

Mental Health Facts	
Per 1 Day (24 hrs)	
Amount	% Daily Value*
<b>Physiological needs</b>	
Enough Sleep	20 %
+ Enough to Eat	90 %
<b>Safety Needs</b>	
Security	78 %
Health	60 %
<b>Love and Belonging</b>	
Friendship	7 %
Intimacy	12 %
Family	21 %
Sense of connection	5 %
<b>Esteem</b>	
Respect	15 %
Self-esteem	2 %
Recognition	7 %
Freedom	52 %
<b>Self-actualization</b>	
Achieving full potential	3 %

\*60% or less is dangerous, 5% or less is deadly

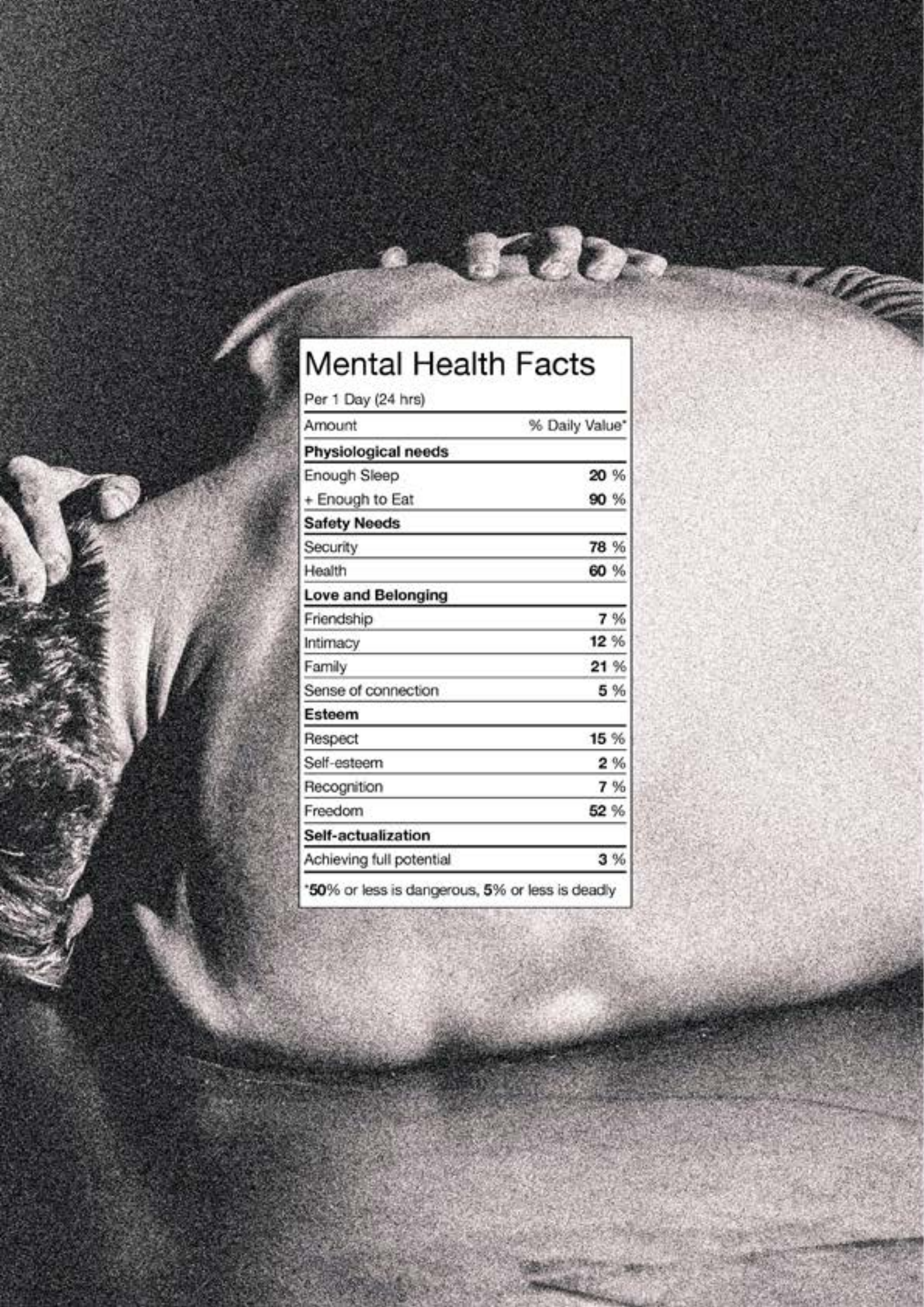
## We Help You Understand Youth



By providing the right tools. Because YMHC advocates for needs-based resources to support young people with mental health disabilities and their relatives.

[ymhc.ngo](http://ymhc.ngo)





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Youth Mental Health Canada

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## **INSIGHT**

**The greater the understanding of young people with mental health issues the better anyone can help them.**

Every young person with mental health issues has different needs.

YMHC helps to have a better understanding of them, while raising the awareness of this issue.

And becomes a tool that enriches the capacity of action from those involved in their lives.

So everyone understands how to help those in need.