



TEENS' MENTAL HEALTH : WE NEED TO PAY ATTENTION!

Direction de santé publique de la Montérégie

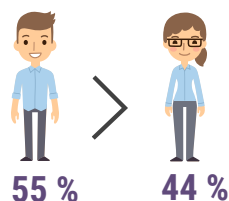
Data presented in this document pertains to high school students from grade 7 to 11 in the Montérégie. It was compiled from the cycle 2 section of the Québec Health Survey of High School Students (QSHSS), carried out by the Institut de la statistique du Québec in 2016-2017. Click [here](#) to learn more about this survey.

Mental health covers more than mental health disorders. It also refers to positive mental health.

Positive mental health is accessible to everyone

Flourishing mental health is the highest level of positive mental health. It is when a person functions well in several areas of life and has a good emotional balance. Flourishing mental health means having a strong feeling of well-being. It is also associated with better physical health.

1 student in 2
has flourishing mental health



Teens who have already received a diagnosis of a mental health disorder can also experience flourishing mental health. This is the case for

38 %
of them.

Psychological distress is increasing, particularly among girls

Psychological distress is defined by a group of negative emotions that can manifest as a loss of energy, a reduced ability to concentrate, feelings of worthlessness and even suicidal thoughts.

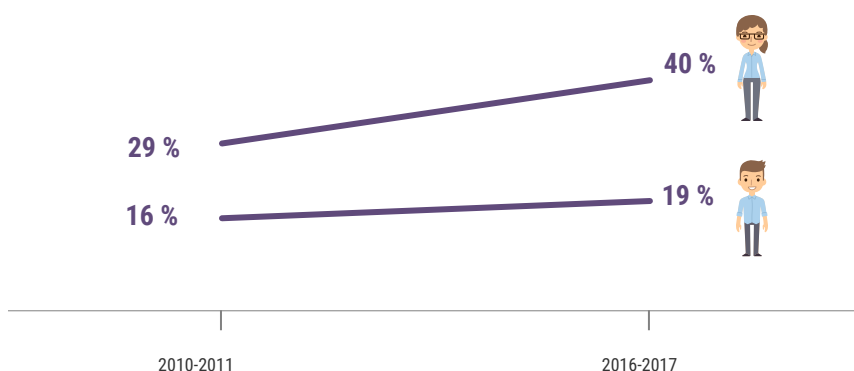
29 %

of students
have a high level of
psychological distress



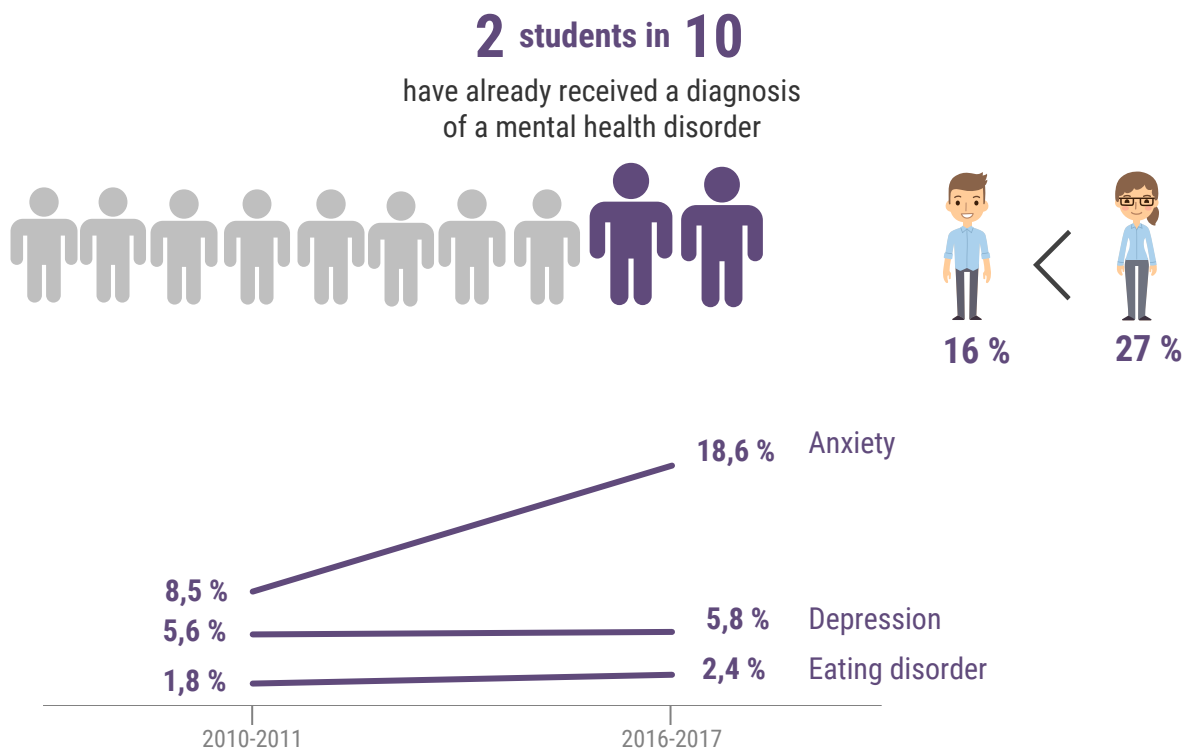
Psychological distress with the grade level
in high school

34 % of students
in cycle 2 of high school

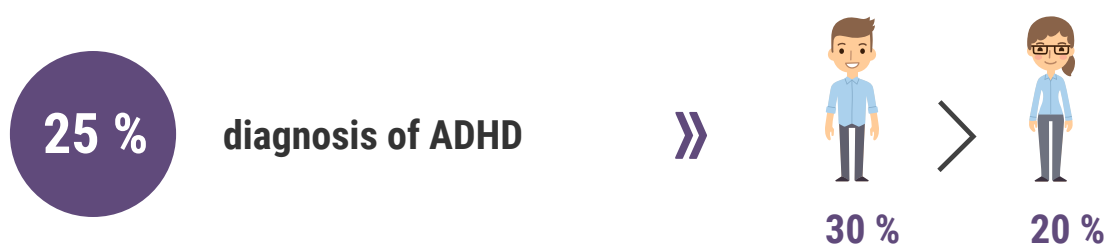


Mental health problems among teens

In the survey, the mental health problems identified were anxiety, depression and eating disorders. Anxiety diagnoses have been on the rise since 2010-2011, for both girls and boys.



Attention deficit disorder with or without hyperactivity (ADHD)



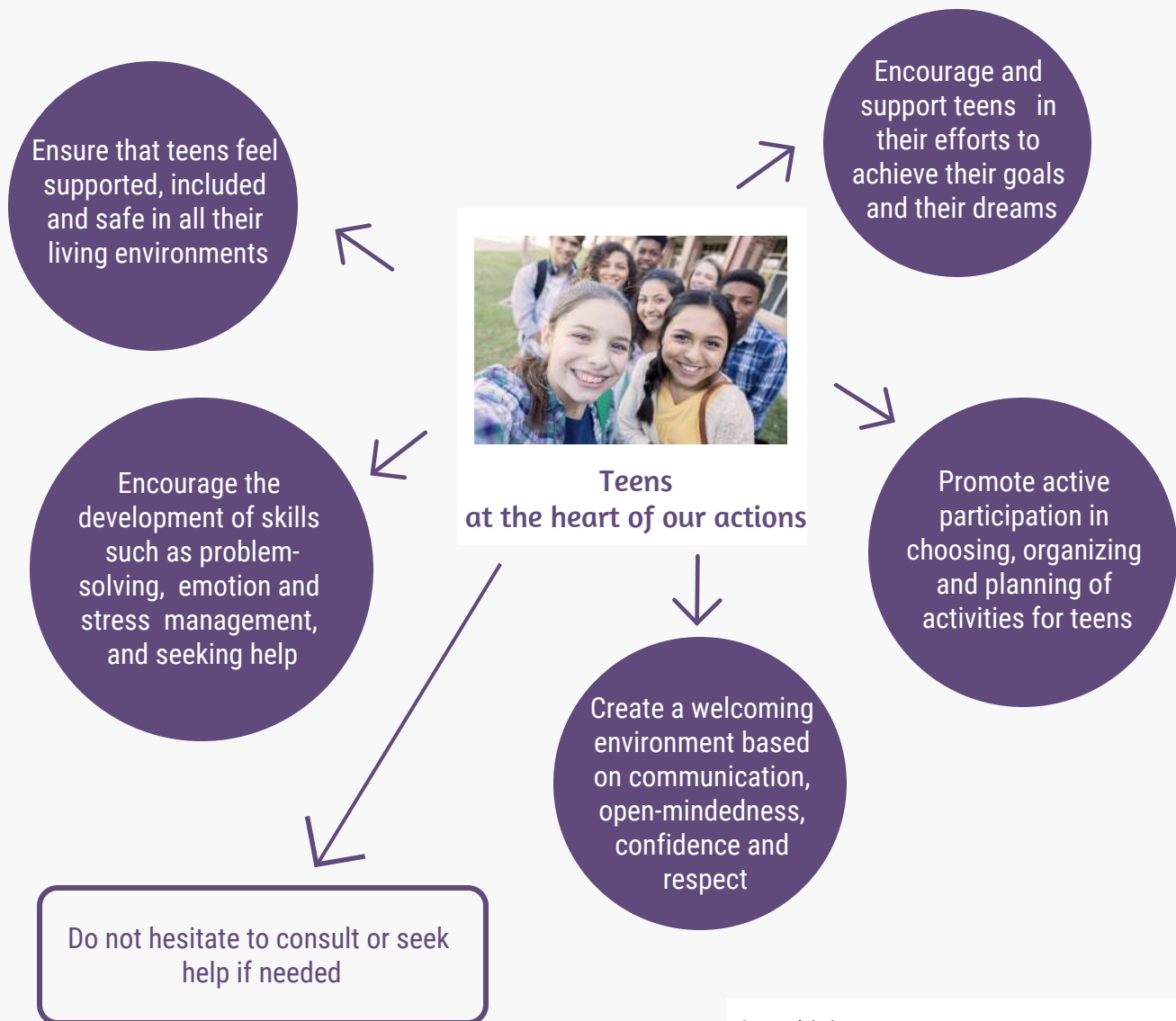
This is an increase since 2010-2011 (13 compared to 25%) ↗



Reminder

Developing personal skills and creating supportive environments can contribute to improving positive mental health and thereby prevent the development of mental health disorders. The combined actions of the family, school and community can make a significant contribution to flourishing mental health. Recognizing, helping and referring teens who are not doing well, or who require specialized assistance is also a key part of the solution.

What can the **FAMILY, SCHOOL** and **COMMUNITY** do?



Suggested citation :

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For more examples for parents, consult the Toolkit section of the enmodeado.ca website.

For data by territory (only available in french), click [here](#).

GLOSSARY

High school cycles

Cycle 1 : Grade 7 and 8

Cycle 2 : Grade 9, 10 and 11.

High levels of psychological distress

A combination of negative emotions that can manifest as a loss of energy, a reduced ability to concentrate, feelings of worthlessness, and even suicidal thoughts. These symptoms generally pass, but they can also persist over time and lead to depression or anxiety. This is not a mental health disorder diagnosed by a physician.

Flourishing mental health

A feeling of well-being characterized by the presence of positive feelings and the ability to function well. It is the highest level of positive mental health.

ADHD

Attention deficit disorder with or without hyperactivity diagnosed by a physician or health specialist. It is different from mental health disorders since it is a neural developmental disorder.

Eating disorder

Anorexia or bulimia diagnosed by a physician or health specialist.

Mental health disorder

Teens who have already received a diagnosis of anxiety, depression or an eating disorder by a physician or health specialist.

* Data to be interpreted with caution.

> < Significantly higher or lower than the value presented for comparison.

↗ ↘ Significant increase or decrease between 2010-2011 and 2016-2017
