



OUR KIDS.
CANADA'S FUTURE.

Vote for More Mental Health Support

More and more children are facing significant mental health challenges and feeling anxious about the future.

Parents and teachers are working together to provide every child the support they need.

However, healthcare systems are already stretched thin—and it can take years to get the help our kids require.

“...little kids get tired and they’re feeling stressed, too, and they have parents that are going through stress.”

– Canadian elementary teacher (“But at what cost?” report, 2022)

“...how much more can we take? How much more can we do, how much more can we still change [...] And we always figure it out, but at what cost?”

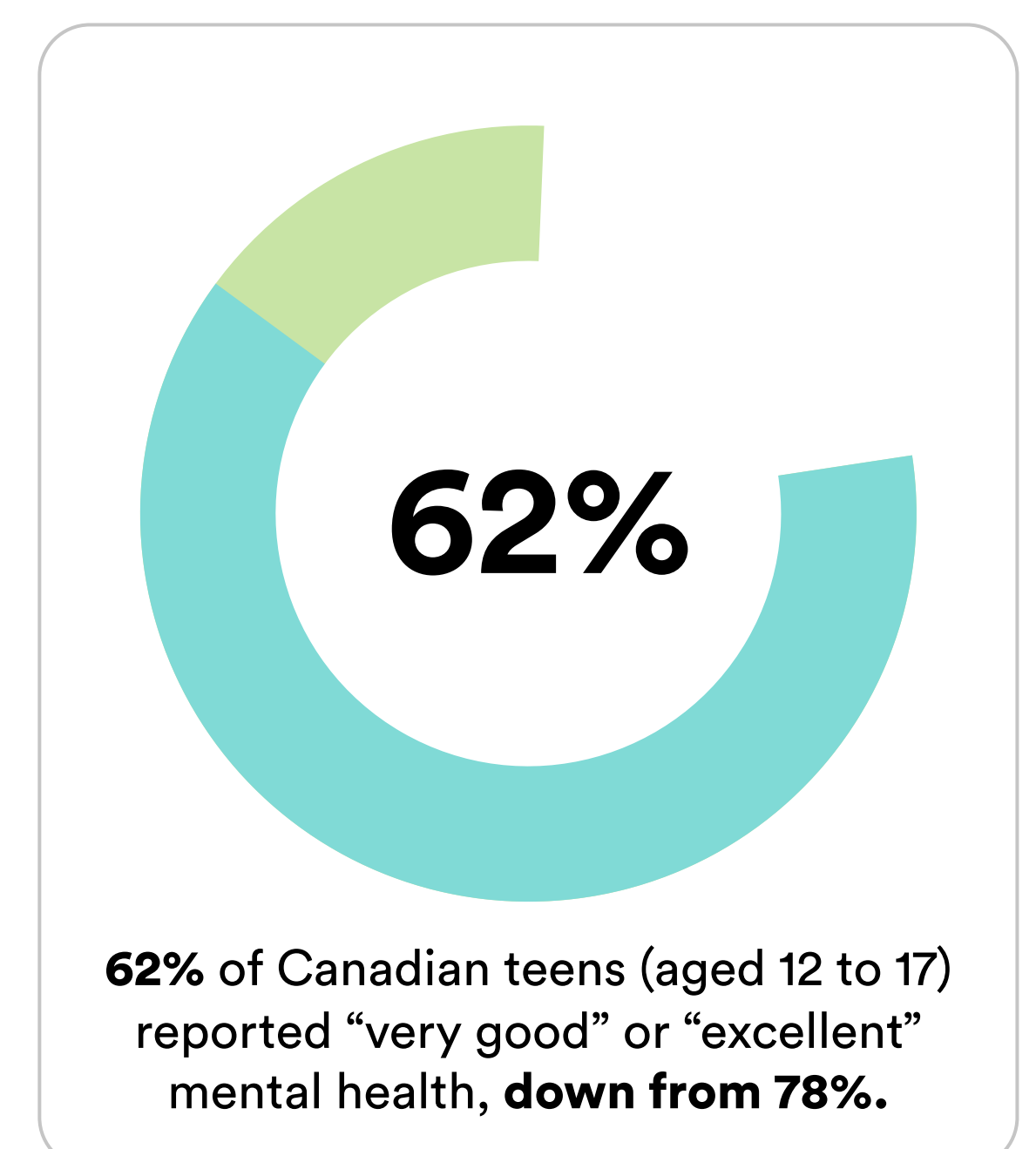
– Canadian secondary teacher (“But at what cost?” report, 2022)

Call to Action

The Canadian Teachers’ Federation (CTF/FCE) calls on every political party and leader to prioritize children and youth by allocating dedicated funding for mental health services under the Canada Mental Health Transfer to address the significant backlog of mental health supports available for students, parents, teachers, and education workers.

The Facts

- According to a September 2023 Statistics Canada report, Canadian youth (aged 12 to 17 years old) reported a decline in mental health. Between 2015 and 2021, the percentage of 12 to 17-year-olds reporting “very good” or “excellent” mental health fell from 78% to 62% (Canadian Community Health Survey, 2015 to 2021).





- “For the majority of people living with a mental disorder, their symptoms begin before the age of 18. In Canada, up to 20% of children and youth — approximately 1.2 million individuals — are affected. Early interventions can help to avoid or delay the progression of a disorder and limit the lifelong effects on one’s health and well-being” ([Canadian Institute of Health Information](#), 2022, p. 10).
- Of over 13,000 teachers who completed the CTF/FCE 2020 Teacher Mental Health Check-in Survey, 70% had concerns about their mental health and/or well-being.

In a [2024 CTF/FCE](#) study of over 5,000 education professionals across Canada:

- 72% describe their workload demands as unmanageable.
- 80% are somewhat-to-barely coping with the stresses of daily teaching.
- 77% report that students’ needs have become “significantly more complex” compared to five years ago.

Ask your Candidate

- Does your party commit to the creation of a Canada Mental Health Transfer or some other transformative mental health fiscal transfer provided directly to provinces and territories? If yes, please provide details.
- Tell us about any of your party’s policies that you believe align with the CTF/FCE’s election priorities regarding investing in mental health resources.

About the Canadian Teachers’ Federation (CTF/FCE)

Founded in 1920, the [CTF/FCE](#) is a national alliance of provincial and territorial teachers’ organizations that represent over 370,000 teachers and education workers across Canada. The CTF/FCE is also an affiliate of Education International, which represents more than 33-million educators.
