

**THE COLLEGE OF
FAMILY PHYSICIANS
OF CANADA**

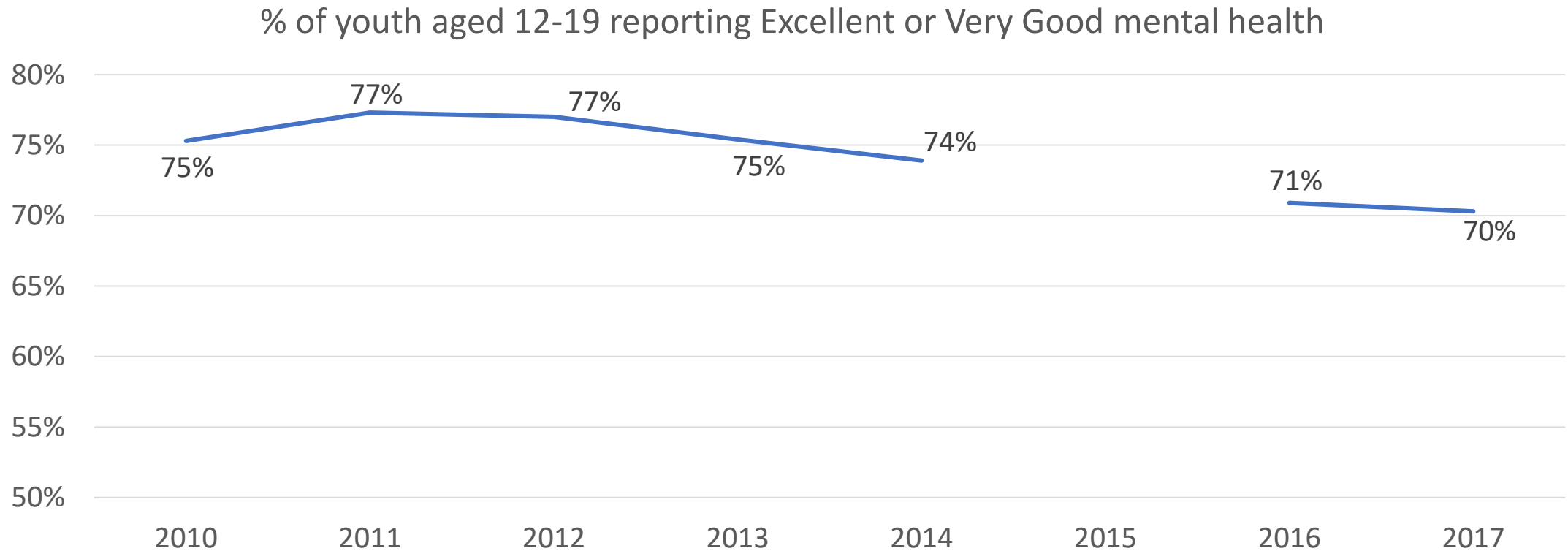


**LE COLLÈGE DES
MÉDECINS DE FAMILLE
DU CANADA**

Supporting data on youth mental health for the Standing Senate Committee on Social Affairs, Science and Technology

Please contact Artem Safarov, Director of Health Policy and Government Relations for any necessary follow-up (asafarov@cfpc.ca)

Self-reported mental health in youth has been declining since 2011



Some provincial variation exists with lower scores in Atlantic provinces and a higher one in Quebec.

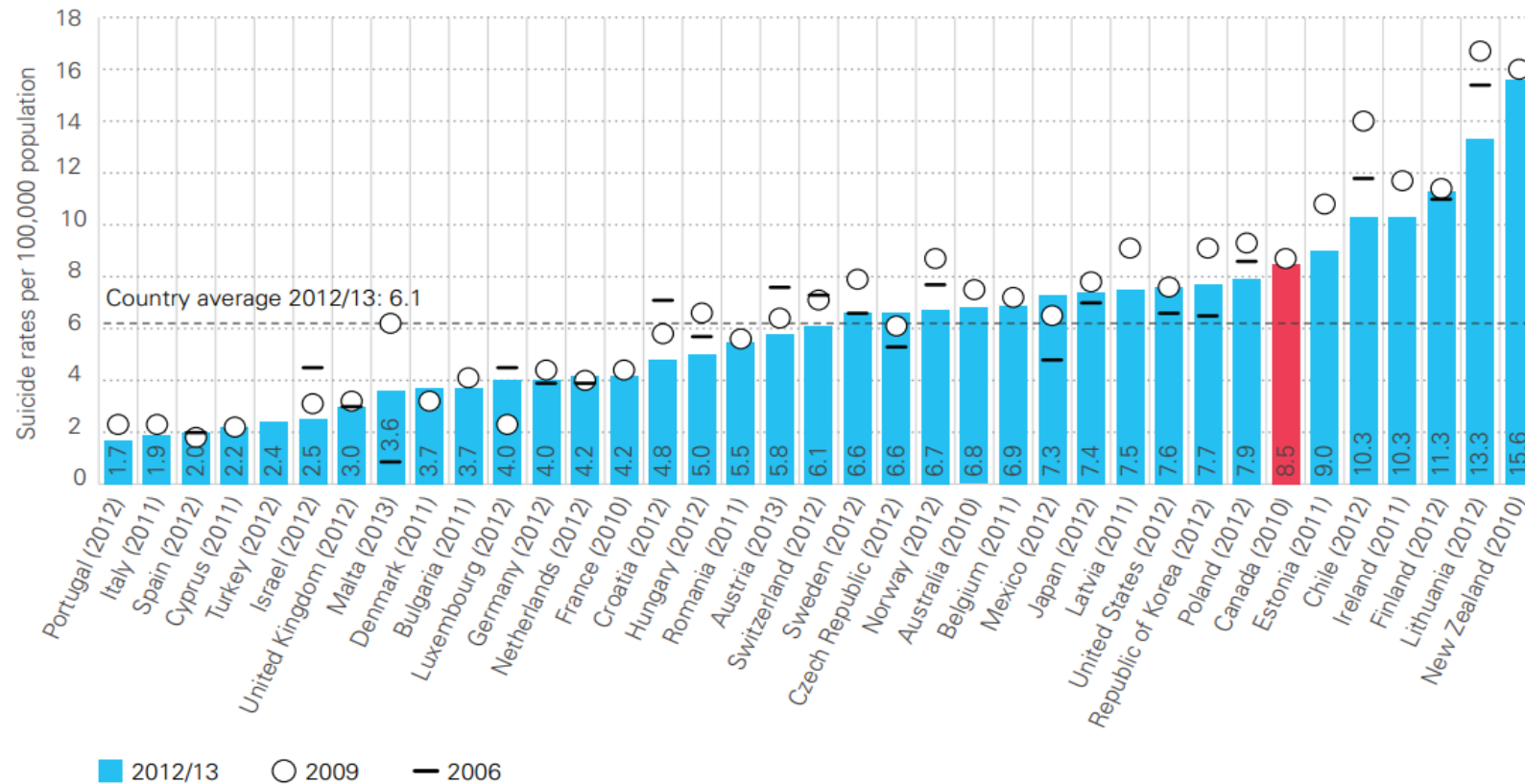
NL	PEI	NS	NB	QC	ON	MB	SK	AB	BC
69%	69%	66%	67%	74%	70%	70%	68%	70%	68%

Some young men and women face serious mental health problems

- Rates of mood disorders are highest among youth **aged 15 to 24** compared to other age groups; young women in particular have the highest rate (**10%**)
- Approximately **50%** of youth who have experienced mood disorder have also had suicidal thoughts in their lifetime
- **Suicide** is the second leading cause of death among youth **aged 15 to 24**
 - **14.7** deaths per 100,000 for **young men**
 - **5.8** deaths per 100,000 for **young women**
- **Less than half** of youth with depression or suicidal thoughts have sought professional support
- **Sources:** Statistics Canada, Canadian Community Health Survey Mental Health, 2012; Vital Statistics, 2014
- The upcoming data from [Canadian Health Survey on Children and Youth, 2016](#) (not publicly available) should provide additional insights.

Canada ranks 31 out of 37 OECD/EU countries on adolescent suicide rates

Figure 17: Adolescent suicide rates (aged 15-19 per 100,000 population based on the latest available data, 2008-2013)

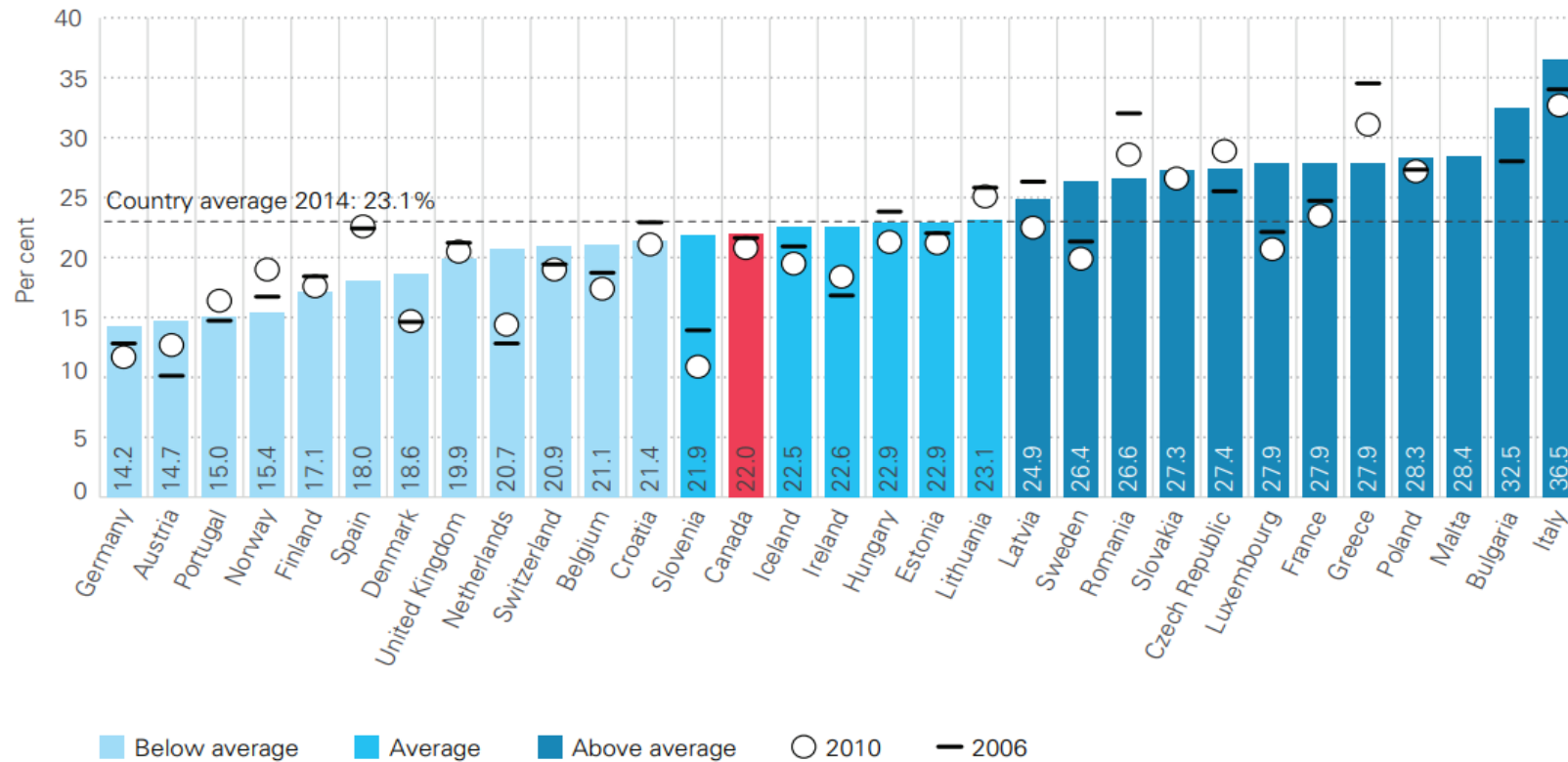


From the [Canadian Companion to UNICEF Report Card 14 : Building our Future: Children and Sustainable Development Goals in Rich Countries](#)

https://www.unicef.ca/sites/default/files/2017-06/RC14%20Canadian%20Companion_0.pdf

Canada ranks 14 out of 31 countries on adolescents reporting psychological symptoms

Figure 18: Adolescent mental health issues (percentage of adolescents reporting two or more psychological symptoms – feeling low, irritability, nervousness, and sleeping difficulties – more than once a week)



From the [Canadian Companion to UNICEF Report Card 14 : Building our Future: Children and Sustainable Development Goals in Rich Countries](https://www.unicef.ca/sites/default/files/2017-06/RC14%20Canadian%20Companion_0.pdf)

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