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Mental health and substance use  
information you can trust



Canadian Mental  
Health Association  
British Columbia  
*Mental health for all*

# *learn about* mental illnesses in children and youth

info sheets 2014 [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)



*At what point should we start worrying that our child's tantrums or teenager's mood swings are more than just "growing pains?"*

Kids and teens are constantly changing. They grow up quickly and before you know it, your giggly, energetic toddler is a teenager who sleeps until noon. As we grow, it's normal to change as we learn new things and our bodies transform into our adult selves. But with all these changes going on, how can we tell which changes are normal? At what point should we start worrying that our child's tantrums or teenager's mood swings are more than just "growing pains?" It can be hard to tell. The truth is, for many kids, these sudden changes aren't just a part of growing up—they're symptoms of a mental illness.

## What is it?

Mental illnesses are surprisingly common in children and youth. In Canada about 1.2 million children and young people experience mental illnesses. Many mental illnesses—between 50% and about 70%—show up before the age of 18, so they can have a huge impact on a child's development. Mental illnesses can affect how well

kids do in school and how they form relationships with other kids and adults. Mental illnesses, if not treated early, can be disruptive enough to a kid's normal development that it can affect them for the rest of their lives. Below are some common mental illnesses that affect children and teens:

# mental illnesses in children and youth

## could my child have a mental illness?

It can be hard to tell the difference between normal changes as a child grows, and the symptoms of mental illness. Has your child:

- Shown sudden changes in their behaviour? (e.g., an active child becomes quiet and withdrawn or a good student suddenly starts getting poor grades)
- Suddenly changed their feelings? (e.g., a child may show signs of feeling unhappy, worried, guilty, angry, fearful, hopeless or rejected)
- Started avoiding places or situations that others don't routinely avoid?
- Recently complained of physical problems like frequent headaches or stomach aches, problems eating or sleeping, or a general lack of energy?
- Started suddenly keeping to themselves?
- Started to use (or is using more) alcohol or other drugs, especially when alone?
- Shown signs that they're having trouble coping with regular activities and everyday problems?
- Shown little regard for the feelings or property of others?
- Expressed terror or disgust over their weight, or changed how they eat, in unhealthy ways?
- Started making odd or repetitive movements beyond regular playing?
- Deliberately hurt themselves or talked of suicide?

If your child is showing one or more of these changes, and it's impacting their daily life, the best thing to do is talk to them about how they're feeling and then talk to your family doctor to rule out other explanations. Then, it's important to connect to other supports in the school and community. Keep in mind that all talk of suicide must be taken seriously.

- **Anxiety disorders** are the most common illness to affect children and youth. About 6% of kids experience an anxiety disorder at some point. Anxiety disorders can cause kids to be extremely afraid of things or situations to the point that it interferes with daily life.
- **Attention-deficit/hyperactivity disorder** ADHD makes it very difficult for kids to focus their attention. A child with ADHD is also more impulsive and harder to settle down than other children.
- **Conduct disorder** It leads children to be extremely aggressive and destructive toward other people, pets or property. They may also seem like they don't care about important but basic rules, such as by doing things like regularly skipping school or running away from home.
- **Depression** is a mood disorder that shows up most often during the teenage years. Depression can affect a child or youth's attitudes and emotions, making them feel unusually sad or irritated for more than two weeks at a time.
- **Psychosis** is a condition that involves loss of contact with reality. It affects 3% of the total population but most often appears later in adolescence and early adulthood. It can be seen on its own or with many of the illnesses mentioned in this info sheet.
- **Bipolar disorder** is a mood disorder that may affect up to about 1% of young people. It usually starts during the teenage years, but in rare cases, it may be seen in younger children. Bipolar disorder can cause a young person's moods to change back and forth between extremely high moods, called mania, and extremely low moods, called depression.
- **Eating disorders** are less common in young children, but the risk increases with age. Anorexia affects up to 1% of young males and females aged 15-24, and bulimia affects up to 3% of young people in Canada. Eating disorders involve a distorted body image along with seriously harmful behaviours to manage food and weight, making it difficult to nourish oneself properly.
- **Schizophrenia** affects about 1% of the total population, and usually shows up between the ages of 15 and 25. Schizophrenia makes it hard for people to think and speak in an organized way. It can also cause people to lose touch with reality.
- **Suicide** often goes alongside a mental illness. Based on CTV's report, suicide among young people between 15 to 18 years old and also people over 65, has the highest rate in QC. Suicidal thinking or attempts are also common.

# mental illnesses in children and youth

## What can I do about it?

Unfortunately, only one in four kids and teens in Canada who need mental health treatment can get it. There are many reasons for this. Parents and caregivers can have mixed feelings about getting their children help for their mental illness. They may worry about being blamed for their child's change in behaviour, or they worry about what treatments may be tried. Mental illnesses can be frightening, and many people worry what others will think if they talk about their experiences. The good news is that mental illnesses can be treated successfully, and early treatment can help reduce the impact of a mental illness on your child's life. The kind of treatment that works best for your child will depend on your child's needs. Talk to your doctor to learn more about the different options.

### Counseling:

- **Cognitive-behavioural therapy**  
—Helps young people recognize and change thinking patterns and behaviours that are not good for their mental health
- **Family therapy**—Can help you look at what you can do as a family to help your child through their mental illness, and manage behaviours.
- **Interpersonal therapy**  
—Helps young people to feel more comfortable interacting with others.
- **Educational interventions**  
—Can help your child by teaching them ways to manage the time in the classroom.

**Medication:** There many different types of medications that are being prescribed to kids including medications for mood, for anxiety, for psychosis, and for ADHD. If you aren't comfortable with your child taking medications, then express your concerns to your doctor. They can explain which medications, if any, would be right for your child and go over the benefits and risks of medications with you. For young people, medications are usually not the first type of treatment considered.

If they're suggested, they are usually meant to work in connection with other treatments or supports.

### Support groups:

- For teens, groups of others who've gone through or are going through what you're going through (sometimes called peer support groups)
- Groups for family members of someone with a mental illness, including children, to meet other families in similar situations

## who does it affect?

Just as with adults, mental illnesses can affect kids and teens from all family types and cultural backgrounds. Kids and teens in certain situations, though, can be at higher risk for mental illnesses and may also face additional barriers to getting help. Some of these situations include:

- Young people with a family history of mental illness
- New immigrants and refugees
- Aboriginal children and youth
- Young people who've gone through a major life change such as moving to a new city or new school
- Young people who have faced or witnessed trauma, including abuse
- Gay, lesbian, bisexual or transgendered youth
- Young people with substance use problems



# mental illnesses in children and youth

## where do I go from here?

Many parents and care providers want to get help for a young person with mental health problems, but don't know where or how to do it. For these information you can check the resources below.

### **IN AN EMERGENCY or CRISIS:**

Call 911, go to the nearest emergency room or follow the emergency instructions provided by your doctor, mental health professional or care team. If your community has a mental health car, you can call 911 to request it.

### **Kid's help phone**

For children and youth aged 5 to 20. Call 1-800-668-6868 to speak to a professional counsellor, 24 hours a day. It's free, confidential, anonymous and available across Canada. They can also refer you to local services and resources. Kid's Help Phone is available in English and French.

### **1-800-SUICIDE**

Call 1-800-SUICIDE (1-800-784-2433 to get help right away, anytime of day or night. It is a free call.

### **Your Local Crisis Line**

If you are in distress, call 1 866 APPELLE or 1 866 277-3553, 24 hours a day to connect to a QC crisis line, without a wait or busy signal. The crisis lines linked in through this number have received advanced training in mental health issues and services.

### **Suicide Prevention Resources**

For suicide prevention centers in Quebec visit <https://suicideprevention.ca/quebec-suicide-prevention-centres>

### **IN A NON-EMERGENCY:**

#### **Your Local Crisis Line**

Crisis lines aren't only for people in crisis. You can call for information on local services or if you just need someone to talk to. If you are in distress, call 1 866 APPELLE or 1 866 277-3553, 24 hours a day to connect to a QC crisis line, without a wait or busy signal. The crisis lines linked in through this number have received advanced training in mental health issues and services.

#### **QC Partners for Mental Health and Addictions Information**

Visit <https://amiquebec.org> for our Managing Mental Illnesses series, more info sheets and personal stories about mental illnesses. The Managing Mental Illnesses series is full of information, including templates for creating your action plan and tips for avoiding crisis and emergencies. You can also find the "Tips for Dealing with Alcohol or Other Drug Overdose (OD) Situations" info sheet. Resources available in many languages: For each service below, if English is not your first language, say the name of your preferred language in English to be connected to an interpreter. More than 100 languages are available.

#### **HealthLink QC**

Call 811 or visit <https://amiquebec.org> to access free, non-emergency health information for anyone in your family, including mental health information. Through 811, you can also speak to a registered nurse about symptoms you're worried about, or talk to a pharmacist about medication questions.

#### **Drugs: Help and Referral (DAR)**

For information regarding support and referral to people coping with addiction in Montreal area call 514- 527 2626 and everywhere in Québec call 1- 800 265 2626. This is 24 hours service and they can connect you with you local centers as well. For more information, you can visit [www.drogue-aidereference.qc.ca](http://www.drogue-aidereference.qc.ca).

The integrated health and social services centre (CISSS) and the integrated university health and social services centre (CIUSSS):

To find contact information for your family medicine clinic, your CISSS or your CIUSSS, go to [Finding a Resource](http://sante.gouv.qc.ca/en/problemes-de-sante/sante-mentale/). <http://sante.gouv.qc.ca/en/problemes-de-sante/sante-mentale/>

#### **The Ordre des psychologues du Québec**

To find a psychologists or a psychotherapists who speak different languages, visit the [Ordre des psychologues du Québec](http://www.ordrepsychologues.com) website.

#### **ACCÉSSS**

ACCÉSSS (<https://accesss.net/>) is a provincial group of community organizations whose goal is to represent the interests of ethnocultural communities in health and social services decision-making bodies. It is a non-profit organization (NPO). ACCÉSSS is a meeting place for the community, the health network and the university community. Due to the management philosophy of ACCÉSSS which is to work in consultation with its various partners, as well as the nature of the files treated, ACCÉSSS is more and more involved in the networks of consultation.

# mental illnesses in children and youth

Telephone: 1-866-774-1106 (toll-free) and (514)-287-1106

Fax: (514)-287-7443

email: [accesss@accesss.net](mailto:accesss@accesss.net)

## The Multicultural Mental Health Resource Centre (MMHRC)

For information regarding the availability of mental health services in Quebec or other provinces of Canada visit <http://www.multiculturalmentalhealth.ca/> to access information in different languages such as Farsi. This website is working under the supervision of Division of Social and Transcultural Psychiatry of McGill University.

## More resources available for getting help or further information on mental health:

- [Canadian Mental Health Association](#)
- [Mouvement Santé mentale Québec](#) (in French only)
- [Association des groupes d'intervention en défense des droits en santé mentale du Québec](#) (in French only)
- [Regroupement des ressources alternatives en santé mentale du Québec](#) (in French only)
- [Les porte-voix du rétablissement – L'association québécoise des personnes vivant \(ou ayant vécu\) un trouble mental](#) (in French only)
- [Association des médecins psychiatres du Québec](#)

This fact sheet was written by the Canadian Mental Health Association's BC Division. The references for this fact sheet come from reputable government or academic sources and research studies. Please contact us if you would like the footnotes for this fact sheet. Fact sheets have been vetted by clinicians where appropriate.



### BC Partners for Mental Health and Addictions Information

HeretoHelp is a project of the BC Partners for Mental Health and Addictions Information. The BC Partners are a group of nonprofit agencies working together to help individuals and families manage mental health and substance use problems, with the help of good quality information. We represent Anxiety Disorders Association of BC, BC Schizophrenia Society, Canadian Mental Health Association's BC Division, Centre for Addictions Research of BC, FORCE Society for Kids' Mental Health, Jessie's Legacy Program at Family Services of the North Shore, and Mood Disorders Association of BC. The BC Partners are funded by BC Mental Health and Addiction Services, an agency of the Provincial Health Services Authority.