

OBSTACLES YOUTH FACE WHEN ACCESSING MENTAL HEALTH SERVICES

We conducted a review of gaps in mental health services for youth. Here are some key findings:

OVERVIEW

The research includes multiple publications on youth mental health across diverse populations in Canada, with recurring themes about access barriers, cultural gaps, and structural issues in mental health services. Some central themes include:

BARRIERS:

LONG WAIT TIMES

COST TO ACCESS SERVICES

NOT ENOUGH RESOURCES

"I DON'T KNOW HOW TO ACCESS SERVICES."

ACCESS FOR DIFFERENT GROUPS (BIPOC, 2SLGBTQIA+ AND IMMIGRANT YOUTH)

SERVICES NOT AVAILABLE IN MULTIPLE LANGUAGES

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NO RELATABLE SERVICE PROVIDER

SYSTEMIC RACISM

"SERVICES DON'T FIT WITH MY CULTURAL NEEDS."

CULTURAL STIGMA AROUND MENTAL HEALTH

DIFFERENCES IN FAITH AND SPIRITUALITY

NOT KNOWING WHERE TO GO

"I DON'T KNOW IF I AM ELIGIBLE FOR PROGRAMS."

DIFFERENCES IN ELIGIBILITY CRITERIA ACROSS DIFFERENT SERVICES

THE PATH FORWARD:

YOUTH-LED AND COMMUNITY-CENTRIC APPROACHES

Based on the current gaps, there are opportunities for youth to get involved in mental health program design and ensure that programs reflect the needs of the youth and their peers.

WHAT CAN YOU DO?

Raise awareness about the importance of mental health and getting the support you need to reduce stigma among your peers and help address these barriers.

YOUTH ENGAGEMENT

PEER SUPPORT

SCHOOL AND COMMUNITY PARTNERSHIPS

RESOURCES:

Scan the QR to visit [WheretoStart.ca](https://wheretostart.ca) to access mental health services for Peel Region youth under the age of 18.

