

The Effects of Bullying on Students' Health & Wellbeing

(Fekkes et al., 2004)

Symptom	Bullied	Not Bullied
Headaches	16%	6%
Sleep disturbances	42%	23%
Abdominal pain	17%	9%
Tension	20%	9%
Anxiety	28%	10%
Unhappiness	23%	5%
Moderate Clinical Depression	49%	16%
Severe Clinical Depression	16%	2%

Fast Facts about Mental Illness in Youth

- It is estimated that 10-20% of Canadian youth are affected by a mental illness or disorder - the single most disabling group of disorders worldwide.
- Today, approximately 5% of male youth and 12% of female youth, age 12 to 19, have experienced a major depressive episode.
- The total number of 12-19 year olds in Canada at risk for developing depression is a staggering 3.2 million.
- Once depression is recognized, help can make a difference for 80% of people who are affected, allowing them to get back to their regular activities.
- Mental illness is increasingly threatening the lives of our children; Canada's youth suicide rate is the third highest in the industrialized world.
- Suicide is among the leading causes of death in 15-24 year old Canadians, second only to injuries; 4,000 people die prematurely each year by suicide.
- Surpassed only by injuries, mental disorders in youth are ranked as the second highest hospital care expenditure in Canada.
- In Canada, only 1 out of 5 children who need mental health services receives them.

Source: Canadian Mental Health Association Website,
http://www.cmha.ca/bins/content_page.asp?cid=6-20-23-44