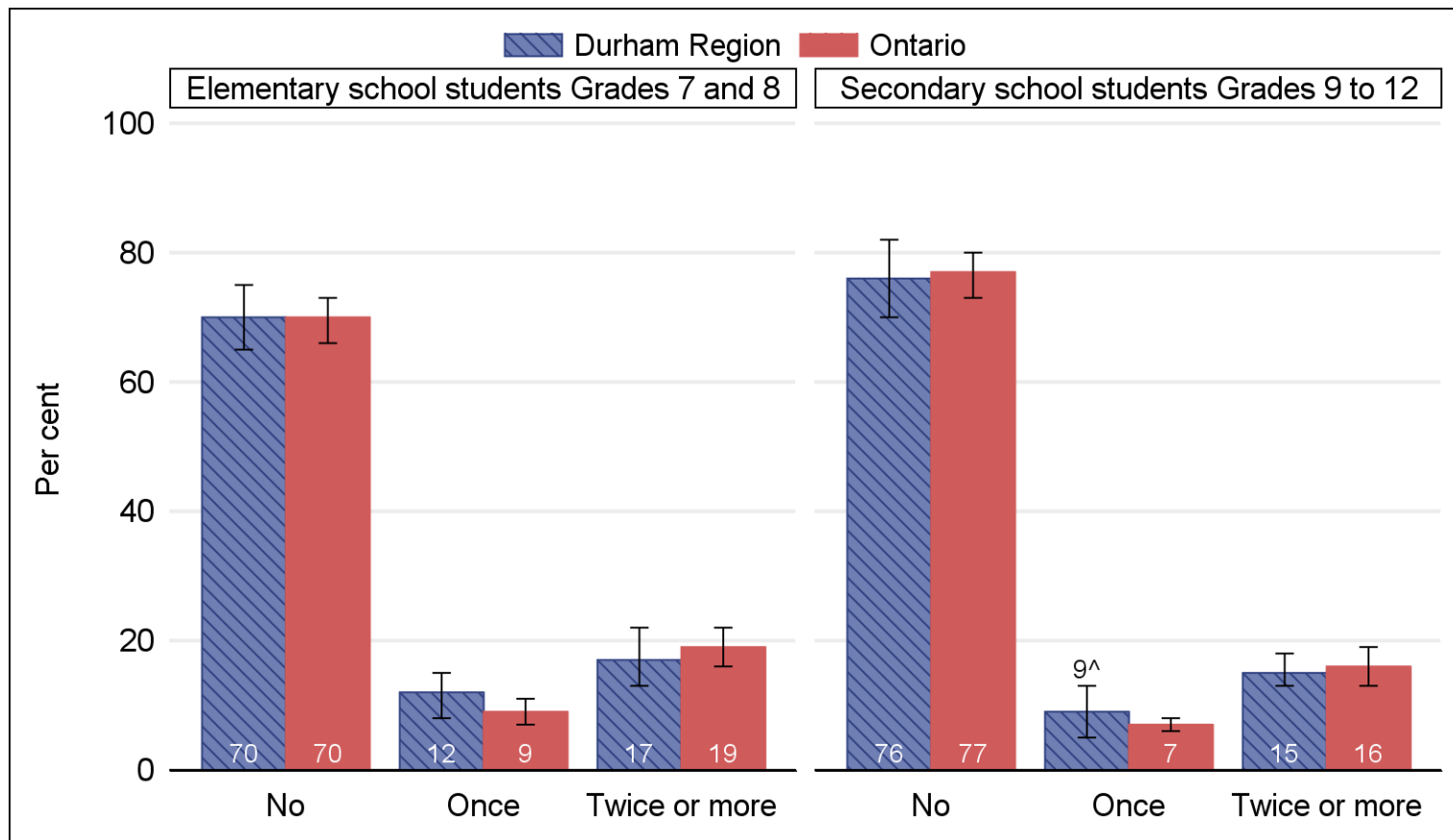


## Quick facts:

# Percentage of students who visited a mental health professional in the past year, 2016-2017



Release date: July 2018



## Notes

Results were weighted and sex-by-grade adjusted to the Ontario 2014-2015 student enrollment.

Error bars represent the 95 per cent confidence intervals around the percentage. The true or actual percentage falls within the range of values, 95 out of 100 times. Categories may not sum to 100% as item non-response is not presented in the results above.

^ Interpret with caution as the coefficient of variation (CV) is between 16.6 and 33.3 per cent, inclusive.

NR - Unreliable and not releasable as the CV is greater than 33.3 per cent.

Source: Public Health Monitoring of Risk Factors in Ontario – Ontario Student Drug Use and Health Study (OSDUHS), 2016-17.

## Summary

Twenty-nine percent (29%) of Durham Region elementary school students and one-quarter (24%) of secondary school students visited a mental health professional at least once in the past year. One-quarter of Durham Region elementary school students (24%) and 30% of secondary school students reported wanting to talk to someone but didn't know where to turn (Results not shown in figure).

Three percent (3%\*) of Durham Region students in grades 7-12 phoned a telephone crisis helpline or posted a question on a website in the past year.

## Questions

In the last 12 months, how often did you see a doctor, nurse or counsellor about your mental or emotional health?

- Did not see a doctor/nurse/counsellor about my emotional health in the last 12 months
- Once
- 2 or 3 times; 4 or 5 times; 6 or 7 times; 8 times or 9 times; 10 or 11 times; 12 or more times

In the last 12 months, have you phoned a telephone crisis helpline or gone on a website (such as "KidsHelpPhone.ca") because you needed to talk to a counsellor about a problem?

- Yes, I've phoned a helpline only; Yes, I've posted a question on a website only; Yes, I've phoned a helpline and posted a question on a website
- No

In the last 12 months, was there a time when you wanted to talk to someone about a mental health or emotional problem you had, but did not know where to turn?

- Yes
- No

## Survey methods

The Ontario Student Drug Use and Health Survey (OSDUHS) targets students, Grades 7 to 12, enrolled in the public and catholic regular school system. The OSDUHS uses a two-stage (school, class) stratified (region and school type) cluster sample design, and oversampling in PMO-participating public health units. The survey is self-administered in the classroom, taking, on average, 35 minutes to complete. Participation is voluntary and anonymous. Students, 17 years old and younger, absent or without signed consent forms on the day of the survey do not participate.

This survey excluded groups, such as street youth and dropouts, in which health behaviours such as healthy eating, physical activity, drug use, etc. may be underestimated. In addition, self-reporting may result in under-reporting whether from social desirability or recall bias.

For a detailed description of the OSDUHS, visit the [CAMH website](#).

## Data analysis

Data were analyzed using SAS 9.4. For 2016-2017, the analysis was based on a design of 17 strata (7 geographical strata for elementary schools and 10 for secondary schools), 214 schools, 764 classes and 11,435 students. Variables accounting for the probability of selection, stratification and clustering were used when analyzing the data. The final sampling weight was based on each regional stratum's sex-by-grade structure according to the provincial population structure.

Differences in two percentages may be clinically important. However, when error bars overlap, the difference cannot necessarily be interpreted as real or statistically significant.

## Acknowledgement

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For more information, contact Durham Region Health Department at 1-800-841-2729, by fax at 905-666-6241 or by visiting the [Durham Region website](#).