

ZACH MAKES TRACKS 2.0

YOUTH MENTAL HEALTH STATISTICS

Mental Health Affects All Canadians - Including Employers

On Nov 26th, 2018, Children's Mental Health Ontario (CMHO) and the Canadian Centre for Health Economics, University of Toronto (CCHE) released their findings on a commissioned research survey completed in 2017.

The report titled: *The Productivity Costs of Parents in Ontario with Children who experience Issues Related to Anxiety found that:*

- **25%** of Ontario parents reported missing work to care for their child experiencing issues related to anxiety.
- **\$421 million** in productivity loss was estimated for Ontario parents with children who experience issues related to anxiety.
- This report focused on parents in Ontario only – the productivity loss is much higher if all of Canada is considered.

Statistics from CAMH and Statistics Canada

- There are **2.2 million youth aged 13 to 19** in Canada.
- Of these approximately, **20% or 1 in 5 or 440,000 youth** at any given time are struggling with their mental health.
- **75%** of children with mental disorders do not have access to specialized treatment services.
- **One-third of Canadians aged 15 or older** who report having a need for mental health care say those needs were not fully met.
- **Aboriginal youth** are about five to six times more likely to die by suicide than non-Aboriginal youth. Suicide rates for Inuit youth are among the highest in the world, at 11 times the national average.

References:

**Statistics Canada (2017). Canada (Country) (Table). Census Profile. 2016 Census. Statistics Canada Catalogue no. 98-316-X2016001. Ottawa. Released November 29, 2017.

<https://www12.statcan.gc.ca/census-recensement/2016/dp-pd/prof/index.cfm?Lang=E>

<https://www.camh.ca/en/driving-change/the-crisis-is-real>

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