

STUDENT OPINIONS

SURVEYED STUDENTS OF RIVERSIDE SECONDARY SCHOOL HAD THE FOLLOWING TO SAY ABOUT WHAT CAUSES THEM STRESS AT SCHOOL:

–“Teachers don’t seem to understand that we need breaks”

–“Students mental health is not taken into consideration and there are not enough resources at the school for us to manage our school work and mental health”

–“Lack of communication between students and teachers makes it feel difficult to get my needs heard.”



WHAT HELPS?

From the perspective of professionals and students

Learn the signs. Knowing when one of your students is struggling is the first step towards helping. (ibcces.org)

Educate students on mental health resources.

Implement preventative techniques

Be flexible with the ways students can show their learning.

Students Mental Health

–An estimated **1.2 million children and youth in Canada** are **affected by mental illness**. Young people aged 15 to 24 are more likely to experience mental illness than any other age group (ymhc.ngo)

–Canada’s **youth suicide rate** is the **third highest** in the industrialized world (ymhc.ngo)

–most **schools** are **under trained** and **inadequately supported** to handle complex issues like teen mental health. The **school environment** poses very clear **challenges** to a young person with **mental health issues**. (ymhc.ngo)

TEACHERS:
What can YOU
do for your
STUDENTS?

MORE
RESOURCES
FOR
TEACHERS
AND
STUDENTS:

**Youth Mental Health Stats in
Canada – Youth Mental Health
Canada (ymhc.ngo)**

**Student Anxiety and What
Teachers Can do to Help
(ibcces.org)**

**Mental Health | Adolescent and
School Health | CDC
(cdc.gov/healthyyouth)**

What
HELPS...

