

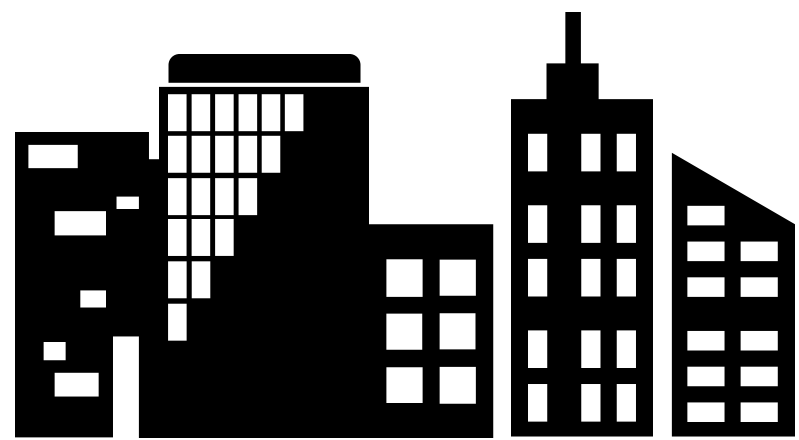
FIRST NATIONS, INUIT AND MÉTIS YOUTH FACE UNIQUE HEALTH CHALLENGES IN ONTARIO

Youth Wellness Hubs Ontario (YWHO) is committed to principles of access, equity and inclusion, and ensuring that the needs of diverse youth are appropriately considered and addressed.

46%

OF INDIGENOUS PEOPLE IN CANADA

are under the age of 25.¹



More than 50% of First Nations, Inuit and Métis people live in urban and rural centres.²

For those living in remote and rural settings, there are significant barriers to accessing care.³

A young Indigenous person's life conditions

can contribute to poor mental health outcomes and health inequities⁴

- access to education
- lack of employment opportunities
- low income levels
- housing conditions and overcrowding

11x the national average

That's the suicide rate among Inuit, the highest in the world.⁵

First Nations, Inuit and Métis communities experience mental health challenges at significantly higher rates than the general population with **young people being the most affected.**^{1,9}



Mental health challenges and suicide in Indigenous communities can be linked, in part, to a **history of cultural disruption, oppression and marginalization.**^{3,5}

Two-Spirit and LGBTQ Indigenous people



High rates of depression, anxiety, and substance use.

These individuals experience unique barriers to culturally safe health care.^{6,7,8}