

Youth in BC BC Adolescent Health Survey

Mental Health

87% of males and 76% of females reported good or excellent mental health.

22% of females and 15% of males reported having at least 1 mental health condition.

They most commonly reported having depression, an anxiety disorder or panic attacks, or Attention Deficit/Hyperactivity Disorder (ADHD).

83% of students felt at least some amount of stress in the past month.

13% of females and 5% of males experienced extreme stress in the past month.

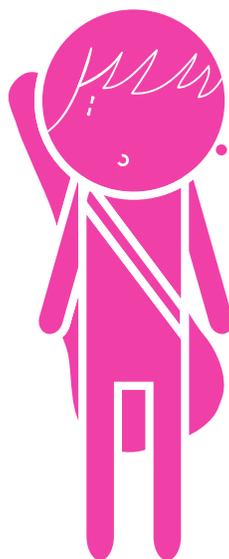
If youth did not access needed mental health services, these are some of the reasons they gave:

62% didn't want their parents to know.

41% were afraid of what they would be told.

16% did not think they could afford it.

11% did not have transportation.



22% of females and 8% of males reported self-harm in the past year.

9% of females and 3% of males attempted suicide in the past year.

If youth with a mental or emotional health condition had an adult they could turn to for support, they were less likely to attempt suicide.

27% of males and 21% of females got 9 or more hours of sleep the night before the survey.

Students who slept 9 or more hours reported better mental health than those who slept for fewer hours.

Youth reported better mental health if they ate healthy food and exercised.

If you need someone to talk to about mental health or other concerns, you can call:

Kids Help Phone at 1-800-668-6868

Statistics are from McCreary Centre Society's BC Adolescent Health Survey. In 2013, nearly 30 000 students in grades 7-12 filled out the survey across the province. The survey has been completed every five years since 1992.



McCreary Centre Society
www.mcs.bc.ca

The Youth in BC poster series was created by McCreary's summer student and the Youth Advisory & Action Council. Visit www.mcs.bc.ca to view the rest of the series.

McCreary is a BC charity committed to improving youth health through research and youth engagement. Connect with us online for more information or to get involved.

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 McCreary Centre Society's Youth Advisory and Action Council