

# SUPPORT FOR MENTAL HEALTH EDUCATION IN SCHOOLS

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Mental health education is just as  
important as physical health education

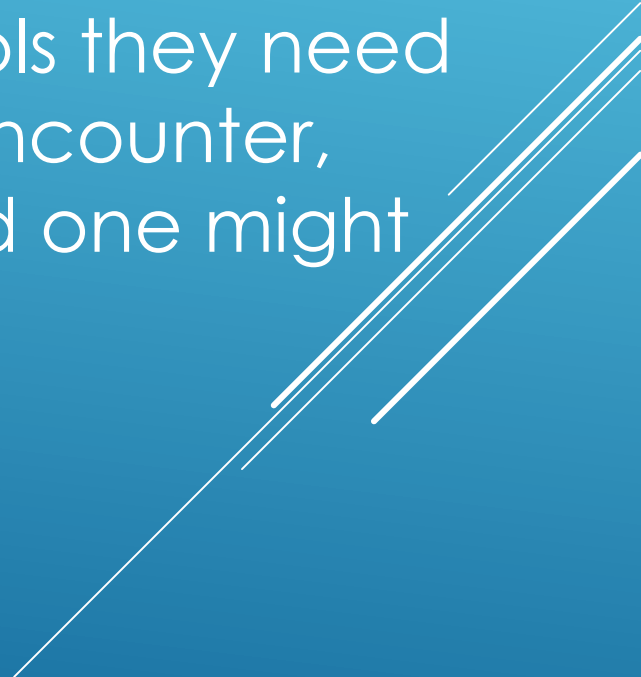
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# STATISTICS


- ▶ Young people aged 15 to 24 are more likely to experience mental illness and/or substance use disorders than any other age group. (CAMH)
- ▶ 34% of Ontario high-school students indicate a moderate-to-serious level of psychological distress (symptoms of anxiety and depression). 14% indicate a serious level of psychological distress (CAMH).
- ▶ For every adolescent suicide death, there are likely to be 10 - 40 suicide attempts (Hooven et al., 2010)
- ▶ Suicide is the second leading cause of death in young people aged 15-29 years old (World Health Organization [WHO], 2014)
- ▶ In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness. (CMHA)
- ▶ By age 40, about 50% of the population will have or have had a mental illness.(CMHA)
- ▶ Mental Illness and Addiction: Facts and Statistics:  
<https://www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics>

# WHY SCHOOLS?

Schools are uniquely positioned to provide students with mental health education, giving students the tools they need to navigate mental health problems they may encounter, and learning to recognize when a friend or loved one might be struggling.

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Incorporating mental health education into the school curriculum helps all students by:

- ▶ Learning to recognize when a friend or loved one might be struggling
  - ▶ Understanding how to optimize and maintain good mental health throughout life
  - ▶ Understanding mental disorders and their treatments
  - ▶ Decreasing stigma
  - ▶ Enhancing help-seeking efficacy (knowing when and where to get help, having the skills necessary to promote self-care and how to obtain good care)
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# Mike's last birthday November 4, 2017







*"These memes a façade covering up my deep depression and suicidal thoughts hoping somebody will ask how I'm doing"*



Liked by [redacted] and  
31 others

madic.moike Happy birthday to me





1 explicit cry for help on a private social media account

33 people liked it

How many missed opportunities

Many will struggle for the rest of their lives

We need to give our students the tools

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Please sign our petition asking all provincial and territorial governments to make mental health education a priority.

[https://yoursay.janemckennampp.ca/  
mentalhealth](https://yoursay.janemckennampp.ca/mentalhealth)

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