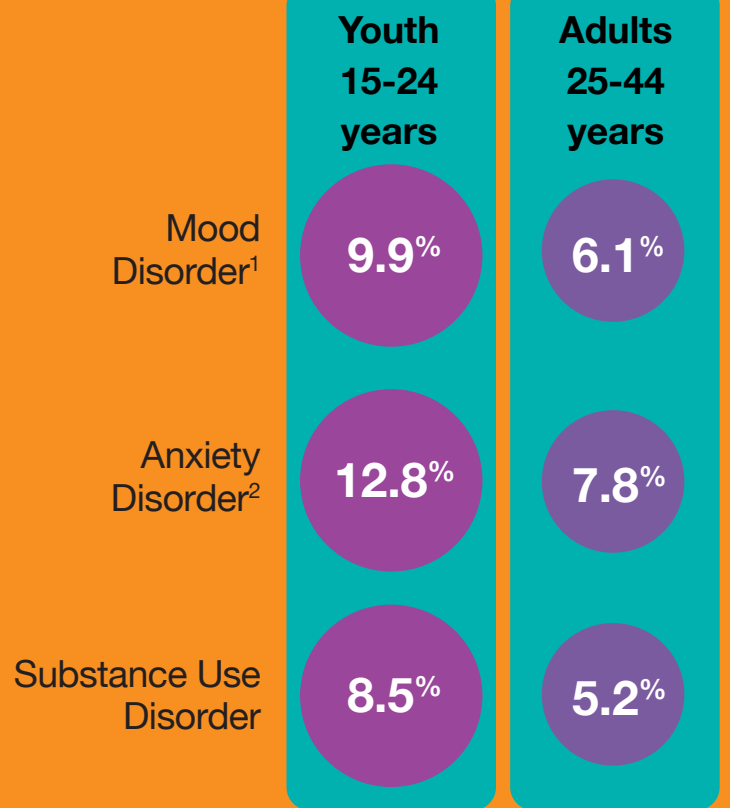




The State of Mental Health in Canada **Youth in the Spotlight**

Youth across Canada, and especially girls and 2SLGBTQIA+ youth, are more likely to struggle with their mental health and to lack the services they need, according to national data analyzed in **The State of Mental Health in Canada 2024**, a new report released by the Canadian Mental Health Association (CMHA).

DEPRESSION AND ANXIETY



* rates over a 12-month period

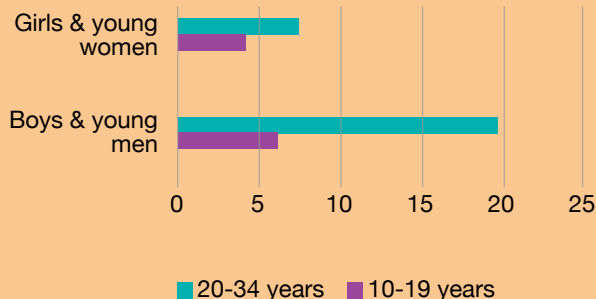
The percentage of youth rating their mental health as “poor” or “fair” rose from **12%** in 2019 to **26%** in 2023.

SUICIDE AND SELF-HARM

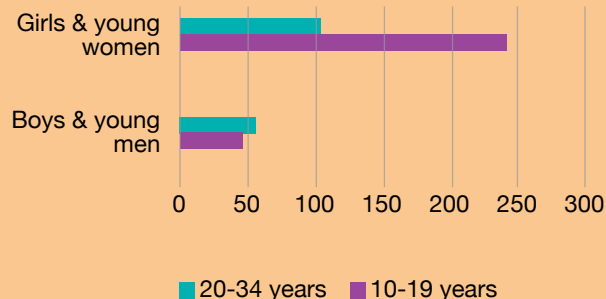
Young men die by suicide at higher rates, particularly young men 20-34 years old.

While the rates of suicide are higher among young men, young women are more likely to self-harm. Girls aged 10-19 are 5.2 x more likely than boys to be hospitalized for self-harm.

Rate of death by suicide for youth by gender and age, per 100,000 population



Rate of self-harm for youth by gender and age, per 100,000 population



Almost **1 in 4** of all hospitalizations for children and youth aged 5-24 were for mental health reasons.

In 2023, youth under 29 represented **18%** of the 8,049 apparent opioid toxicity deaths in Canada.

SERVICE ACCESS

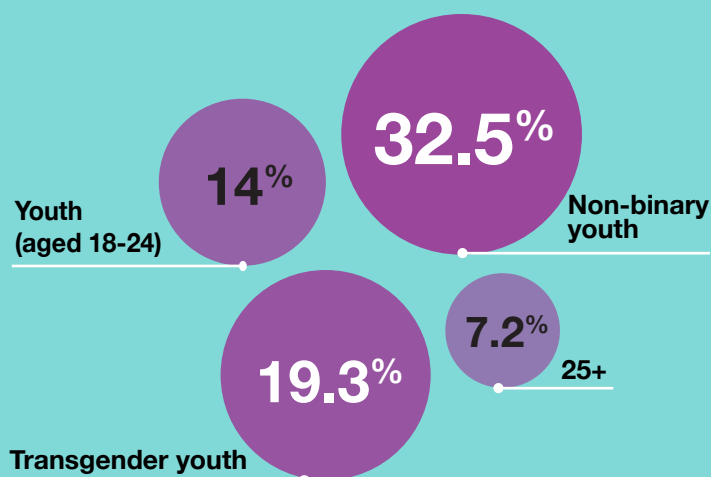
61% of children and youth who had early needs³ received mental health and substance use health services. This is higher—**77%**—for non-binary children and youth.

MONEY MATTERS

Poverty rates are higher for youth, and especially for those who identify as trans and non-binary.

1 in 4 youth (aged 5-24) who were hospitalized for mental health reasons live in lower-income neighbourhoods.

Poverty rates for youth



Want to learn more about **The State of Mental Health in Canada 2024**? Visit cmha.ca/somh



¹Mood disorders include major depressive disorder and bipolar disorder.

²Anxiety disorders include generalized anxiety disorder and social phobia.

³These data concern youth aged 12-24 with early mental health and/or substance use needs who accessed community-based mental health and substance use services in the last 6 months. 'Early' mental health and/or substance use needs refer to mild-to-moderate functional impairment in at-home or school activities, or a perceived need for care.