Local Health Integration Network (LHIN) 13 & 14: North East & North West*

674 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 did NOT know who to talk to about a mental health problem.

1 in 7 rated their MENTAL HEALTH as FAIR/POOR.

1 in 4 experienced PSYCHOLOGICAL DISTRESS in the past month.

1 in 8 seriously CONTEMPLATED SUICIDE in the past year.

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

1 in 24 reported having 3 or 4 COEXISTING PROBLEMS.**

For the North East & North West LHINs, there were no significant differences for mental health indicators compared to Ontario’s estimate.

*Due to small sample sizes the North East and North West LHINs were combined.

** Coexisting problems include: psychological distress, antisocial behaviour, hazardous/harmful drinking, or a drug use problem.

For more information visit: www.eenet.ca