

SUPPORTING BC YOUTH: SCHOOL COUNSELLORS

This poster uses data from McCreary Centre Society's BC Adolescent Health Survey (BC AHS). The most recent BC AHS was completed in 2018 by over 38,000 youth aged 12-19. To learn more about the survey and view other posters and reports, please visit <http://mcs.bc.ca>.



In the past year, 31% of BC youth sought help from a school counsellor, up from 27% in 2013. Non-binary students were the most likely to seek help (40% vs. 32% of females and 29% of males).

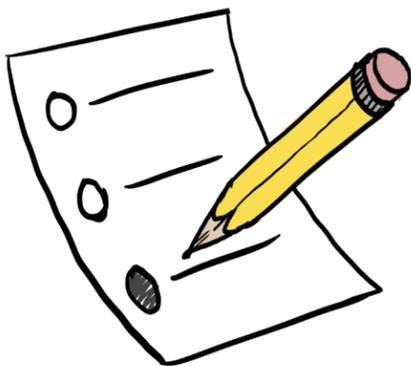
AMONG YOUTH WHO ASKED A SCHOOL COUNSELLOR FOR HELP...



80%
found the experience helpful.

Males were more likely than females and non-binary youth to find their counsellor helpful (e.g., 86% vs. 76% of females).

Students who found their school counsellor helpful were more likely to:



- Feel safe at school (76% vs. 53% who did not receive helpful support).
- Feel like part of their school (64% vs. 43%).
- Be happy at school (64% vs. 39%).
- Plan to continue their education beyond high school (86% vs. 82%).
- Have an adult in their life who helped them prepare for post-secondary (80% vs. 68%).
- Feel hopeful for their future (67% vs. 49%).

Youth who found their school counsellor helpful were less likely to have skipped class in the past month.



30%
of youth who found their school counsellor helpful skipped class

vs.



40%
who did not find their school counsellor helpful.

They were also less likely to have missed class due to their mental health in the past month.



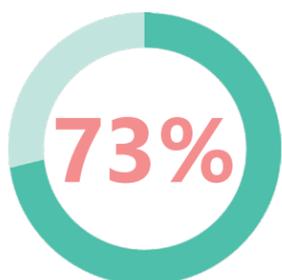
19%
of youth who found their school counsellor helpful missed class due to their mental health

vs.



35%
who did not find their school counsellor helpful.

Youth who found their school counsellor helpful were more likely to rate their mental health as good or excellent.



vs.



of youth who found their school counsellor helpful had good/excellent mental health

who did not find their school counsellor helpful.

They were also less likely to:

- Experience extreme stress (13% vs. 29%) or extreme despair (8% vs. 19%) in the past month.
- Self-harm (19% vs. 32%), seriously consider suicide (18% vs. 35%), or attempt suicide (6% vs. 13%) in the past year.
- Drink alcohol (31% vs. 41%), vape (29% vs. 38%), or use marijuana (17% vs. 24%) in the past month.