

Expanded Mental Health Content and Context Information

Many social service agencies spoke of the increasing complexity of mental health issues in Oakville and across Halton Region.

Children and youth

The top issue treated by Reach Out Centre for Kids (ROCK) is anxiety (in children as young as five); the second is depression. Timely treatment continues to be a challenge with families facing long wait times for service, and up to two years for psychological assessments.¹

Challenges for immigrant families

Newcomers are at increased risk for mental health issues because of the stress involved in the settlement process, and the potential culture clashes they may experience between life in Canada and their country of origin. Language barriers and the cultural stigma surrounding mental illness can also be a significant barrier to understanding and seeking treatment. Children and youth are especially at risk, struggling with language and culture at an age when they may be very sensitive to being different from their peers.²

In the workplace

Schools, insurers and employment agencies have started asking community agencies such as The Centre for Skills Development & Training for more information about working with people who have mental health issues.

¹ Source: Reach Out Centre For Kids (ROCK)

² Source: *Improve Access and Reduce Barriers: A Cultural Barriers Analysis*, Halton Multicultural Council, February 2014