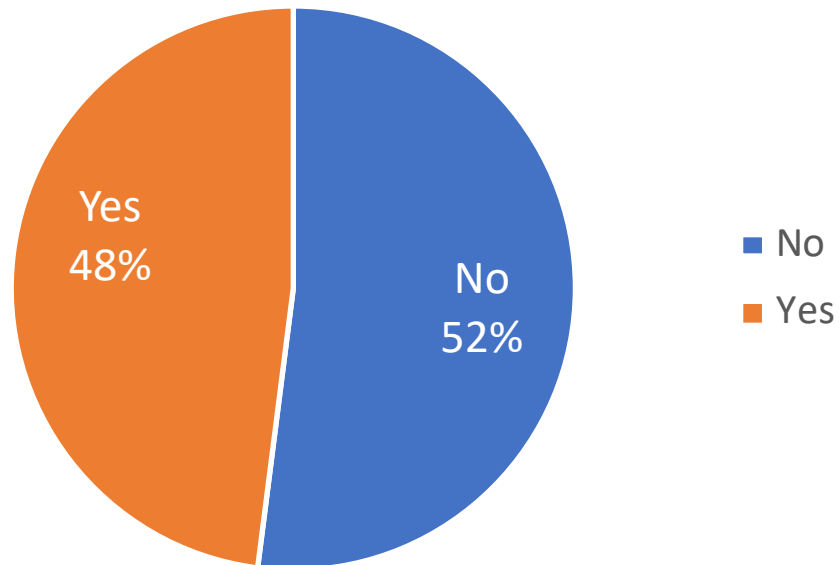
Listening to music is the most popular way of stress management.

What do you do to manage times you feel stressed or anxious?



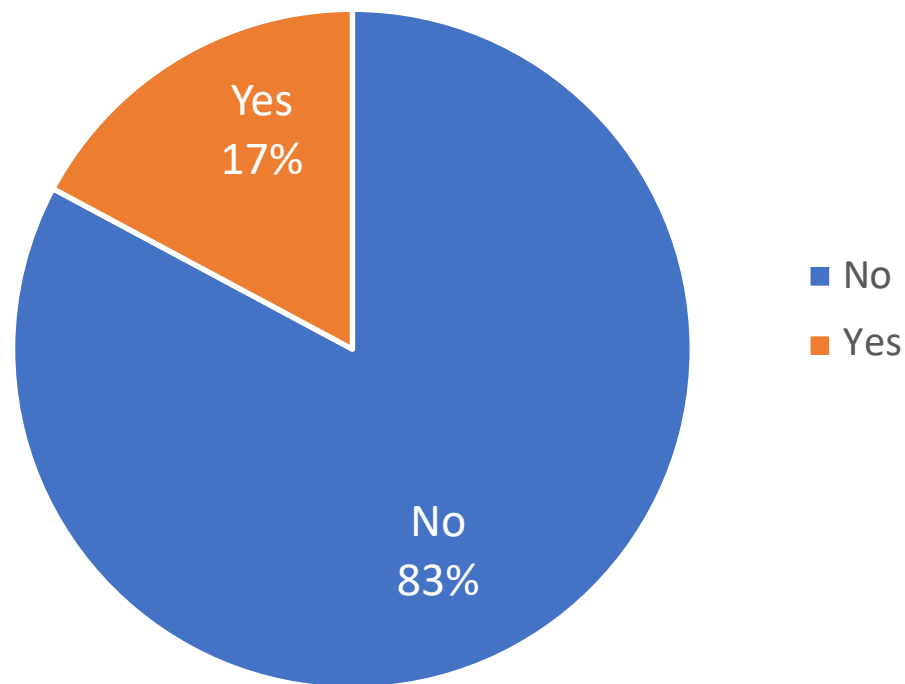
Most respondents listen to music when they feel stressed or anxious.

Have you used an app for relaxation, meditation, managing stress and anxiety, organizing your schedule?



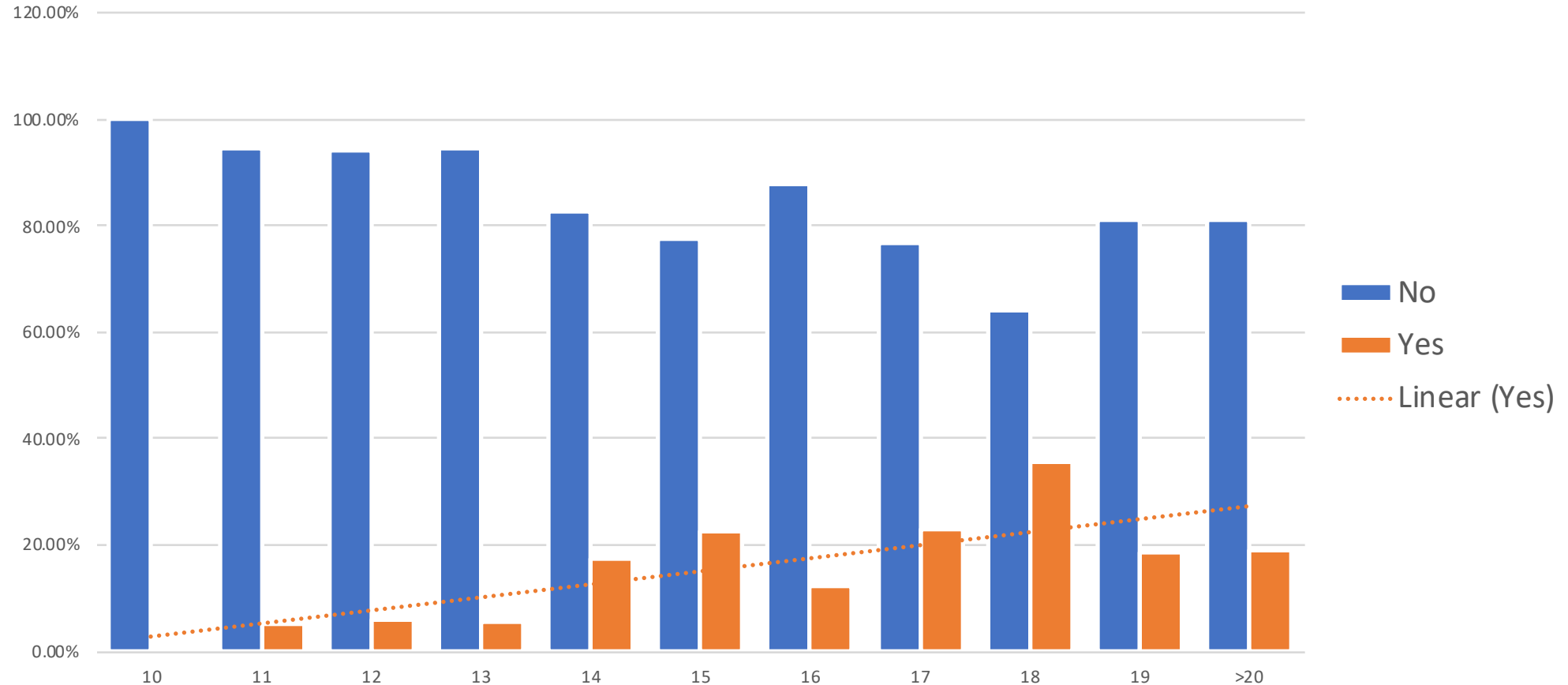
48% of respondents have used an app for relaxation, meditation, managing stress and anxiety, organizing your schedule

In the LAST 12 MONTHS, have you phoned a telephone crisis helpline or gone on a website (such as Kids Help Phone) because you needed to talk to a counsellor about a problem?



17% of respondents have phoned a telephone crisis helpline or gone on a website (such as Kids Help Phone) because they needed to talk to a counsellor about a problem.

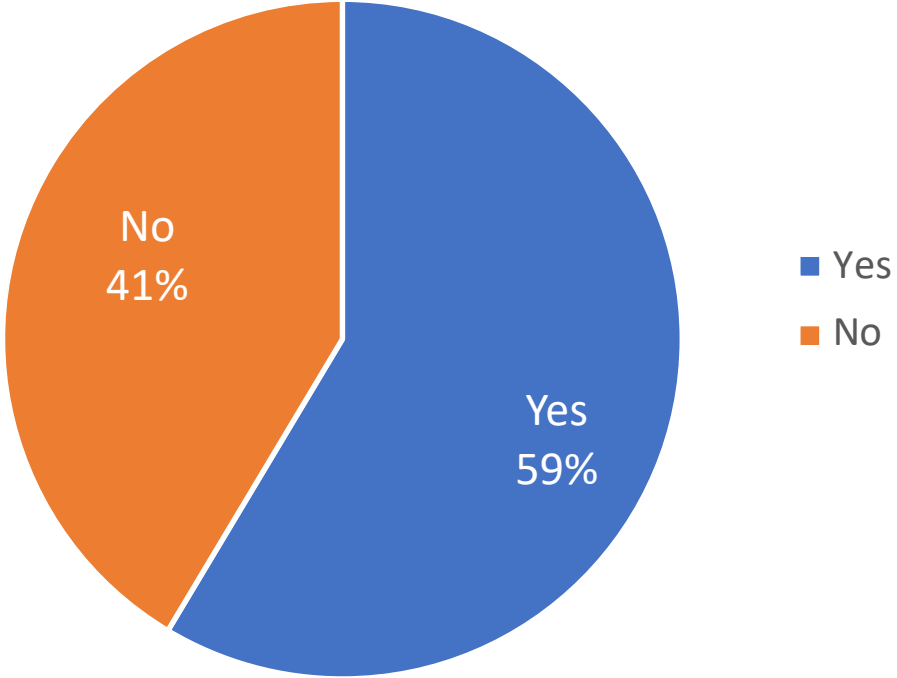
In the LAST 12 MONTHS, have you phoned a telephone crisis helpline or gone on a website because you needed to talk to a counsellor about a problem?



The percentage of respondents who have phoned a telephone crisis helpline or gone on a website because they needed to talk to a counsellor about a problem increases with age.

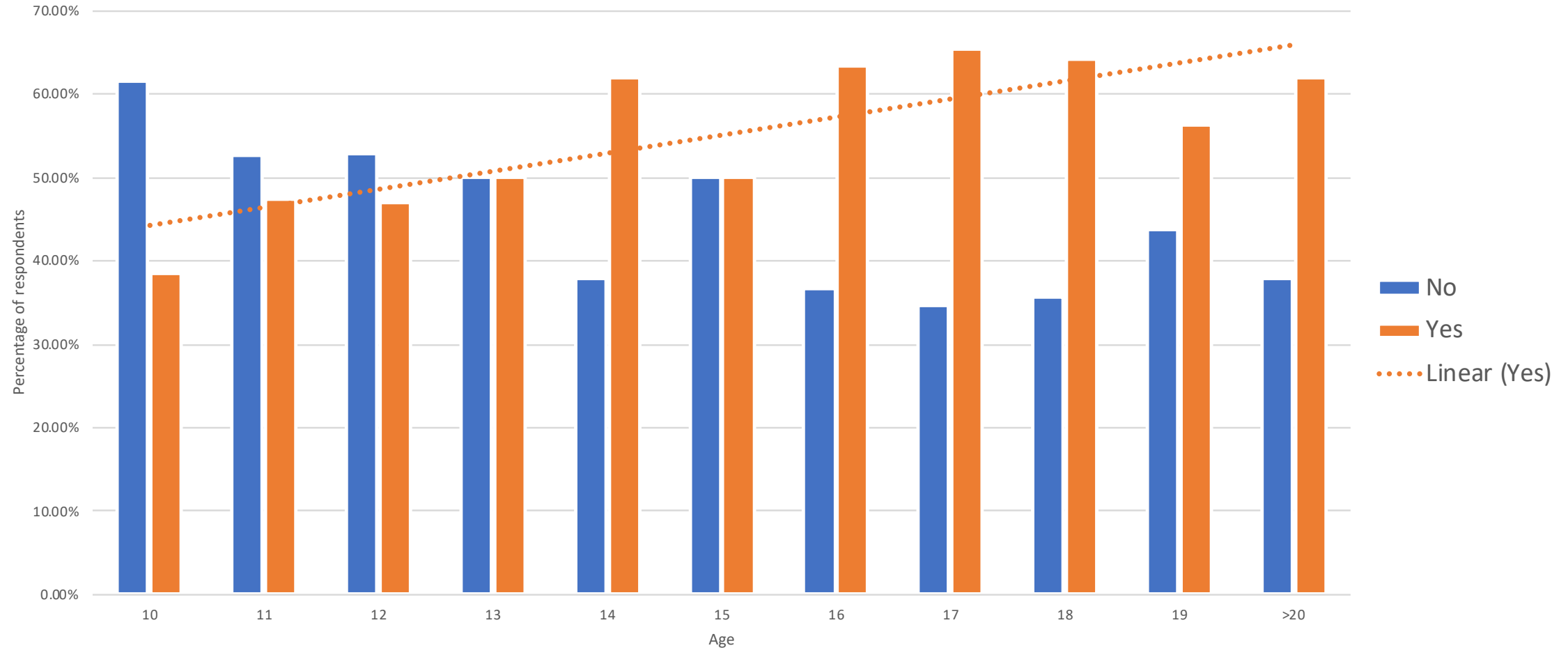
More respondents aged 18 phoned a telephone crisis helpline than respondents from other age groups.

In the LAST 12 MONTHS, was there a time when you wanted to talk to someone about a mental health or emotional problem you had but you did not know where to go or who to ask?



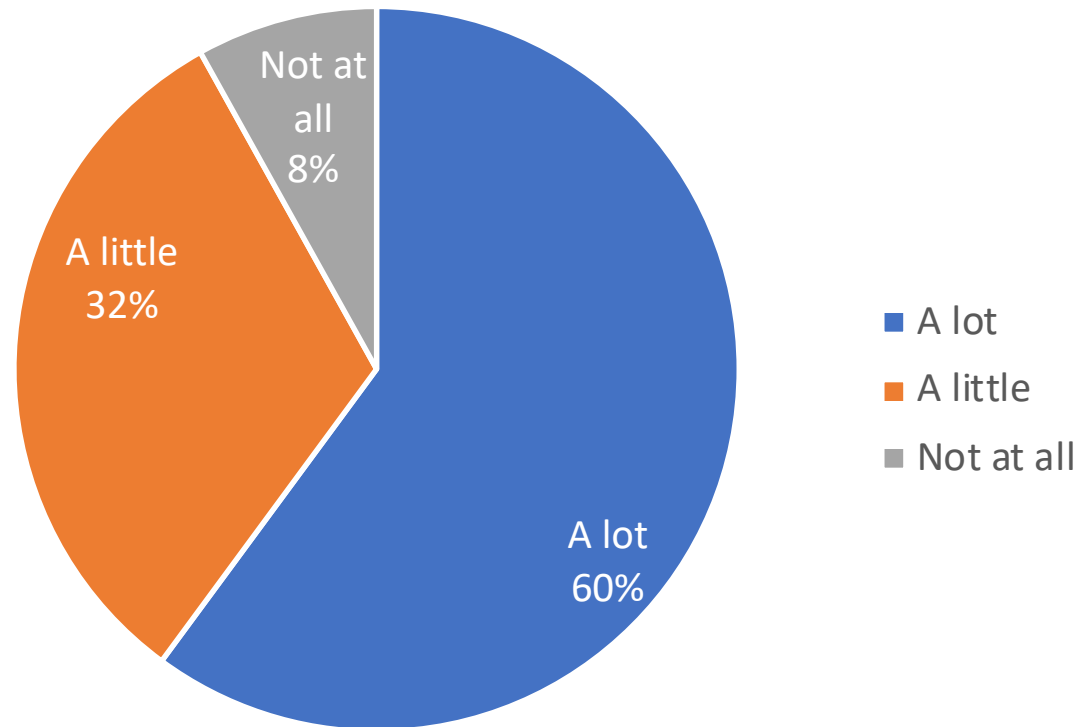
59% of respondents did not know where to go or who to ask when they wanted to talk to someone about a mental health or emotional problem.

In the LAST 12 MONTHS, was there a time when you wanted to talk to someone about a mental health or emotional problem you had but you did not know where to go or who to ask?



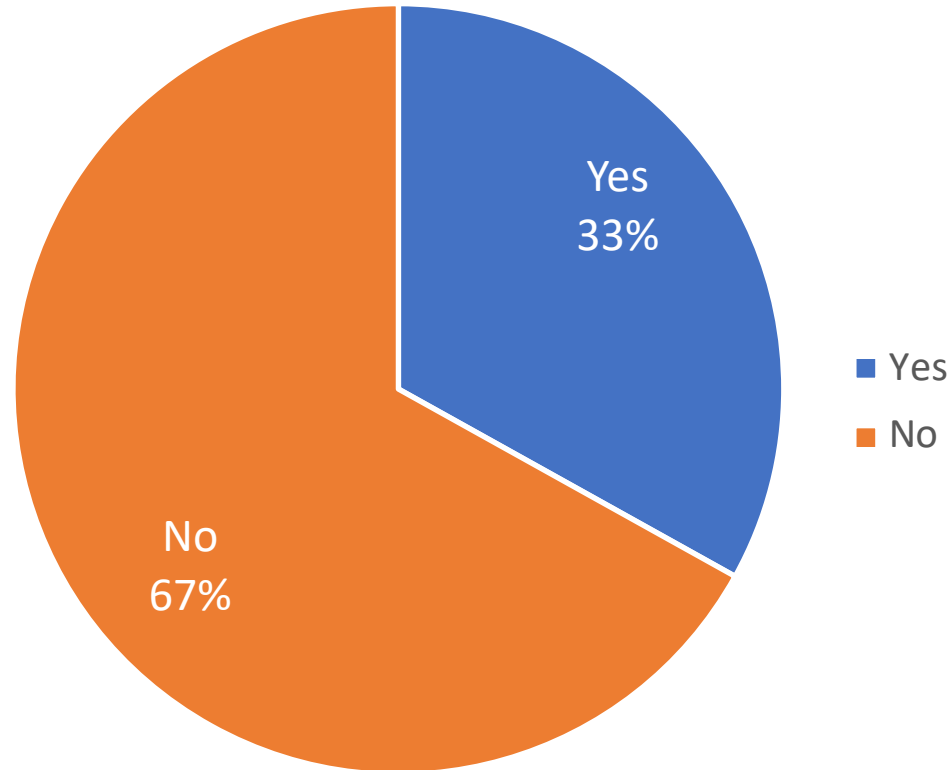
The percentage of respondents who wanted to talk to someone about a mental health or emotional problem they had but did not know where to go or who to ask increase with age.

How much do you think your mental or emotional health affects the grades you get in school?



60% of respondents think that their mental or emotional health affect the grades they get in school.

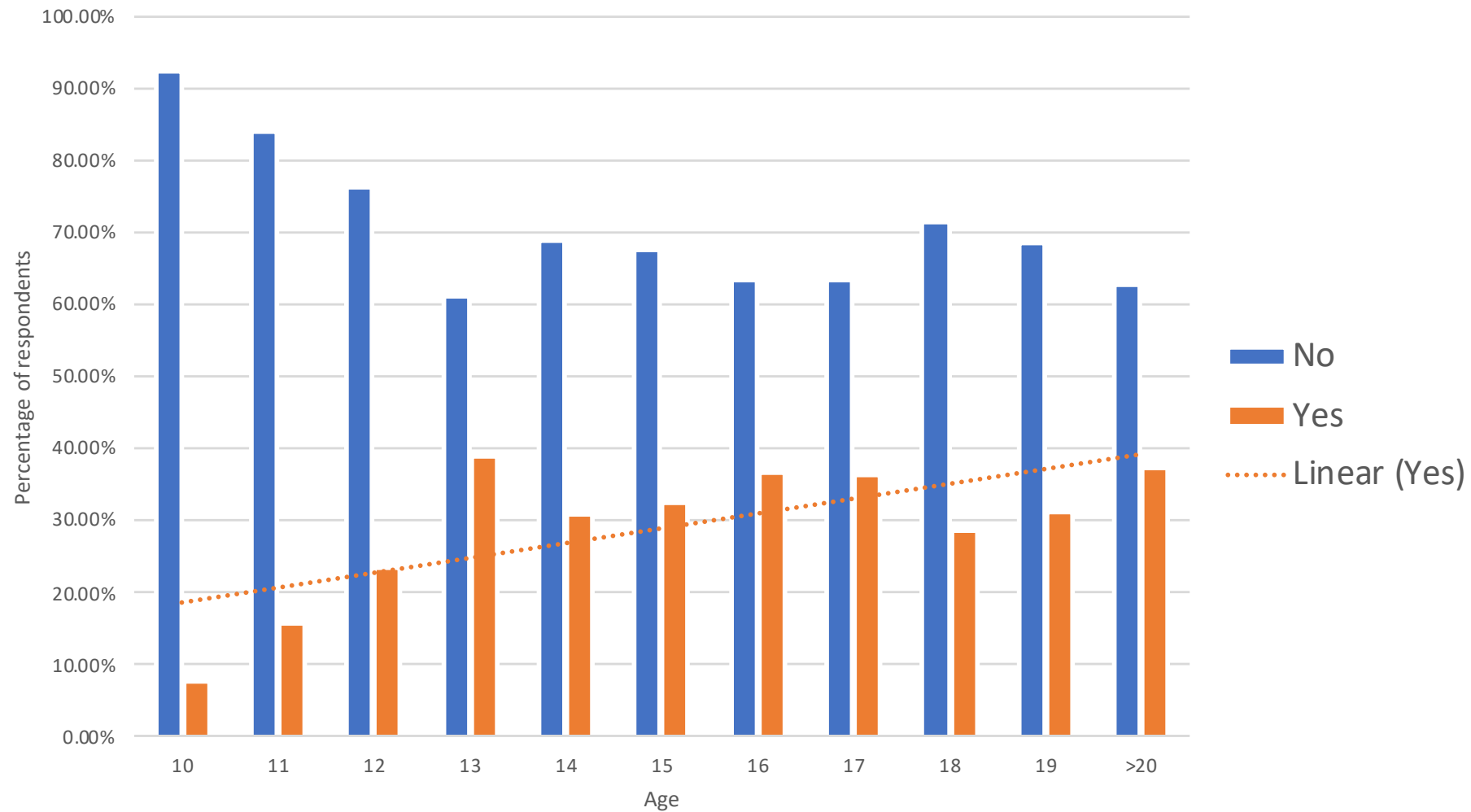
Are you familiar with any youth mental health organizations?



67% of respondents are not familiar with any youth mental health organizations.

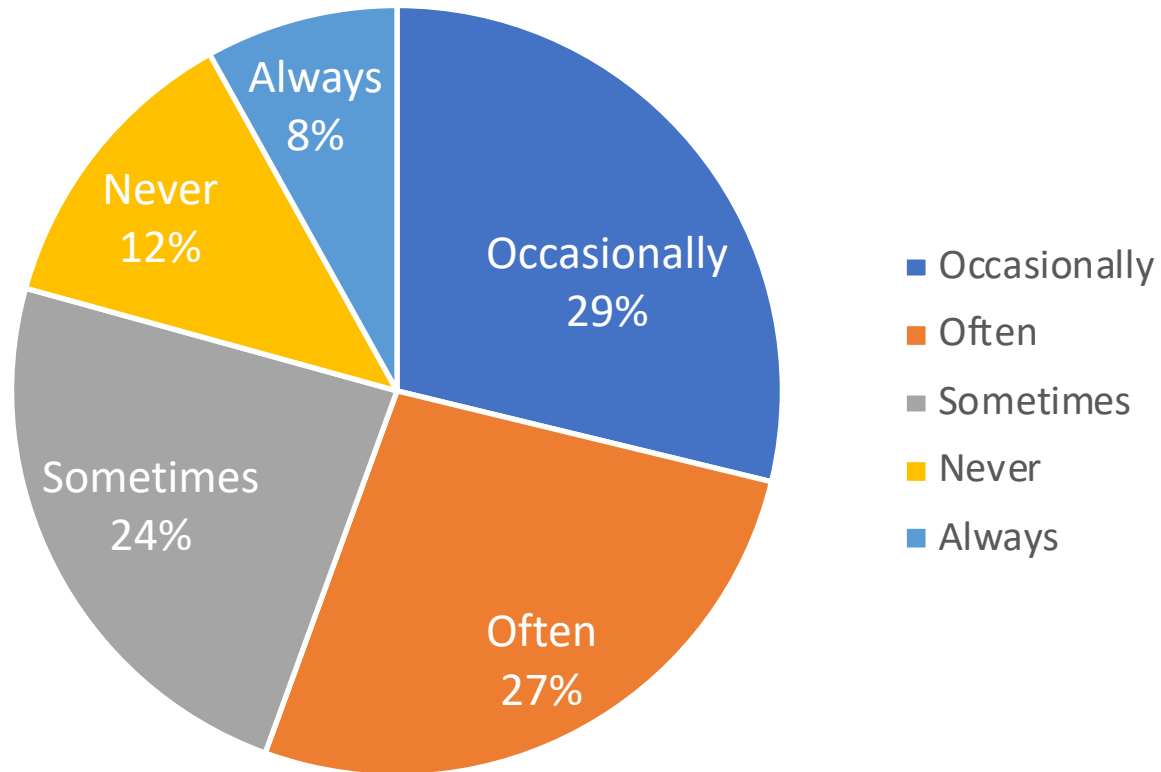
3 of the respondents who chose “Yes” are familiar with YMHC.

Are you familiar with any youth mental health organizations?



The percentage of respondents who are familiar with youth mental health organization increase with age.

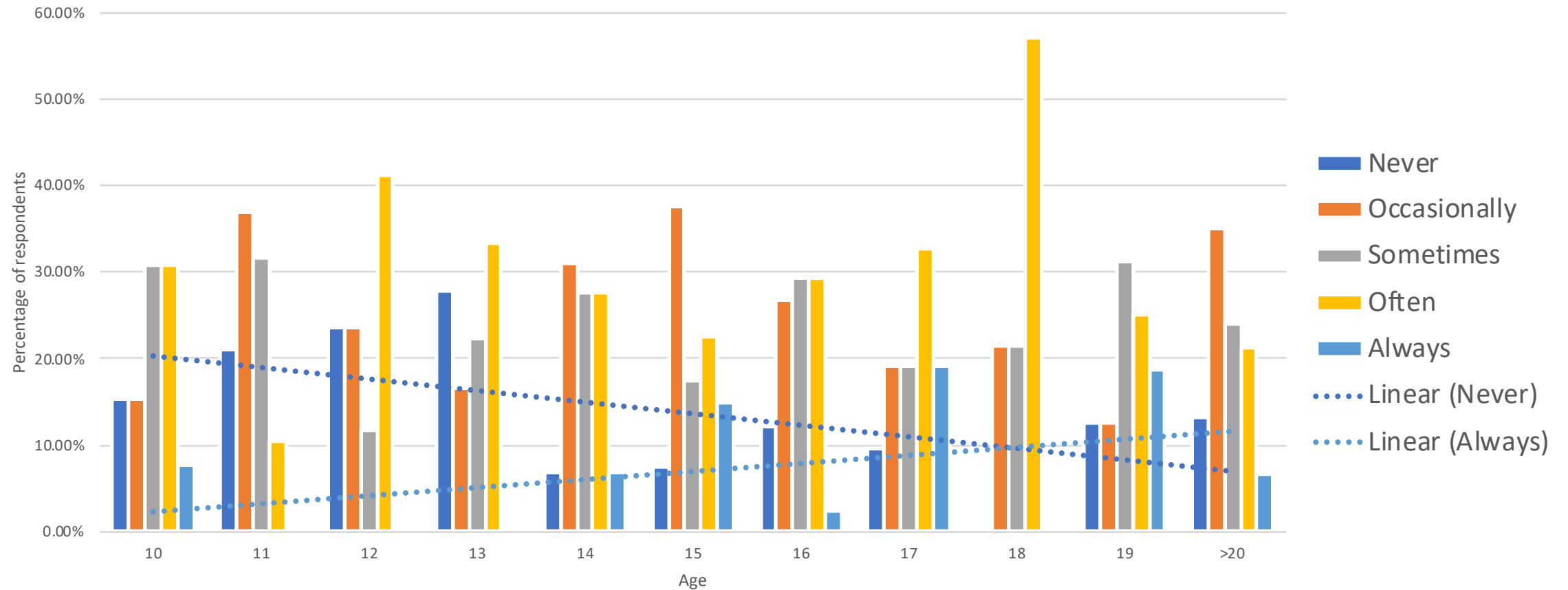
In the LAST 4 WEEKS, how often did you feel hopeless?



Most respondents occasionally feel hopeless.

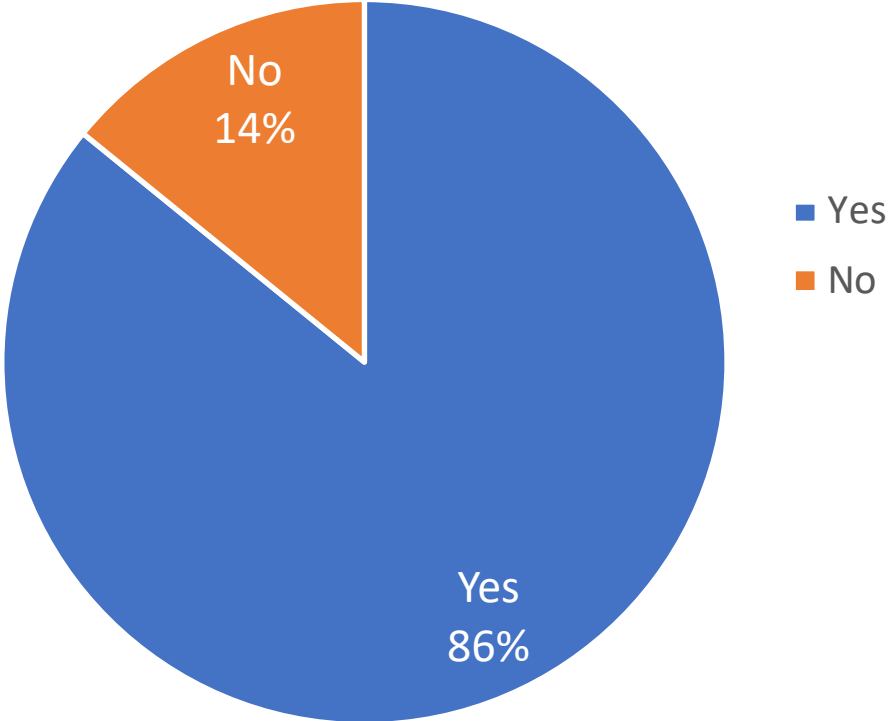
8% of respondents always feel hopeless.

In the LAST 4 WEEKS, how often did you feel hopeless?



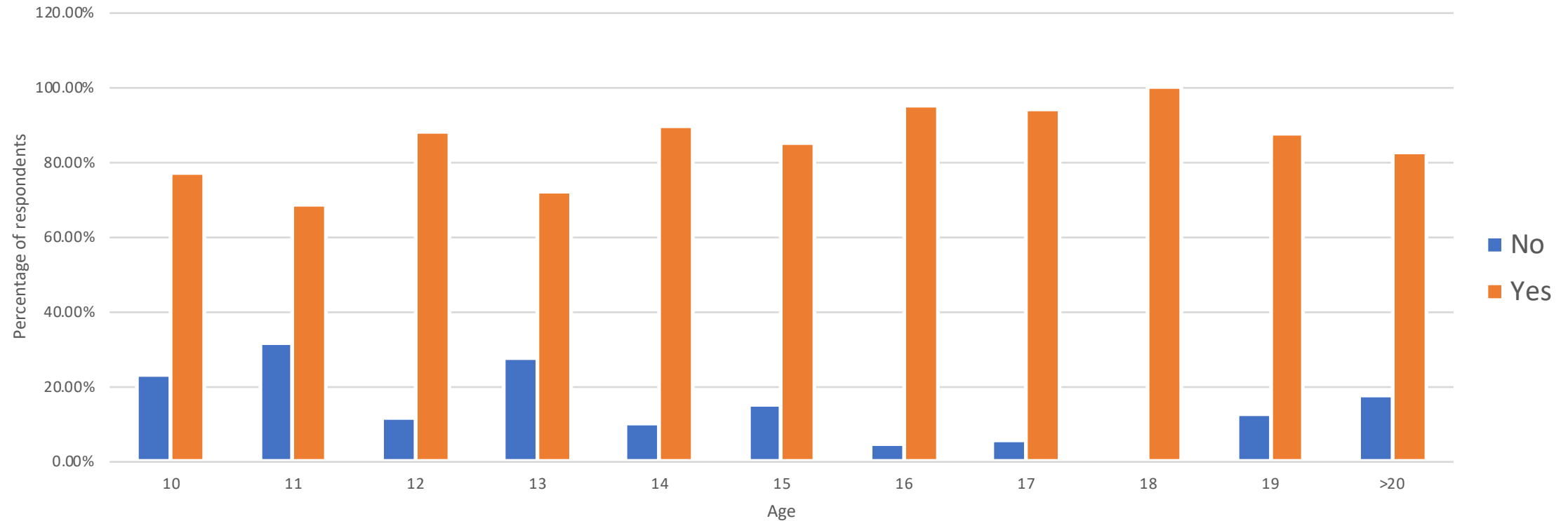
The percentage of respondents who never felt hopeless in the last 4 weeks decreases with age.
The percentage of respondents who always felt hopeless in the last 4 weeks increases with age.
Almost 60% of respondents aged 18 felt hopeless in the last 4 weeks.

In the LAST 4 WEEKS, did you feel that you were under any stress, strain or pressure and you didn't know what to do?



86% of respondents feel that they were under stress, strain or pressure, and they didn't know what to do in the last 4 weeks.

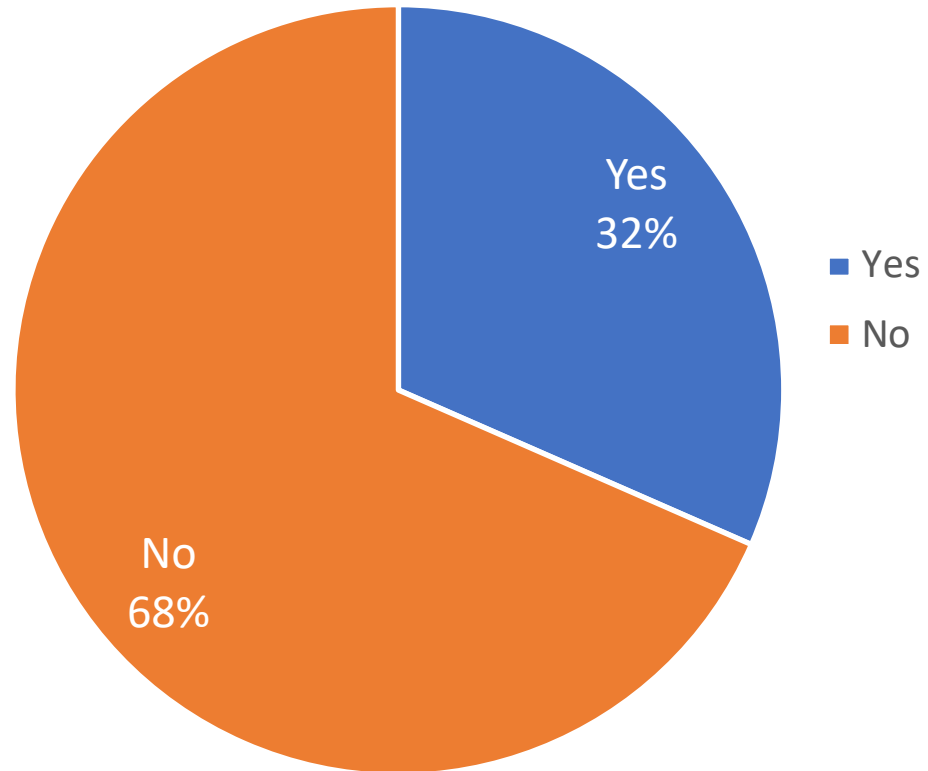
In the LAST 4 WEEKS, did you feel that you were under any stress, strain or pressure and you didn't know what to do?



The percentage of respondents who felt that they were under stress, strain or pressure, and didn't know what to do remains consistent across age groups.

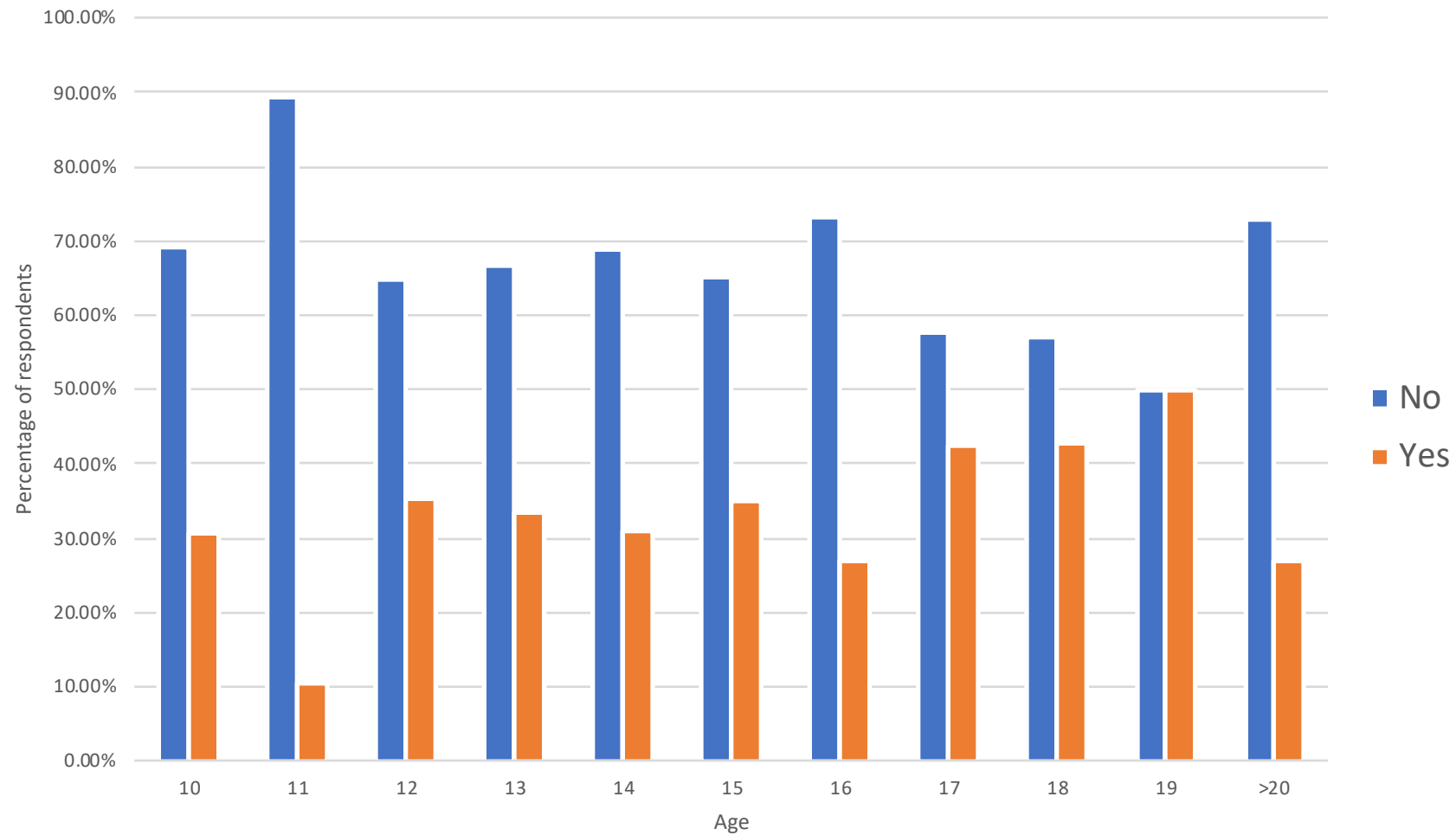
All respondents aged 18 felt that they were under stress, strain or pressure, and didn't know what to do.

In the LAST 4 WEEKS, did you ever consider attempting suicide?



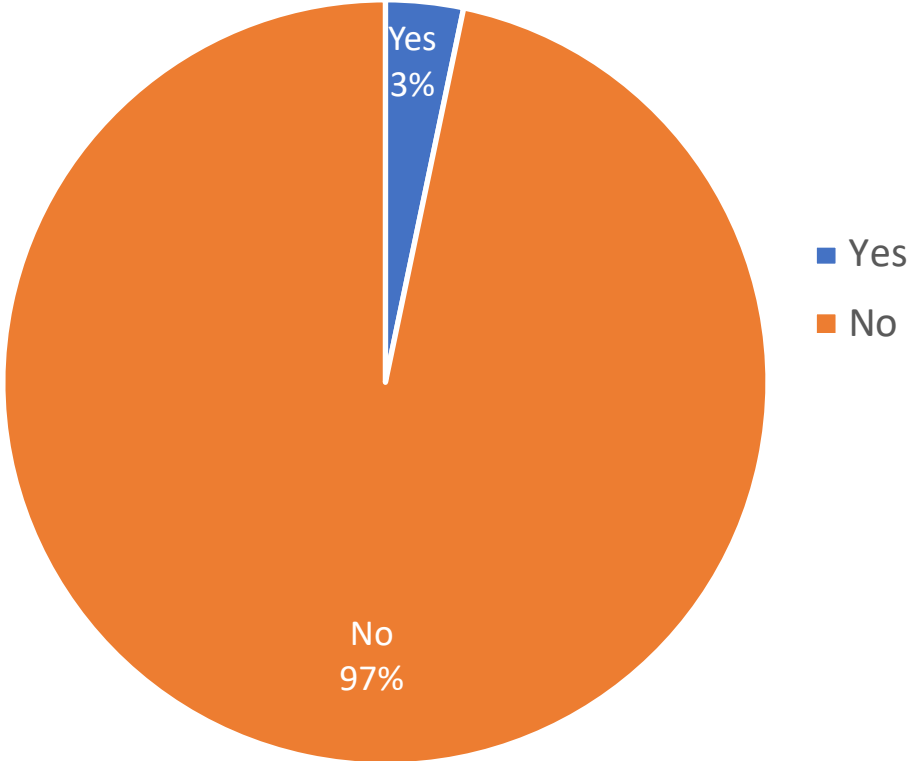
32% of respondents considered attempting suicide in the last 4 weeks.

In the LAST 4 WEEKS, did you ever consider attempting suicide?



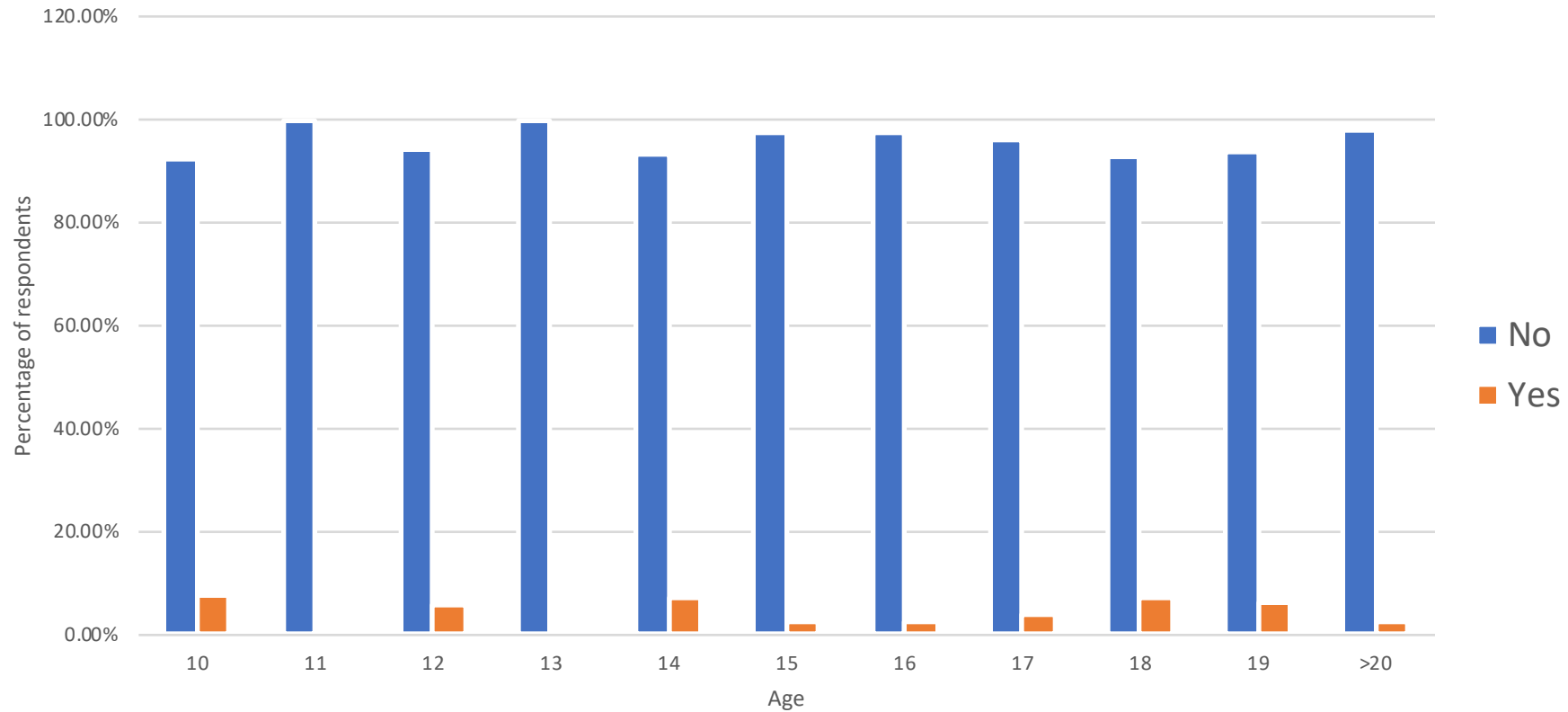
Half of the respondents aged 19 considered attempting suicide in the last 4 weeks.

In the LAST 4 WEEKS, did you attempt suicide?



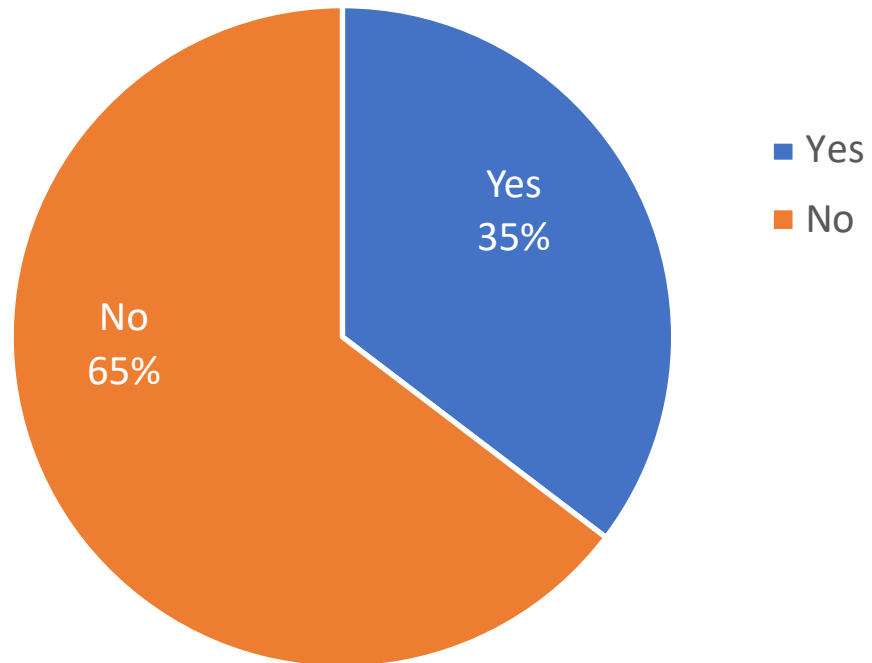
3% of respondents attempted suicide in the last 4 weeks.

In the LAST 4 WEEKS, did you attempt suicide?



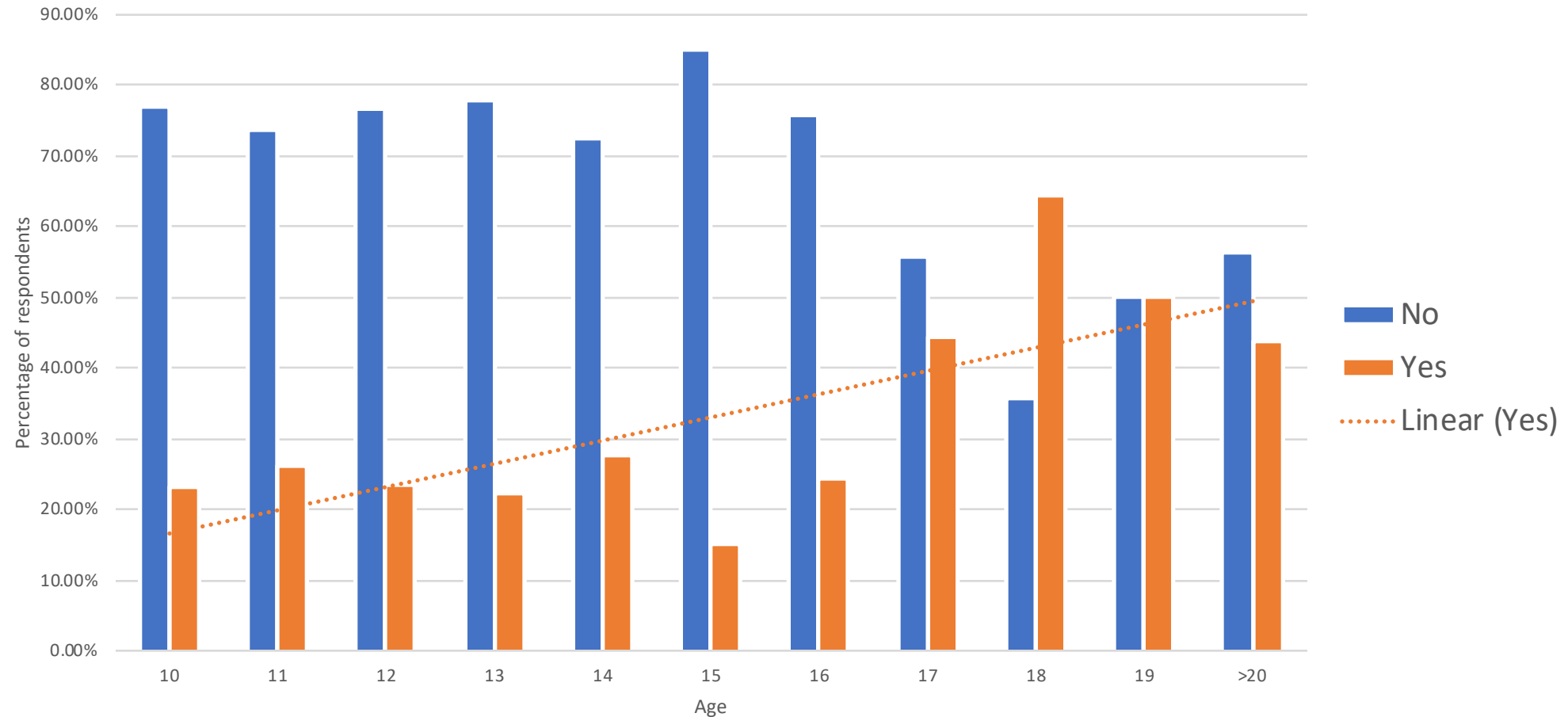
The percentage of respondents who attempted suicide in the last 4 weeks is consistent across age groups.

In the LAST 12 MONTHS, have you been prescribed medication for a mental health challenge (anxiety, depression, etc.)



35% of respondents have been prescribed medication for mental health challenge.

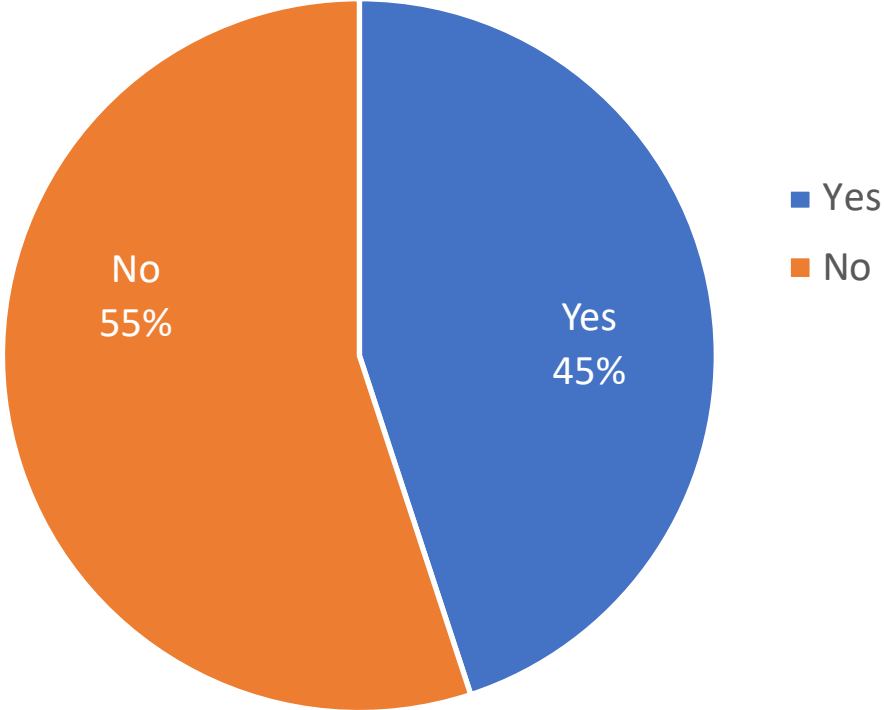
In the LAST 12 MONTHS, have you been prescribed medication for a mental health challenge (anxiety, depression, etc.)



The percentage of respondents who have been prescribed medication for mental health challenge increases with age.

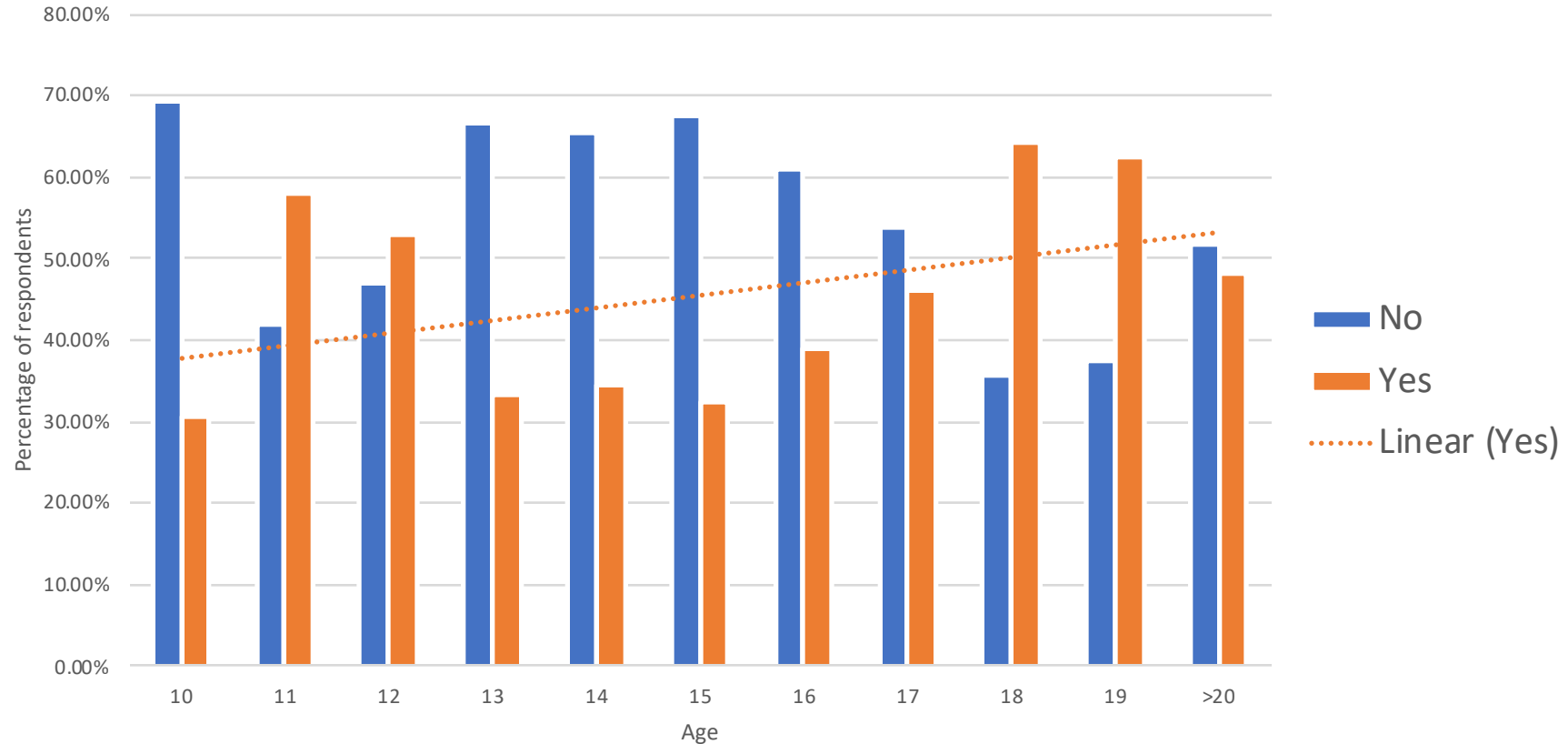
More respondents aged 18 have been prescribed medication for mental health challenge than those of other age groups.

In the LAST 12 MONTHS, have you seen a health care professional to talk about a mental health challenge?



45% of respondents have seen a health care professional to talk about a mental health challenge.

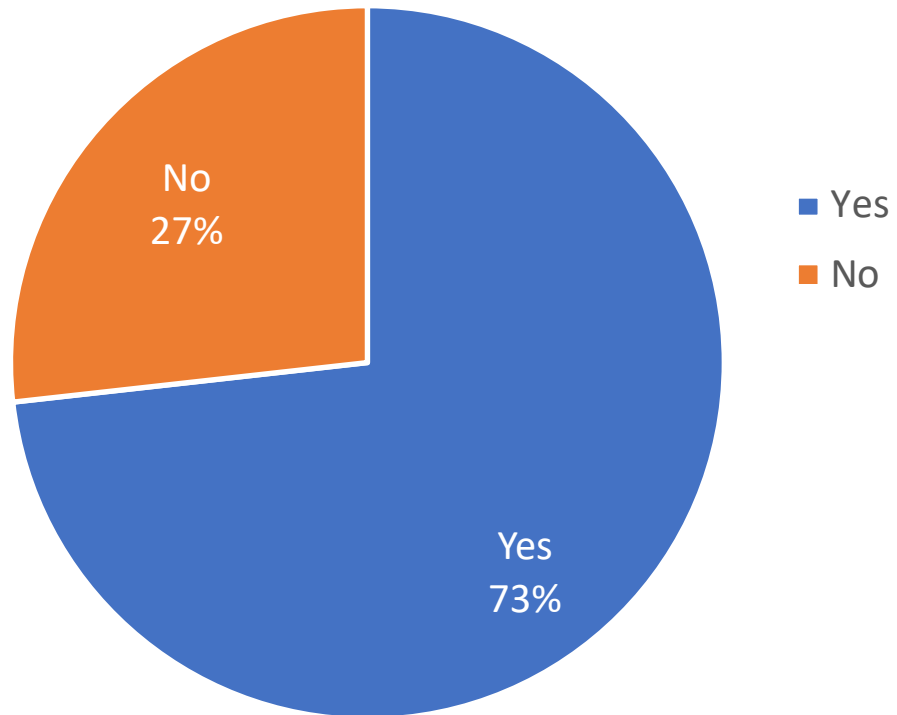
In the LAST 12 MONTHS, have you seen a health care professional to talk about a mental health challenge?



The percentage of respondents who have seen a health care professional to talk about a mental health challenge increases slightly with age.

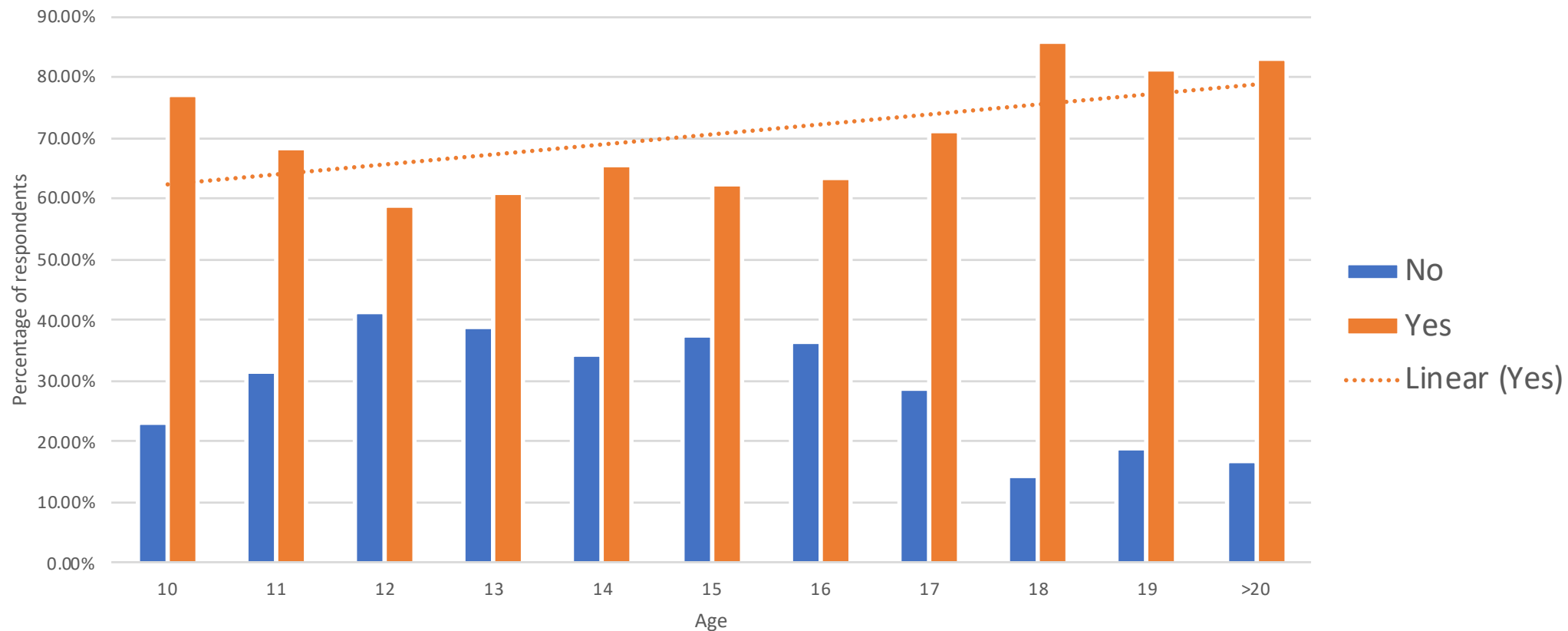
More respondents aged 18 have seen a health care professional to talk about a mental health challenge than those of other age groups.

Have you experienced a difficult life event that affected you emotionally and physically?



73% of respondents have experienced a difficult life event that affected them emotionally and physically.

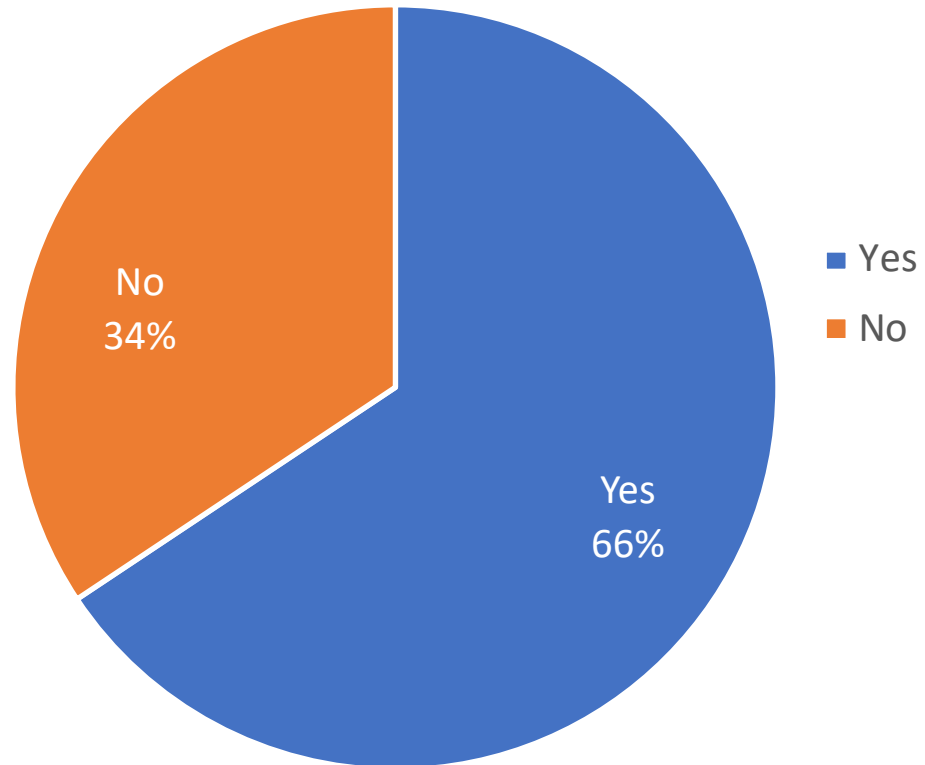
Have you experienced a difficult life event that affected you emotionally and physically?



The percentage of respondents who experienced a difficult life event that affected them emotionally increases slightly with age.

More respondents aged 18 have experienced a difficult life event that affected them emotionally than those of other age groups.

Is the event or situation something that still affects you?



The event or situation still affects 66% of respondents.