

YOUTH MENTAL HEALTH



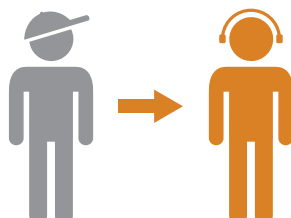
PERSISTENT NEGATIVE THOUGHTS AND FEELINGS MAY BE RELATED TO POOR MENTAL HEALTH AND WELL-BEING.

IN GRADE 10:

43% OF GIRLS
and **22% OF BOYS**
reported
FEELING SAD
or **HOPELESS**
almost every day
for two weeks
or more in a row



38% OF GIRLS
and **24% OF BOYS**
often
WISHED THEY WERE
SOMEONE ELSE



34% OF GIRLS
and **25% OF BOYS**
often
FELT LONELY



Data are from the 2013/14 Health Behaviour in School-aged Children, a research study that aims to gain insight into youth health and well-being, and their social contexts.

RELATIONSHIPS MATTER!

We can all play a role in promoting youth mental health.

Read our report *Health Behaviour in School-aged Children (HBSC) in Canada: Focus on Relationships* to learn more.

Visit Canada.ca/Health and search for HBSC.



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