

Mental health study reveals many teens feel stressed out

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Coutu said in a few extreme cases, youths who were acutely suicidal were taken to the emergency room, but she noted that doesn't happen very often.

Nosal's report also says that 18 per cent of youths in the program felt totally depressed a few times a month in the last three months, while two per cent felt totally depressed all the time over the last three months.

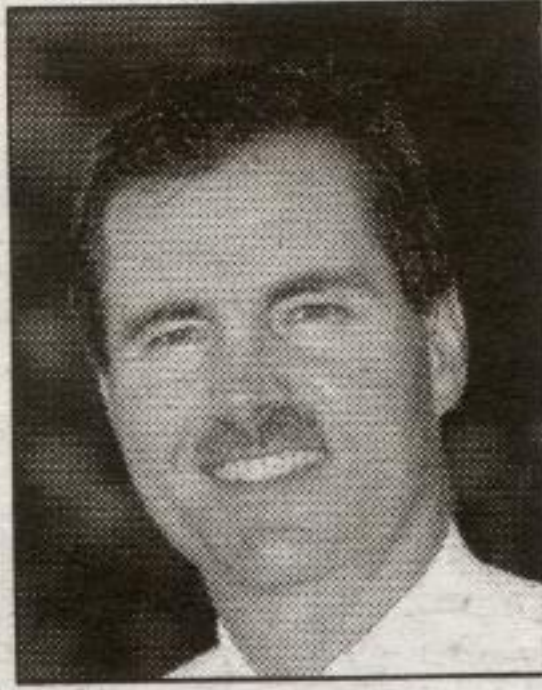
The report goes on to say that 30 per cent of youths felt totally stressed out a few times a week or all the time in the last three months and a further 33 per cent felt totally stressed out a few times a month over the same period.

Coutu said there are a variety of factors that play in youths' stress levels.

"It's safe to say it's (from) relationships with parents, academic pressures and a lot of financial pressures," she said.

She noted relationships with peers can also be a source of stress for youths.

The data analysis also found that 25 per cent of the youths who participated in Youth Net discussion groups had sometimes or regularly been seriously concerned in the last three months about their mental or emotional health.



DR. BOB NOSAL

The Youth Net program facilitates discussion groups for youths in schools and other settings. Its objectives include promoting early identification and intervention for mental illness and decreasing the stigma associated with it.

Partners involved in the Youth Net program include Halton Region, the Halton branch of the Canadian Mental Health Association, the Centre for Addiction and Mental Health, both local school boards, the Burlington and Oakville YMCAs, the Halton chapter of the Schizophrenia Society of Ontario, Joseph Brant Memorial Hospital, Halton Healthcare Services and Equilibrium, a depression or bi-polar disorder support group.

—By Melanie Hennessey, special

Unattended pot on stove blamed for fire

Halton Hills firefighters were called to a John St., Georgetown apartment fire last Thursday afternoon.

When they arrived, fire crews found the fire in a second floor apartment had been extinguished, but there was still heavy

smoke on the second floor, so firefighters ventilated the building.

No damage estimate was available from the fire department.

The fire was caused by a pot of oil left unattended for a short time on the stove, causing the smoke alarm to activate.

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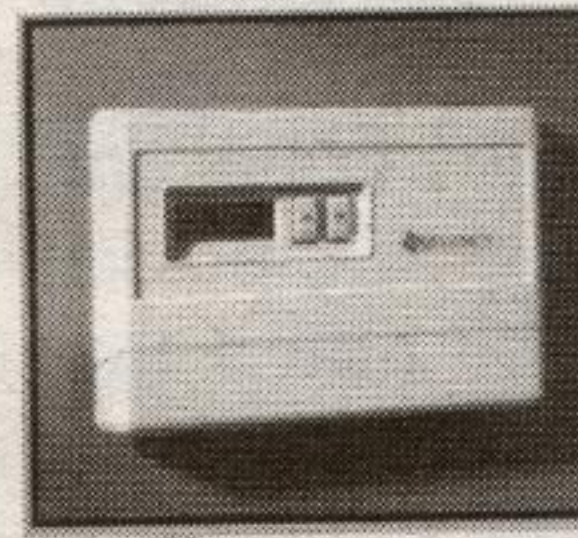
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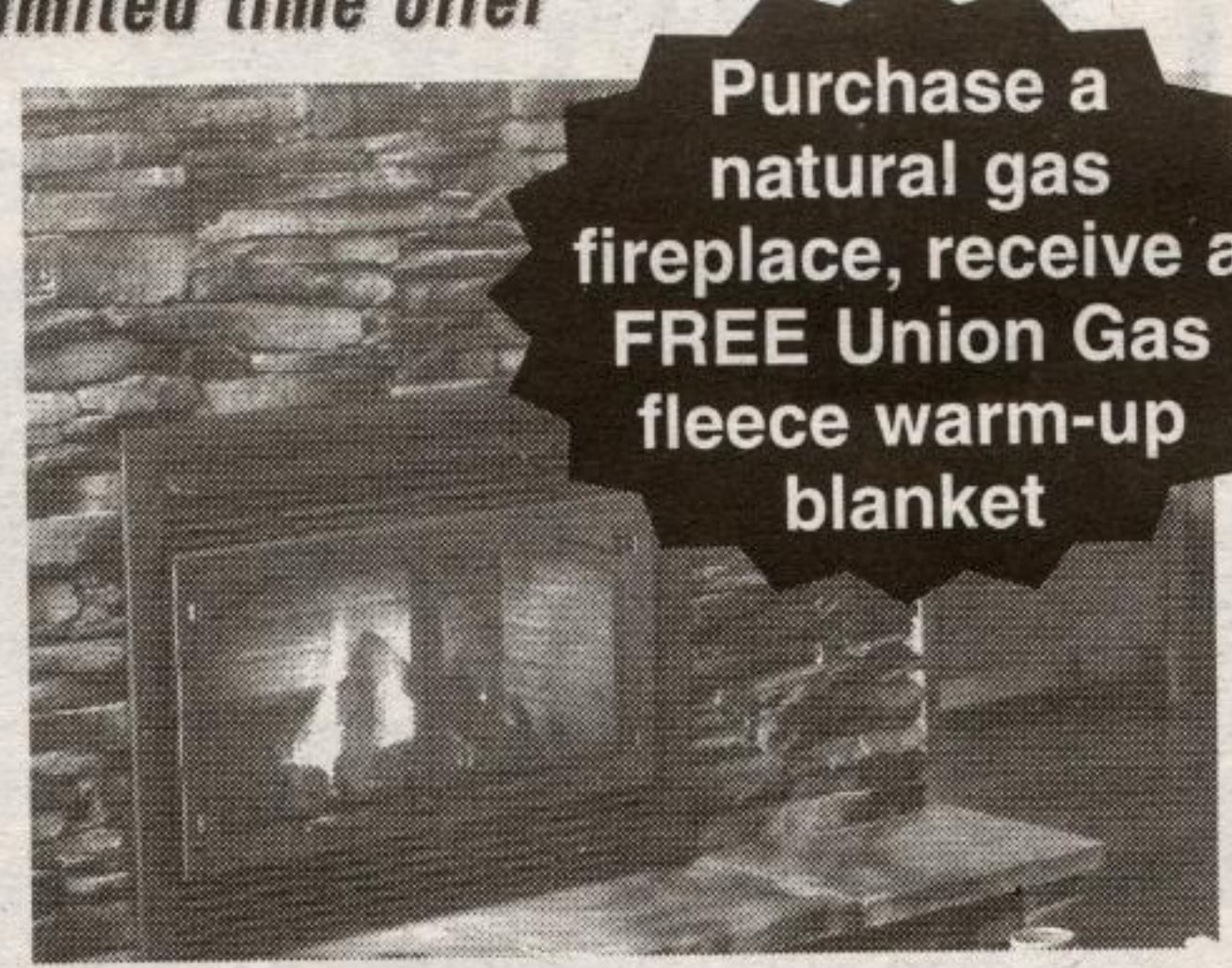
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