

# Suicide•Distress•Abuse•Discrimination

Facts about Mental Health

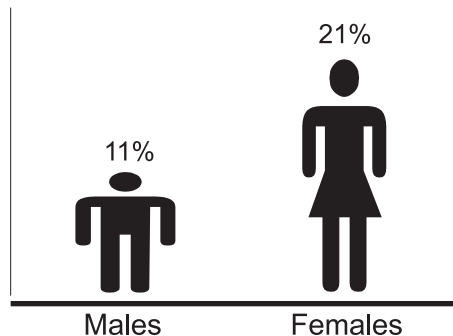
## How many youth in BC have attempted suicide?

4% of male students and 10% of female students attempted suicide in the past year.



### Suicide

The percentage of youth who have seriously considered suicide has not changed between 2003 and 1992.



### Attempts by Age in 2003

- ➔ 6% of youth aged 13 attempted suicide.
- ➔ 7% of youth aged 15 attempted suicide.
- ➔ 6% of youth aged 17 attempted suicide.

### Suicide Warning Signs

- ☐ previously attempted suicide
- ☐ talking, joking about, or planning suicide
- ☐ giving away personal possessions
- ☐ feeling depressed
- ☐ increased drugs and alcohol use
- ☐ writing stories or poems about death
- ☐ self-injury (intentionally harming/injuring oneself)
- ☐ feelings of hopelessness ("what's the use?")
- ☐ withdrawal from family and friends

#### About the Adolescent Health Survey

These statistics are based on the results of the Adolescent Health Survey, a survey that was administered by the McCreary Centre Society in 1992, 1998, and 2003. It asked over 70,000 BC youth questions about their health.

The McCreary Centre Society is a non-profit organization dedicated to improving the health of BC youth through research, information sharing, and community-based projects that address the unmet health needs of young people.

Funded by the Child and Family Research Institute, BC Ministry of Children and Family Development, and the Province of BC.

Fact Sheets prepared by Bianca Corlett and David Sadler.

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McCreary Centre Society

**Remember**, just tell someone or call **1-800-SUICIDE** if you or someone you know is thinking about suicide. All attempts and comments should be taken seriously!

# Distress

**8% of BC students feel seriously emotionally distressed**

Girls are almost twice as likely to feel emotionally distressed than boys

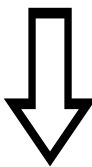
Older students are more likely to experience distress than younger students

## Abuse

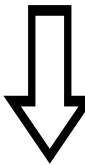
**Almost 1 in 5 BC youth have been abused.**

Girls are more likely than boys to be abused.

**Abuse has declined:**



Physical abuse down from 24% in 1992 to 18% in 2003



Sexual abuse down from 21% in 1992 to 13% in 2003.

13% of girls have been sexually abused, 2% of boys have been.



## Discrimination

**29% of BC adolescents have felt some sort of discrimination.**

**This includes discrimination against:**

- Race or skin colour
- Physical appearance
- Sexual orientation

## Students worry a lot about:

- A parent dying [13%]
- If their family has enough food or money [12%]
- Drinking or drug use by someone at home [7%]
- Not having someone to take care of them [6%]
- Violence at home [5%]

