

Youth Mental Health in Canada...

10–20% of Canadian youth are affected by a mental health concern



Common mental health concerns can include:



ADHD (Attention Deficit Hyperactivity Disorder) affects attention span, learning and behaviour.



It is estimated in Canada 5–10% of school aged children are affected by ADHD



Anxiety and Mood Concerns:
7% of Canadian youth aged 12–19 reported in 2011/12 an anxiety or mood disorder diagnosed by a health professional

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Anxiety and mood disorders are among the most common mental health conditions in youth and can **affect learning, friendships, and ability to enjoy life** in general.



Early identification and treatment can prevent the development of more severe problems and improve long-term outcomes.

Youth Self-Rated Mental Health – 77.2% is the percentage of Canadians aged **12 to 19 years** that reported their mental health as very good or excellent in 2011/2012



Why It's Important:

Mentally healthy youth perform well at home, in school, and in their communities. Good mental health in adolescence is associated with good mental health and quality of life in adulthood. Poor mental health in youth can signal a lack of resilience, the presence of stressors and/or other vulnerabilities.

Source: Canadian Community Health Survey, Public Use Microdata File, Statistics Canada (years 2003, 2005, 2007/08, 2009/10, 2011/12).