

10,272 students

in Grades 7-12 participated in CAMH's 2013 Ontario Student Drug Use & Health Survey (OSDUHS). Highlights from the *Mental Health and Well-Being* report include:



1 in 4 did **NOT** know who to talk to about a **MENTAL HEALTH PROBLEM**. Females were twice as likely as males to report an unmet need for mental health support.



1 in 7 rated their **MENTAL HEALTH** as **FAIR/POOR**. Females were twice as likely as males to do so.



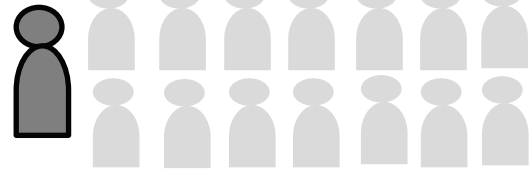
1 in 4 experienced **PSYCHOLOGICAL DISTRESS**. Females were about twice as likely as males to do so.



1 in 8 seriously **CONTEMPLATED SUICIDE** in the past year. Females were more likely than males to do so.



1 in 5 visited a **MENTAL HEALTH CARE PROFESSIONAL** at least once in the past year. Females were more likely than males to do so.



1 in 15 reported having 3 or 4 of the following **COEXISTING PROBLEMS**: psychological distress, antisocial behaviour, hazardous/harmful drinking, or a drug use problem.*

*Among grades 9-12 only (6,159 Ontario students)

The good news...

A MAJORITY of Ontario students:

- ✓ Rated both their physical and mental health as excellent or very good;
- ✓ Got along well with their parents; and
- ✓ Reported a positive school climate.

Since 2007, reports of suicide attempts and any gambling remained stable.

For more information visit: www.eenet.ca