

Local Health Integration Network (LHIN) 3: Waterloo Wellington

221 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:

Similarities to Ontario's estimate:



1 in 4 experienced **PSYCHOLOGICAL DISTRESS** in the past month.



1 in 5 did **NOT** know who to talk to about a mental health problem.



1 in 6 visited a **MENTAL HEALTH CARE PROFESSIONAL** at least once in the past year.



1 in 9 seriously **CONTEMPLATED SUICIDE** in the past year.

For the Waterloo Wellington LHIN, there were no significant differences for mental health indicators compared to Ontario's estimate.

For more information visit: www.eenet.ca