

Do you feel connected to family?

Do you feel connected to school?

How do your friends feel about risky behaviors?

Do you have an adult to talk to if you had a serious problem?

Are you involved in extracurricular activities that are meaningful to you?

Over 29,000 youth in Grades 7-12 filled out the BC Adolescent Health Survey (AHS) in 2008.

Using data from the survey and youth focus groups, McCreary created a report on the mental and emotional health of youth in BC.

Inside are some of the results of that report.



“What’s important] is knowing you have a place to go if you need help - parents, friends or counsellors.”

About McCreary

McCreary Centre Society is a not-for-profit organisation committed to improving the health of BC youth through research and youth-led community projects.

About the report

Making the right connections offers a detailed look at the mental health of BC youth, and the role of various protective factors in promoting positive mental health. To download the full report, visit www.mcs.bc.ca.

Special thanks to McCreary Youth Advisory Council member Lucy Shen for creating this fact sheet. Other by-youth-for-youth fact sheets can be downloaded from our website.

Want to talk to someone or find more information?

The Crisis Intervention & Suicide Prevention Centre of BC

1-800-SUICIDE

www.crisiscentre.bc.ca, www.youthinbc.com

A volunteer driven organisation committed to helping people help themselves and others deal with crisis.

Kids Help phone

1-800-668-6868

www.kidshelpphone.ca

Free and anonymous phone and web-counseling that is confidential, non-judgemental and available 24/7 for both children and teenagers.



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Making the Right Connections

Promoting positive mental health among BC youth



What is positive mental health?

“Mental health is happiness and self-esteem. So having good mental health, you’ll choose things that are healthy.”

Most youth in BC report positive mental health. They have high self-esteem, rate their health as good or excellent, and have educational aspirations for the future.



Did you know?

Youth reported lower rates of considering and attempting suicide compared to their peers five years earlier.

Support networks

Having an adult youth can confide in about their problems has been linked to better mental health outcomes even for those facing obstacles.

Feeling talented in an area

Youth who had something they felt they were really good at were more likely to report good or excellent health and higher self-esteem.

Connectedness

Feeling connected to family or school was consistently linked to positive mental health.

Youth engagement

Youth who are involved in activities that are meaningful to them, especially when they feel valued and have input into these activities, report higher self-esteem.

Some youth face obstacles

Youth who identify as lesbian, gay or bisexual, youth who live in poverty or have an unstable home life, those who have been physically or sexually abused, and youth have a chronic illness or disability reported more mental health challenges.

Students rated their self-esteem

