

## New Report Shows Burden of Kids Mental Illness on Families and the Economy

Hello Child and Youth Mental Health Advocate

Time and time again, across the province, at Children's Mental Health Ontario, we hear of the many ways that children's mental health is taking a toll on families. When a child suffers and waits too long for mental health care, the entire family is impacted.

Last year, Children's Mental Health Ontario conducted a survey that showed a large number of parents in Ontario missed work to care for their child with anxiety. To explore that further, we conducted a follow up study with the Canadian Centre for Health Economics at the University of Toronto to calculate a productivity loss in Ontario due to absenteeism. We also conducted another study to learn more about how siblings are affected when one child is suffering from mental illness.

The infographic on the right shows the results of that research – disturbing trends of how families are suffering and in need of increased support when a child is dealing with mental illness.



[Click to Enlarge](#)

For More Details, Visit our Website

### Finding a Way Forward

With the right support from the Government of Ontario, together we can end the wait for better child and youth mental health care. Community mental health programs need increased funding to ensure that no child or young person waits longer than 30 days for mental health treatment and that no youth

waits for help just because they turned 18.

[Read more recommendations from Children's Mental Health Ontario](#)



## Raise Your Voice on Social Media

[Join the conversation on CMHO's Facebook page](#), where we will be posting discussion questions throughout the week!

We will be chatting about the impact children's mental health is having on families in various ways, including the impact on siblings and family finances. We want to explore these topics more with all of you.

**Please join the discussion!** This is a chance for service providers, community leaders, youth, and parents to talk about the challenges our kids are facing, share ideas and solutions.

## One Family's Story



When Michele and Lloyd Sparlings' son was in Grade 2, he started to show signs of anxiety. He was often worried or afraid and went from being a "social little guy" to a boy who seemed to always be on the outside circle at school and with friends. By 12-years-old, their son was taking medications and trying to manage those side effects. He was bullied relentlessly at school and ended up missing one-third of his school year because he was going to so many appointments. As a result, both parents could not continue to work.

[Read more about the Sparling family's experience](#)