



**82% of surveyed youth said that their current life was good or fair**

63% of females and 50% of males said they had one or more developmental disability, mental health concerns, and or emotional problems including:

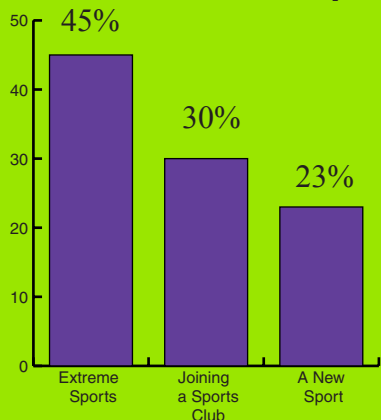
- Learning disabilities
- FAS -Fetal Alcohol Syndrome
- ADD/ADHD
- Depression
- Addictions
- Post Traumatic Stress Disorder

**Being active can help you build confidence and cope with stress**

Exercise and recreation improve both your mental and physical health.

Many youth continued to participate in sports and recreational activities and participatoin in sports without a coach increased after becoming street- involved

**I would like to try...**



# Want to Talk?

**Youth In BC**

24 Hour Hotline- 1.866.661.3311  
[www.youthinbc.ca](http://www.youthinbc.ca)  
 Help coping with stress, bullying and violence, mental health issues, suicidal feelings and your sexuality

**Mind Your Mind**

[www.mindyourmind.ca](http://www.mindyourmind.ca)  
 Information on youth and mental health

**OPT [optionsforsexualhealth.org](http://optionsforsexualhealth.org)**

Sexual Health info and clinic listings through BC

**PFLAG Canada**

[www.pflagcanada.ca](http://www.pflagcanada.ca)  
 Information concerning gay, lesbian, bisexual and questioning teens, their friends and family

**MCFD Children's Help Line**

Call: 310 1234 (no area code needed)  
 For the Deaf and hard of hearing: 1 866 0505

**Kids Help phone**

1800 668 6868  
[www.kidshelphone.ca](http://www.kidshelphone.ca)

**Youth Against Violence Line**

1.800.680.4264

Other fact sheets in this series:

- Sexual Health
- Substance Use
- Moving on - School, home and work
- Sexual Expoitation

Available at [www.mcs.bc.ca](http://www.mcs.bc.ca)

# Mental, Emotional and Physical Health

Youth living in homelessness, living on the streets, living in an abandoned building, a tent or car. Youth who are working in the sex trade, who are trading sex for drugs, money, clothes, food or shelter. Youth who are using or selling drugs on the streets, or on a public transit. Youth who have recently moved from any of these situations into a more stable environment.



**Against the Odds**

A profile of street involved and marginalized youth in BC



The McCreary Centre Society

## This information is from:

*Against the Odds – A profile  
of marginalized and  
street-involved youth in BC*

Lots of people have the wrong idea about why some youth are street involved.

This research was done to learn about what life is like for street involved youth. And to give youth a chance to voice their opinions and concerns.

762 youth from nine communities in BC participated in the Against the Odds survey in 2006

### Youth included in this survey were those who are:

Homeless

Living on the street

Couch surfing

Staying in a: tent, car, abandoned building, or squat  
Using or Selling Drugs on the Street

Involved in the Sex Trade

Anyone who has recently moved from these conditions to a more stable environment

## Physical Health

**61% of youth rated their overall health as good or excellent**

**86% reported one or more physical problem in the past 30 days like: a backache or stomachache, a cold, flu, or skin problem**

## Can you get health care when you need it?

82% of youth in this survey reported they could get health care when they needed it

- 16% said they couldn't get prescription medications when they needed them
- 18% reported that they did not have a MSP care card



**A Care Card is a Medical Services Plan (MSP) number that allows you to access health services with a health ID number**

**To get yours, go to:**

**<http://www.health.gov.bc.ca/msp/ifoben/carecard.html#replace>**

## Mental and Emotional Health

*Nearly one in three females and one in four males felt very sad, hopeless or discouraged in the past 30 days*

Coping with life's stress and challenges can be overwhelming at times, but difficult and painful situations will not last forever

15% of males and 30% of females in this survey said they had made one or more suicide attempt

About 8 out of 10 people who attempt suicide or die by suicide hinted about it or told someone their plans first  
(Canadian Mental Health Association, 2007)

If you, or someone you know is feeling depressed, or thinking about suicide, check the back of this pamphlet for people to talk to

### Warning signs:

- A sudden change in behavior (positive or negative)
- Change in eating patterns, boredom, or wanting to be alone
- Talks and thinks a lot about death/dying
- Giving away favorite things
- Signs of depression; feeling moody, hopeless
- Has attempted suicide before
- Recent attempt or death by suicide by a friend or a family member