

## Youth Mental Health March Canada

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## Statement of Research

### Statement of the YMHM Canada

This Statement of Research is being prepared by the Youth Mental Health March Canada (YMHM Canada) to inform the public and people taking part in the research on youth mental health about what research is being conducted, why, for how long, by who, and other information that will be helpful before taking part. Should there be any questions on any material in this document, please contact the YMHM Canada President (Joshua Bell) at [jbell.ymhm@gmail.com](mailto:jbell.ymhm@gmail.com).

The Youth Mental Health March Canada is a community association located in Ontario that works to raise awareness about youth mental health issues/mental illness in youth when working to end the stigma and push government bodies to do more in their support for youth (such as providing more easy access to resources, changes to policies, etc.).

### Statement of Research

The YMHM Canada will be conducting research on the state of youth mental health from 24 May 2020 to 15 July 2022. This research will be complete via surveys that are accessible through our website at [www.ymhmarch.com/surveys](http://www.ymhmarch.com/surveys) or through paper copies if needed by the YMHM (paper copies shall be returned to the YMHM Canada no later than 15 July 2022). The goal of the research is to look at the state of youth mental health and see what is being done that is working, what could be improved, and what needs to change to better the mental health of youth. Surveys have been issued directed towards youth between the ages of 10 to 25. All respondents must be between these ages and a Canadian citizen. By asking youth directly what they think is working and what could be improved we are able gather information to help them more directly and to get a better understanding on what they are thinking. All information collected from the research will be compiled into final report that will be set to be issued in September of 2022. This report will be made available to the public as well as to any other member who requests a printed copy. The findings from the research will also be used to draft new proposals that will be presented to all levels of government. Information such as stats from the survey results will also be used during the National March for Youth Mental Health and Suicide Prevention in September of 2022.

### Lead Investigator Information/Background Information

This research is being conducted by the YMHM Canada as part of efforts to gather information to be used to address the mental health crisis in the country as well as to gather updated

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Get Loud About What Really Matters Most

The views expressed on this are the views solely of the YMHM. The information provided is not a substitute for professional advice nor is this a crisis center. If you are in crisis, please contact a crisis number or call 9-1-1 or see your local doctor. The YMHM does not interfere with the operations of any of our sponsors. The YMHM can not guarantee that all facts and numbers and anything else presented here are the most up to date. For the most up to date information, see national data bases or other sources. For more information or clarification, contact us.

information about the state of youth mental health. All information gathered will be in public domain through a report to be issued after the research period has concluded. The YMHM Canada was founded by a group of youth that is currently lead by founder and President Joshua Bell who at the age of 16 attempted suicide after person mental health struggles. Now working to make the case for better mental health access and resources as well as an end to the stigma, Joshua is trying to do everything that he can to raise awareness and break the stigma around mental health disorders and poor mental health in youth when fighting for better access to resources. The research that is being conducted here will help aid in helping to draft a recommendation report to be presented to all levels of government as well as help aid in providing updated figures for others to use once the report is used to make the case for better mental health support in youth. As much transparency will be provided as needed due to the nature of the subject (with restrictions on personal information) in order to keep the public and any institution that issues surveys or help to promote surveys updated and feel safe about the activities taking place. Contact information for Joshua Bell, who is overlooking the operations of this research, is as follows:

Joshua Bell, President & CFO, YMHM Canada  
Phone: 905 928 0245  
Email: jbell.yhmh@gmail.com

### Recruitment Materials

The surveys that are being issued by the YMHM Canada are in the public domain in the form of them being able to be accessed and complete by anyone between the ages of 10 to 25 and who are a Canadian citizen. People are able to go to our website at [www.yhmharmch.com/surveys](http://www.yhmharmch.com/surveys) and click on the survey. Once they click start survey, they will be able to take the survey and complete it. It is preferred that all questions are answered, however, if the person wishes to stop at any point in time, they are able to exit and only the answers that they have put in will be recorded and used in the research.

People that decide to take part in the survey will be made aware of how, why and when the research is being taking place by viewing this before the survey is complete if it is being complete on the website via posting of this document. If the survey is being conducted through paper versions, people will be encouraged to read this document on our website prior to completing the survey.

The research will be conducted through surveys issued by the YMHM Canada. All surveys, including questions asked and ways questions are asked, were reviewed by the YMHM Canada and approved for use.

### Information Letters and Materials

People will be encouraged to read the Statement of Research prior to taking part in the surveys and research by the YMHM Canada as this informal them of all activities about the research and more information that they may wish to know. Anyone may also contact the YMHM Canada

should they feel the need to ask further questions or if there is a need for clarification at any point in time.

### Consent to Take Part

As it is voluntary for people to complete the surveys, either paper or online versions, it is implied that the person completing the survey has agreed to do so and has read over all materials prior to taking part. As such, each person that completes a survey will not be required to give direct consent to use their answers but everyone is encouraged to read our privacy policy under the research section that outlines how research is conducted. A person may stop completing the surveys at any point in time if they do not wish to take part further, however, it is encouraged by the YMHM Canada to complete the whole survey once it has been started as this will provide us with the most accurate information.

The reason individual consent forms are not required by the YMHM Canada for each person that completes the survey is that no personal information (names, phone numbers, emails, etc.) is being collected and it is voluntary and implied that consent is given when the survey is complete due to the scale of the project.

### Privacy of Individuals

The privacy of each person who completes a survey is important to the YMHM Canada and as such, no personal information (names, phone numbers, emails, etc.) are or need to be collected. People are able to go to our website and complete the survey at any time between now and 15 July 2022 or, if paper copies are issued by the YMHM Canada upon request from an institution or individual, complete a paper copy. These paper copies will be picked up and dropped off on a regular or as often as the institution would like to keep the survey in their establishment. For more on the privacy of a person who completes a survey, please see our Privacy Policy section Research. This policy is accessible via [www.yhmharmch.com/legalandpolicies](http://www.yhmharmch.com/legalandpolicies). The research section of the Privacy Policy is below, for more see our website:

#### Research

The YMHM Canada from time to time with approval of the Governing Committee may decide to conduct research in order to improve the case for greater resources for youth that need them and to gather information to help get a better understanding about youth mental health such as what is being done now that works, what could be improved, and what needs to change.

Research may be conducted in the forms of surveys, phone calls, focus groups or any other form that is approved by the YMHM Canada.

The collection of personal information of anyone who takes place in research may vary depending on the form of research being done. No personal information (such as names, emails, phone numbers, etc.) will be collected from completing surveys that are conducted by the YMHM Canada. Such personal information may be collected in other forms of research. It will be disclosed prior to the answers being given as to if personal

information is being collected by the YMHM Canada as well as what information. Should the form of research be anything other than a survey, a consent form will be signed by the person taking place and by the YMHM Canada to indicate that the research purpose, collection of information, and all other information about the YMHM Canada and the project is understood. No consent form will be required when research is being conducted through surveys (online or paper) as it will be implied, by accessing and completing the survey either online or paper versions, that the individual has read the purpose for the research, policies of the YMHM Canada (accessible via our website at [www.yhmh.com](http://www.yhmh.com)), and all other information relating to the research. A consent form will be required if the YMHM Canada is issuing surveys within other institutions to indicate that the institution is aware of the research being conducted and is permitting people within their institution to access the surveys during hours if they wish to do so.

All answers that are given via an online survey issued by the YMHM Canada will be completed through a third party named Survey Hero. It will be implied that the individual has read and agreed to the terms and conditions outlined by Survey Hero on their website as well before completing the online survey. This will not be applicable for paper issued surveys. Survey Hero may document all answers that are given in any surveys. The YMHM Canada advises any person who is completing a survey online to read over the terms and conditions of Survey Hero.

The following information is collected by the YMHM Canada when a survey is completed online:

- The device that it was completed on (phone, computer, etc.)
- Date and time survey was completed
- How long it took to complete
- Answer(s) given/indicated in the survey

The following information is collected by the YMHM Canada when a survey is complete in paper form:

- Answer(s) given/indicated in the survey

The following, but not limited to, information may be collected for other forms of research other than surveys:

- Names
- Phone numbers
- Emails
- Address

All answers that are given/indicated in all research projects conducted by the YMHM Canada will be collected and analyzed. The answers will then be compiled in a report and issued to the public. This final version of the report when issued will be available via our website for all members of the public to view. The information collected that is found in

the report will be used to help strengthen the case for better mental health access and for raising awareness around youth mental health and mental illness. Any personal information that may have been collected in the process of research will not be indicated in the final report in accordance with this policy.

### Survey Questions

The survey questions will be directed at how the youth think their mental health is now, what they think needs to be done to improve their mental health, and what they think is being done now that is good. All questions on the surveys are a mix of multiple choice and short point form answers that express opinions on matters (such as what could be improved to help better the state of youth mental health). Below is what type of questions are asked in each survey:

#### Mental Health Survey: Youth

- Demographics (multiple choice)
- Mental Health (multiple choice and point form)
- School (multiple choice)
- Access to Resources (multiple choice and point form)
- Education (multiple choice)
- Improvements (multiple choice and point form)

### Expected Results

It is expected through the study that there will be an overwhelming expression of more resources needing to be provided as well as overwhelming responses with major stressors and sources of anxiety being the school system, family life/relations, and that not enough is being done by any school institution and government to improve the mental health of youth.

### Duration of Research

Research will be taking place from 24 May 2020 to 15 July 2022. Each survey will take approximately 5 minutes to complete in full.

### Selection of Individuals

Youth between the ages of 10 to 25 and who are a Canadian citizen are invited to take part in this survey. Although there is not a designated time of this study to take place, the survey questions may be complete at any point in time before 15 July 2022 for people to take part.

People between the ages of 10 to 25 and who are a Canadian citizen were selected as the youth group to focus on as this covers people as they transition into high school and out of elementary as well as into early real life, this group is the youth of society.

## Voluntary Participation

It is not required to take part in this research project although all people are welcome to take part in it if they wish to do so and if they fit the below requirements:

### Mental Health Survey: Youth

- Between the ages of 10 to 25
- Have Canadian citizenship

Should a participant decide that they no longer wish to take part once they have started the survey, they may stop completing the survey and submit what they have done so far or discard the survey. Although not mandatory, it is highly suggested by the YMHM Canada to complete the survey once it has been started as to give us the most accurate information to work with.

## Risks or Discomforts

As the topic of mental health and mental health disorders is being discussed, as well as what can be done to improve the mental health of youth and changed, there is some risk that some people may be triggered when taking the survey. Although there is a risk of this, prior to the surveys (both online and paper versions) there is a disclaimer warning that some questions may be triggering or somewhat triggering to some people that complete the survey as well as a list of crisis lines for people. The following crisis lines are provided on each survey:

### Mental Health Survey: Youth

- Kids Help Phone (1 800 668 6868 or text CONNECT to 686868)
- COAST (905 972 8338)
- Canadian Suicide Prevention Line (1 833 456 4566)

People will be encouraged to read our Statement of Research prior to taking part in either survey and the disclaimer before the surveys and any other resources that we have issued about the surveys in order to make them aware of the type of research, research questions, and possible risks.

## Sharing of Findings

The YMHM Canada will publish a final report of all survey findings expected in September 2022. This report will be accessible by any member of the public and will be used by the YMHM Canada to highlight the need for an end to the stigma and better policies to improve the mental health of youth.

## Right to Withdraw

A person may stop taking part in this study at any point in time. Should a person have started a survey and decide that they no longer wish to continue taking part in the research, they may stop completing the survey. Although this can be done, it is encouraged by the YMHM Canada to

fully complete a survey once it has been started as to give us the best possible and most accurate information for our study.

### Contact

Contact for any questions, comments, or anything else about the research project shall be directed to Joshua Bell (YMHM President & CFO) at [jbell.ymhm@gmail.com](mailto:jbell.ymhm@gmail.com).

If you have a general question about the operation of the YMHM Canada or about the YMHM Canada and our activities, it may be directed to [ymhmcanada@gmail.com](mailto:ymhmcanada@gmail.com) or by visiting our website at [www.ymhmarch.com](http://www.ymhmarch.com) for more.