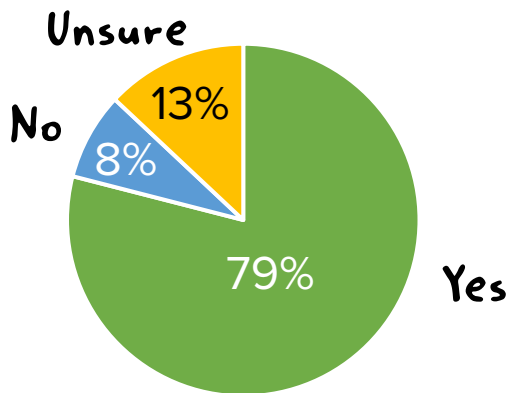


Rural VIP No. 24: Youth Mental Health Programs

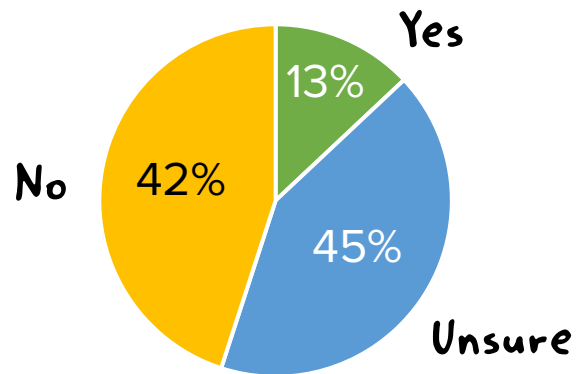
A decline in mental health amongst youth was noted by 79 per cent of respondents.

Q: Have you noticed a change in the mental health status amongst the youth in your community since the COVID-19 pandemic began?



Most respondents indicated that their community either didn't have any addictions supports or programs targeted towards youth, or they were not aware of any.

Q: Does your community offer any addictions supports or programs targeted towards youth?



Q: "What is the biggest challenge facing youth in your community?"

- "There are no services for them such as counselling, etc without travelling at least 1 hour one way, and then the services are limited or not available."
- "Making them feel like they 'want' our community to be successful. We need our young people to want to 'invest' in our community."
- "Locally accessible affordable post-secondary education and stable employment. "Small town boredom" is a factor as well."
- "Having parents able and willing to involve the youth in clubs and some activities that do not involve too much cost for the family. For some, family income definitely limits options."

79%

Of respondents noted a decline in mental health amongst youth