


Local Health Integration Network (LHIN) 5: Central West

726 grades 9-12 students in this area participated in CAMH's 2013 Ontario Student Drug Use & Health Survey (OSDUHS). Highlights from the *Mental Health and Well-Being* report include:

Differences compared to Ontario's estimate:

Mental health & well-being indicators	Provincial Estimate for Grades 9-12 (6,159 students)		LHIN 5 Estimate
Reported any GAMBLING activity in the past year	38%	>	32%
Been a victim of BULLYING at school	22%	>	18%

Similarities to Ontario's estimate:




1 in 4 did **NOT** know who to talk to about a mental health problem.




1 in 6 rated their **MENTAL HEALTH** as **FAIR/POOR**.



1 in 3 experienced **PSYCHOLOGICAL DISTRESS** in the past month.



1 in 7 seriously **CONTEMPLATED SUICIDE** in the past year.



1 in 5 visited a **MENTAL HEALTH CARE PROFESSIONAL** at least once in the past year.

For more information visit: www.eenet.ca