

## **DID YOU KNOW?**

- Suicide accounts for 24% of all deaths among 15–24 year olds in Canada. (Health Canada, “A Report on Mental Illnesses in Canada,” 2002, p. 91).
- Suicide is one of the leading causes of death among young people in Quebec, more specifically for boys. According to the 2004 data gathered by the Institut de la Statistique du Québec, among 15–24 year olds, four people out of five who committed suicide were men.
- 80% to 90% of people who go through with suicide suffer from a mental illness, namely depression. (Brent, Shaffer and Marttunen, “Suicide chez les jeunes” in *S.O.S jeunes en détresse*, Conseil permanent de la jeunesse. p. 28.)
- Teenagers and young adults are more likely than any other group to suffer from mental disorders. However, they are less likely to seek help to solve their problems. In 2002, more than 6% of teenagers and young adults had experienced major depressive episodes in the previous year, 6% stated that they had had suicidal thoughts and 5% suffered from social anxiety problems. (*Canadian Community Health Survey: Mental Health and Well-being, 2002*, Statistics Canada. Catalogue No. 82-617. Tables 1, 3, 5, 7 and 8.)
- The number of children under age 20 in Canada who have mental health problems that have an impact on their lives at home, school and in their communities is estimated at 1.1 million or 14% (Health Council of Canada, *Their Future is Now: Healthy Choices for Canada’s Children and Youth*, June 2006, p. 22).
- According to Dr. Rémi Quirion, Scientific Director of the CIHR Institute of Neurosciences, Mental Health and Addiction (CIHR-INMHA): “Of the many mental disorders associated with suicidal behaviour, depression is the most common. Two-thirds of those who die as a result of suicide have some form of depression.” (“Getting Serious About Suicide Prevention,” interview on September 5, 2006, <http://www.cihr-irsc.gc.ca/e/32133.html>.)
- We know that only 37% of people suffering from a mental disorder have used a resource. Teens and young adults are the least likely to use mental health resources, despite the higher prevalence of mental health problems in this age group. (*Statistics Canada, 2003*).

**IT’S URGENT TO ACT!**