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Halton Hills has the highest rates of hospitalizations for girls aged 15 to 19 from self-harm.

## Girls have highest rate for mental health hospitalization

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The Region of Halton released their 2018 mental health report which found that girls aged 15-19 are the demographic requiring the most emergency department visits for mental health crisis.

The Region of Halton's report on self-harm and suicide released in 2015 similarly found that girls aged 15-19 were the demographic group in Halton Region with the highest rates of emergency department visits and hospitalizations for self-harm. Halton Hills was indicated

to have the highest rates of hospitalizations for self-harm in the region.

"It tells us our youth can really struggle," said Melanie McGregor, who is with the Halton chapter of the Canadian Mental Health Association (CMHA). "I think it tells us the importance

of really helping youth to build positive self-images."

She says that the pressures that youth feel are ever present, and are the result of changes in their lives, through social circles, school requirements and more.

● See SELF-HARM, page 3

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