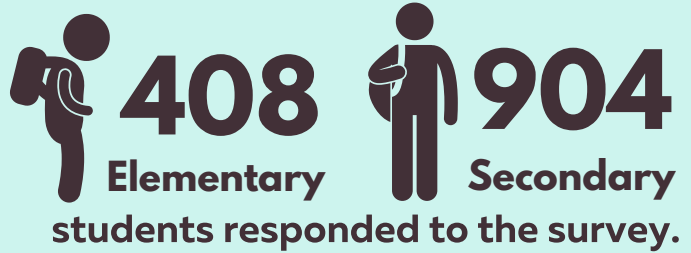


STUDENT SURVEY SNAPSHOT

Fall 2021

Support Seeking and Common Themes



The overall board-wide response rate was 15%.

Students were asked who they turn to at school when they need **support or information on mental health and substance use**.

TOP RESPONSES



50% of respondents ask a **friend** for mental health support; 16% ask for substance use support.

17% of respondents utilize **mental health support staff*** for their mental health. 4% access them for substance use.



21% of respondents ask a **teacher** for mental health support; 12% ask for substance use support.

49% of respondents report **not needing support at school for substance use**; 17% report not needing mental health support at school.

13% of respondents **feel like they can't talk to anyone** at school about their mental health; 5% feel this way about substance use.



11% of respondents **seek support from a guidance counsellor**** for their mental health.

7% of respondents **preferred not to answer** from whom they seek support for substance use.



What respondents think schools... ...are doing well

- Most respondents are aware that mental health support is available at their school when needed. Respondents who felt this way usually listed specific supports and resources.
- Many respondents indicated that their schools conduct awareness campaigns on specific mental health and substance use issues.
- Many respondents described their schools as being open to conversations about mental health and substance use.

...could do better

- While most respondents had a good understanding of mental health supports available, very few were aware that substance use support is offered at school.
- Respondents who mentioned substance use at school suggested a harm reduction approach instead of punishment for students using substances.
- Many respondents suggested that staff do proactive, one-on-one check-ins with students for various reasons including increasing comfort or ease with asking for help.
- Many respondents suggested more education for staff on recognizing mental health and substance use issues in students.
- More than anything else, respondents want to have more open, frequent and honest discussions about mental health and substance use at school.

Questions?

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