

Enquêtes sur la santé mentale des écoles



School Mental Health Surveys

Offord CENTRE
FOR CHILD
STUDIES

McMaster
University 

**A study examining the association between the
school environment and student mental health
and well-being**



Étude sur
la santé des jeunes
Ontariens 2014

WHO PARTICIPATED IN THE 2014-15 SCHOOL YEAR?

31,124
students

Average
student age
13.5 yrs

180
elementary
schools

68
secondary
schools

3,373
teachers

206
principals

11%

of students
report needing
professional
help for mental
health concerns



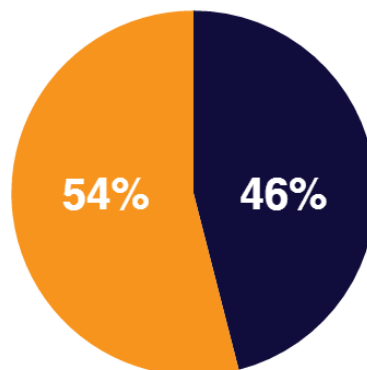
Of these students:

**Students are more likely
to report they need
help if they:**

- Attend secondary school (compared to elementary)
- Identify as female
- Come from a family at socio-economic risk



Received
professional
help







Did not receive
professional
help







Challenges to providing supports for student mental health concerns at school



The most common reasons students report they would not seek help at school are:

-  they prefer to handle the problem themselves
-  they don't think people at school would be able to help
-  they don't know who to approach at school
-  they are worried that other people would find out

The most common challenges reported by teachers and principals when trying to address student mental health concerns at school are:

-  inadequate funding and support for school-based mental health programs
-  stigma associated with mental health problems
-  failure to coordinate services between school and community
-  lack of adequate staff training to address student mental health issues
-  lack of community-based mental health programs and services for children and youth
-  low priority given to student mental health at school

WHAT CAN WE DO TO HELP?

Build upon *Ontario's Mental Health and Addictions Strategy* by continuing to...



- ⇒ **Educate** school staff, parents and students on symptoms of mental health problems and available help
- ⇒ **Improve** access to mental health support in schools and the community
- ⇒ **Strengthen** partnerships between school and community mental health supports to enhance coordination of care

For more information:



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www.facebook.com/2014OCHS



www.ontariochildhealthstudy.ca/smhs

For more resources:

EduGAINS

www.edugains.ca



SCHOOL MENTAL HEALTH-ASSIST
ÉQUIPE D'APPUI POUR LA SANTÉ
MENTALE DANS LES ÉCOLES

<http://smh-assist.ca/resources/>