

# MENTAL HEALTH CHALLENGES AMONG YOUTH IN GREY BRUCE

## A COLLECTIVE IMPACT GRANT TO INVESTIGATE THE ROOT CAUSES OF YOUTH SUICIDE



Grey Bruce youth report a strong sense of belonging to their local community, and high levels of life satisfaction. Suicide rates in Grey Bruce, however, are high compared to Ontario. This project was an investigation into the root causes of youth suicide in Grey Bruce. Focus groups, one-to-one discussions, and surveys were used to collect information from approximately 400 respondents aged 10 and older in Grey and Bruce counties.

## COMMUNICATION CHALLENGES

Youth identified wanting to talk to adults when they were struggling, depressed or anxious. Adults on the other hand, believed that youth would rather speak to their peers during difficult times.



One third of Grey Bruce youth (aged 10 to 17) indicated that their family members' problems prevented them from talking about their own problems.

76%

feel they can speak to their family for emotional help or support when they need it

59%

feel they can speak to adults in their community for emotional help or support when they need it



# ASKING FOR HELP

18%

don't know who to ask for help with a mental health concern

Grey Bruce youth were less knowledgeable than older Grey Bruce residents about local mental health resources, and males were less knowledgeable than females. Males were also less likely than females to know who to ask for help with a mental health concern.

I Would Know Who to Ask if I Needed Help or Support with a Mental Health Concern [at]...

Home

79%

School

76%

Sports/Arts/  
Hobby Community

60%

Local Mental Health Services

59%

Online

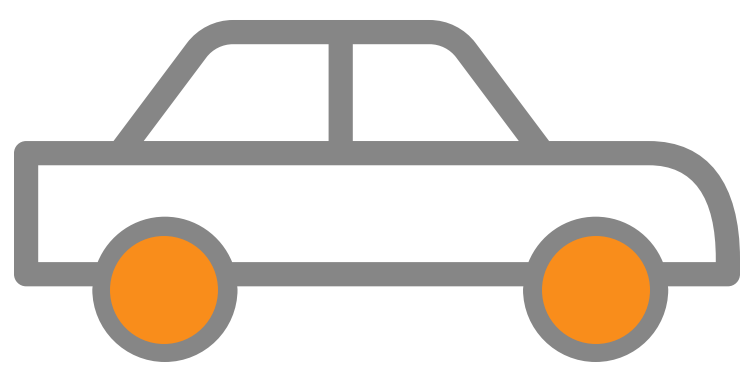
52%

Religious/Faith Community

43%



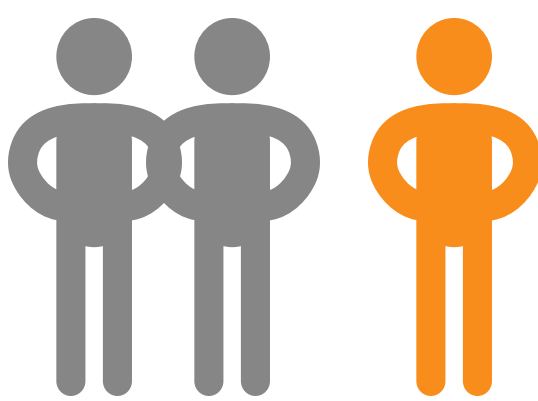
# RURAL CHALLENGES



TRANSPORTATION CHALLENGES



LACK OF ANONYMITY



AMPLIFIED STIGMA

Rural youth were afraid of losing their confidentiality if they reached out to friends or to mental health supports and services. They also felt that their rural environment amplifies negative “stigmas” that are perceived by youth and adults within the community. A lack of transportation to get to activities and events outside a school setting is a daily challenge for many rural teens and families.

Grey Bruce Health Unit. (2018). Canadian Community Health Survey Indicators: 2015–16: CANSIM Table Content. Owen Sound, Ontario: Grey Bruce Health Unit.  
Grey Bruce Health Unit. (2015). Epi Fast Facts No. 6 Suicide and Self-harm in Grey Bruce. Owen Sound, Ontario: Grey Bruce Health Unit.  
We C.A.R.E. (2018). Executive Report: Research into the Root Causes of Youth Suicide in Grey and Bruce Counties. The Grey Bruce We C.A.R.E. Project.  
We C.A.R.E. (2018). Resources and Support for Mental Health in Grey Bruce: 2017 Survey Results. The Grey Bruce We C.A.R.E. Project.

The Grey Bruce We C.A.R.E. Project is an initiative of community agencies that recognize the importance of working together toward the common goal of increasing and enhancing community capacity and mobilization around the promotion of youth mental health and prevention of youth suicide.

For more information, visit us at <http://www.wecaregreybruce.ca>