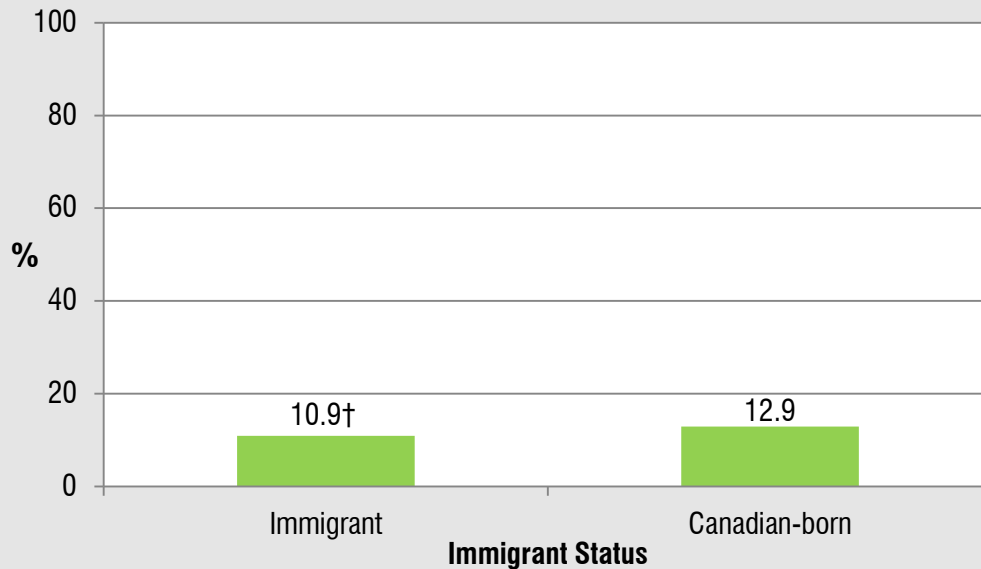




#### 2.2.2 Proportion of Youth 12 to 24 Years of Age Who Have Been Diagnosed with a Mood Disorder\*, by Immigrant Status, Canada, 2011-2012



\* Meet the CCHS - Mental Health/WHO-CIDI criteria for any of the measured mood disorders (Major Depressive Episode, Bipolar I, Bipolar II, Hypomania) in their lifetime.; † This is a marginal estimate that must be interpreted with caution.

Graphic created by CICH using data from the Canadian Community Health Survey, 2011/2012, CICH Analysis on Public Use Microdata File

Just over one-in-ten youth aged 15 to 24 years have been diagnosed with a mood disorder. That proportion is slightly higher for Canadian-born youth (13%) than immigrant youth (11%).

#### Implications

The causes of mood disorders in youth are complex – including factors relating to biology, genetics, social and psychological influences. These are compounded by the experiences of immigrant youth, which can include the loss of family and friends, language barriers among the children, youth and their parents; discrimination; difficult relationships between the children, youth, families and the schools and the quality of the neighbourhood in which the children, youth and families live.<sup>1</sup> Certain factors can protect young people from suffering with mood disorders – such as living in stable families, living in safe neighbourhoods and having support from a community of their peers.<sup>1</sup> It is important that health care providers recognize cultural barriers that might preclude immigrant children and youth and their families from recognizing and seeking help for mood disorders.

<sup>1</sup>Depression in Children and Youth. Caring for Kids New to Canada: A Guide for Health Professionals Working with Immigrant and Refugee Children and Youth. <http://www.kidsnewtocanada.ca/mental-health/depression>

