Youth and Mental Health

Canadian Mental Health Association of New Brunswick
Many Youth Feel

- Isolated and alone
- Unsupported at home
- Seen as a “problem” in the system
- Hold little hope that things will change
Reasons Youth Don’t Seek Help

• Do not think anything is wrong

• Fear that parents will be informed of the illness thus placing unwanted restrictions on them or will place undue worry on the parents

• Medications are expensive thus placing financial strain on their family

• Associated stigma
Reasons Parents Do Not Seek Help For Their Youth

• Think the changes in behavior, thinking and feelings are just normal for teens

• Do not want their child labelled

• Feel the child’s concerns are unfounded

• Do not know where to go to seek the help
Many Youth

• Will not receive help for their mental health problems until it has come to a point where they have done something which puts them in contact with the law.
Recommend

• All helping services ensure that schools, other agencies and places of employment are made aware of:
  – What they offer
  – How to access the service
  – Associated costs if any
  – Hours of operation
  – Restriction of services if any