



## Mental Health & LDs: Myths and Facts

Test your knowledge on the following statements – are they true or false?

Only about 1 in 10 children and youth under the age of 19 in Ontario has a mental health problem.

### **FALSE**

According to Children’s Mental Health Ontario, 1 in 5 children and youth under the age of 19 in Ontario has a mental health problem.

Having LDs puts children and youth at greater risk for a number of mental health concerns.

### **TRUE**

According to the *Handbook on Learning Disabilities* (Integra, 2009), about 40% of individuals with LDs are estimated to struggle with problems such as anxiety, depression, or low self-esteem.



Children and youth with LDs are at greater risk for bullying and victimization.

### **TRUE**

Children and youth with LDs are over-represented among victims of bullying.

Most mental health problems are characterized by such behaviours as aggression, defiance, rule-breaking, and destructive behaviour.

### **FALSE**

Mental health problems may be internalizing, which include symptoms like withdrawal, anxiety, fearfulness, and depressed moods, as well as externalizing, like the behaviours described above.

More than half of children and youth with LDs have difficulties with social relationships.

### **TRUE**

According to the *Handbook on Learning Disabilities* (Integra, 2009), 75% of children and youth with LDs are estimated to have difficulties with social relationships.

Both academic and social difficulties are characteristic of children and youth with LDs.

### **FALSE**

There are some children and youth with LDs for whom social skills are an area of strength.

