

Results from the 2013 Ontario Student Drug Use & Health Survey: Haliburton, Kawartha, Pine Ridge District Student Mental Health

MENTAL HEALTH:

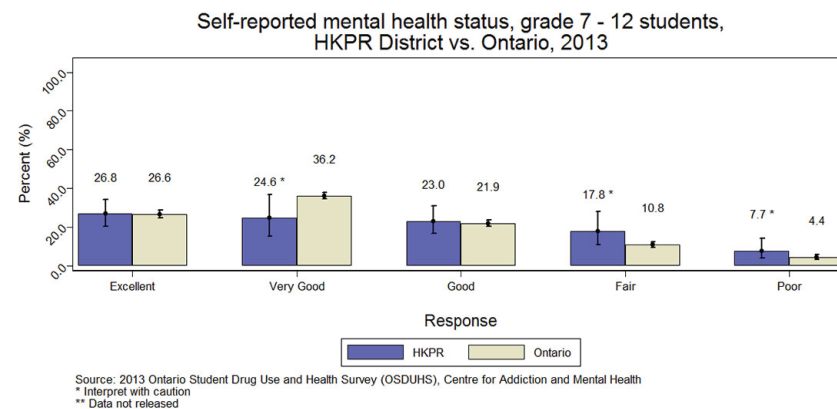
Mental health is defined as “a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”¹

Whether from increased stress, depression, cyber-bullying, or para-suicide and suicide, there is an increasing concern for the mental-health among youth.²

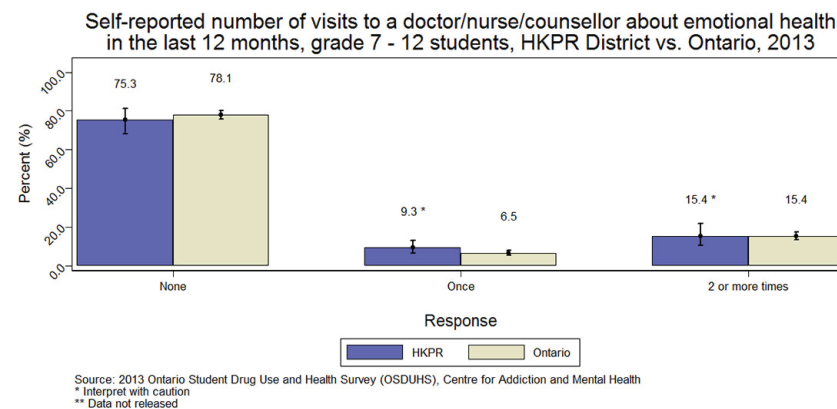
Despite their age, today’s youth encounter many of the same mental health-related problems as the rest of Canadians.³

The ability to manage one’s thoughts, emotions, behaviours, and interactions with others are only a few determinants of mental health and mental disorders.⁴

Self-rated mental-health was reported as ‘excellent’ or ‘very good’ by 51.4% of students.

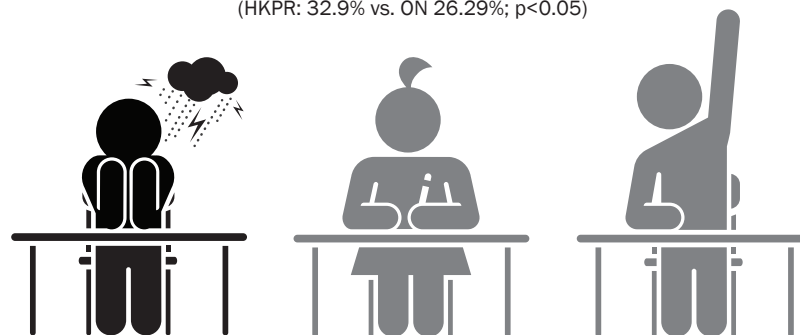


Two or more visits to a health-care professional for a mental-health issue were reported by 15.4% of students.

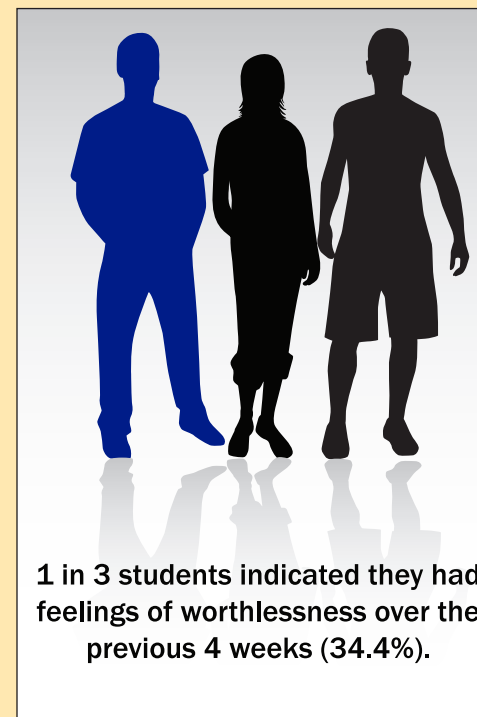


1 in 3 students were categorized as having moderate to high levels of psychological distress.

(HKPR: 32.9% vs. ON 26.29%; p<0.05)



4 in 10 students indicated they had felt depressed at some time over the previous four weeks (42.8%).



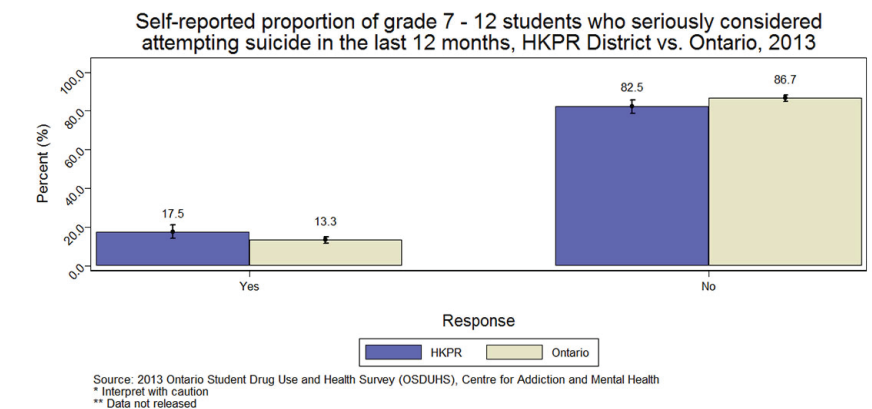
1 in 3 students indicated they had feelings of worthlessness over the previous 4 weeks (34.4%).

In the HKPR District, 4.3% of students reported attempting suicide in the past 12 months.

A significantly higher proportion of HKPR students, compared to Ontario students, reported feelings of worthlessness over the previous 4 weeks ‘most of the time’ and ‘all of the time’.

[Risk Ratio (RR): 1.06; 95%CI: 1.01, 1.11;p<0.05]

HKPR District students were 4% more likely than Ontario students (95%CI: 1.00, 1.08; p < 0.05) to report a serious consideration of suicide in the previous 12-months.



Nearly 1 in 10 students in the HKPR District have been prescribed medications to treat anxiety, depression or both.

References

1. World Health Organization. What is mental health? <http://www.who.int/features/qa/62/en/>. Updated 05/01, 2013. Accessed 09/18, 2014.
2. CTV News. Hospitals struggle to keep up as more youth seek help for mental illness. <http://www.ctvnews.ca/health/health-headlines/hospitals-struggle-to-keep-up-as-more-youth-seek-help-for-mental-illness-1.1152461>. Updated 02/11, 2013. Accessed 10/09, 2014.
3. Butler-Jones D. The chief public health officer’s report on the state of public health in Canada, 2008: Addressing health inequalities. Ottawa (ON). 2008; Public Health Agency of Canada.(Chapter 3).
4. World Health Organization. Mental health action plan, 2013 - 2020. 2013; ISBN 978 92 4 150602 1.