



November 25, 2019

Municipality of Brockton  
100 Scott Street  
Walkerton, ON N0G 2V0

**Please Join Us**

The Grey Bruce We C.A.R.E Project began in 2012. The We C.A.R.E. Project is an initiative of Community Agencies, Police Services and School Boards from across Grey and Bruce Counties who recognize the importance of working together for youth mental health and suicide prevention. It is the intent of the We C.A.R.E Project to connect with natural helpers and offer education, information and support in the promotion of youth mental health and prevention of youth suicide. We C.A.R.E continues to host successful community events such as the annual We C.A.R.E. Share Event. To learn more about We C.A.R.E. we encourage you to visit our website at <http://www.wecaregreybruce.ca>.

Please join us on the We C.A.R.E Committee. This committee meets quarterly. We come together to collaborate as a whole to assist in breaking down the silos of youth mental health. We Work together to engage the communities across Grey and Bruce Counties and to develop a shared understanding to better serve our community. We ask that a designate from your municipality join us in our work. Quarterly meetings are scheduled in 2020 as follows:

- January 9, 2020 from 9 AM – 12 PM at Bruce Grey Child & Family Services - Walkerton
- April 2, 2020 from 9 AM – 12PM at Keystone Child Youth & Family Services – Owen Sound
- June 4, 2020 from 9 AM – 12 PM at Bruce Grey Catholic School Board – Hanover
- October 1, 2020 from 9 AM – 12 PM at Grey Bruce Health Unit – Owen Sound

We hope to see you there.

Sincerely,

Grey Bruce We C.A.R.E. Committee Co-Chairs:

Tina Hamel, BA, BSW, MSW  
Child Protection Worker  
Bruce Grey Child & Family Services  
519-372-2526 ext. 4258

Mandi Lamb  
Mentoring Coordinator  
Big Brothers Big Sisters of Grey Bruce  
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# MENTAL HEALTH CHALLENGES AMONG YOUTH IN GREY BRUCE

## A COLLECTIVE IMPACT GRANT TO INVESTIGATE THE ROOT CAUSES OF YOUTH SUICIDE



Grey Bruce youth report a strong sense of belonging to their local community, and high levels of life satisfaction. Suicide rates in Grey Bruce, however, are high compared to Ontario. This project was an investigation into the root causes of youth suicide in Grey Bruce. Focus groups, one-to-one discussions, and surveys were used to collect information from approximately 400 respondents aged 10 and older in Grey and Bruce counties.

## COMMUNICATION CHALLENGES

Youth identified wanting to talk to adults when they were struggling, depressed or anxious. Adults on the other hand, believed that youth would rather speak to their peers during difficult times.



One third of Grey Bruce youth (aged 10 to 17) indicated that their family members' problems prevented them from talking about their own problems.

76%

feel they can speak to their family for emotional help or support when they need it

59%

feel they can speak to adults in their community for emotional help or support when they need it



# ASKING FOR HELP



Grey Bruce youth were less knowledgeable than older Grey Bruce residents about local mental health resources, and males were less knowledgeable than females. Males were also less likely than females to know who to ask for help with a mental health concern.

## I Would Know Who to Ask if I Needed Help or Support with a Mental Health Concern [at]...

Home	School	Sports/Arts/ Hobby Community
79%	76%	60%
Local Mental Health Services	Online	Religious/Faith Community
59%	52%	43%



# RURAL CHALLENGES



**TRANSPORTATION CHALLENGES**



**LACK OF ANONYMITY**



**AMPLIFIED STIGMA**

Rural youth were afraid of losing their confidentiality if they reached out to friends or to mental health supports and services. They also felt that their rural environment amplifies negative "stigmas" that are perceived by youth and adults within the community. A lack of transportation to get to activities and events outside a school setting is a daily challenge for many rural teens and families.