

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