

Disconnected and Distrustful: Mapping Youth Mental Health, Political Trust, and Voter Participation in Canada

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01 Research Question

Main Question: *How are youth mental health, political trust, and voter turnout connected in Canada, and how have these trends changed between 2015 and 2021?*

Sub-questions:

1. How have youth voter turnout rates shifted over the last three federal elections?
2. What is the relationship between political trust and turnout?
3. How might mental health trends influence civic engagement?

Overview

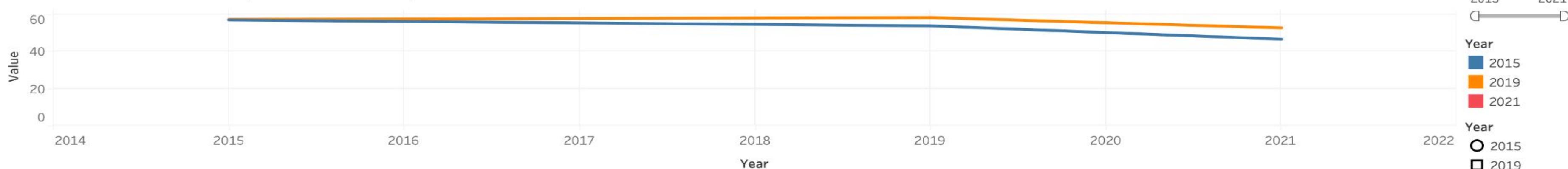
- Youth voter turnout in Canada historically lags behind older age groups.
- Political trust influences willingness to vote.
- Mental health challenges are rising among young Canadians.
- **Purpose:** Identify patterns that could help design better engagement strategies.

Data Sources & Methodology

- **Canadian Election Study (CES)** – Political trust and voter participation (2015, 2019, 2021).
- **Canadian Community Health Survey (CCHS)** – Self-reported mental health.
- Focused on youth aged 18–24 and 25–34.
- Analysis in Excel & Tableau.



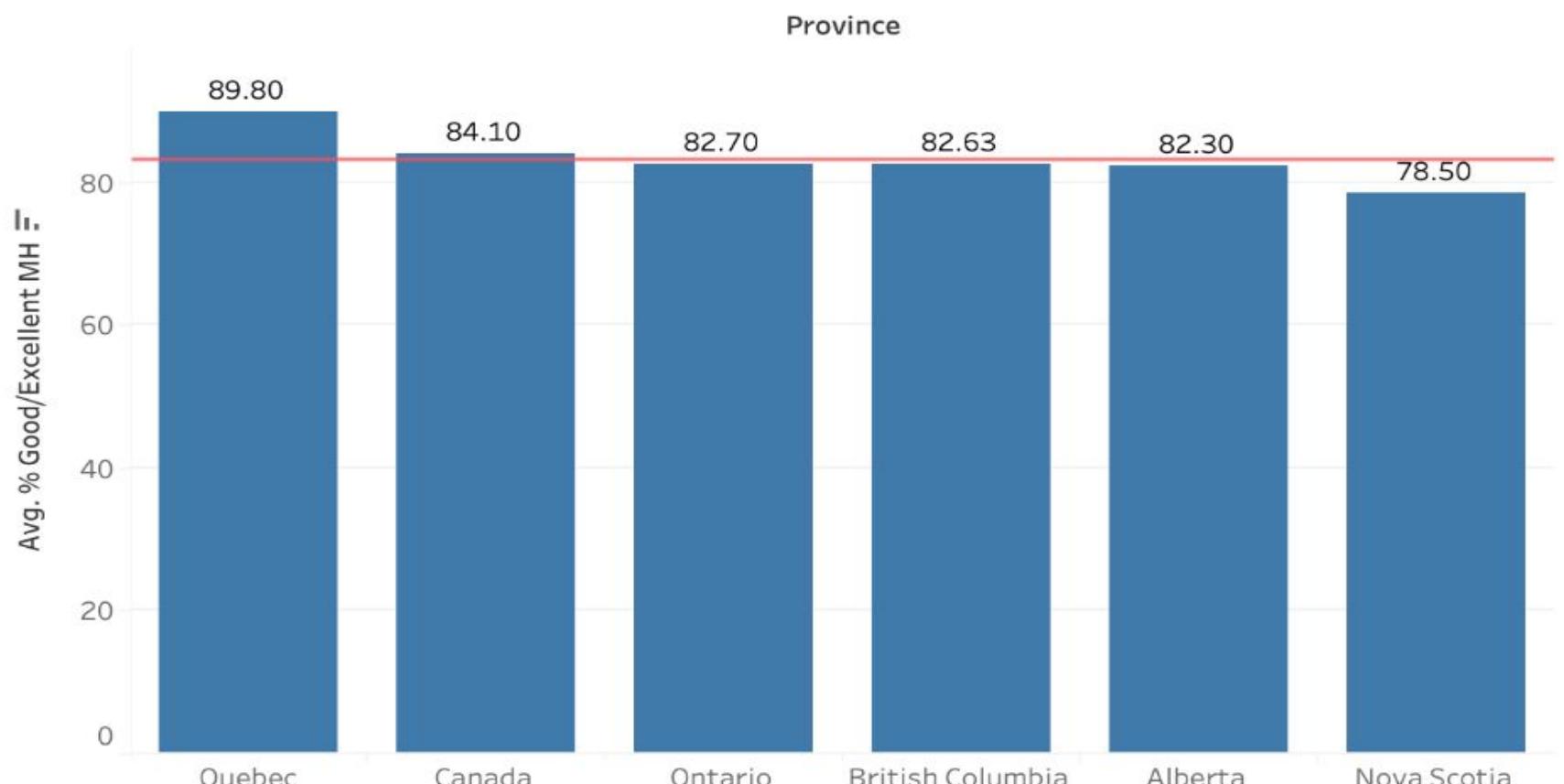
National Youth Turnout (18-24 vs 25-34)



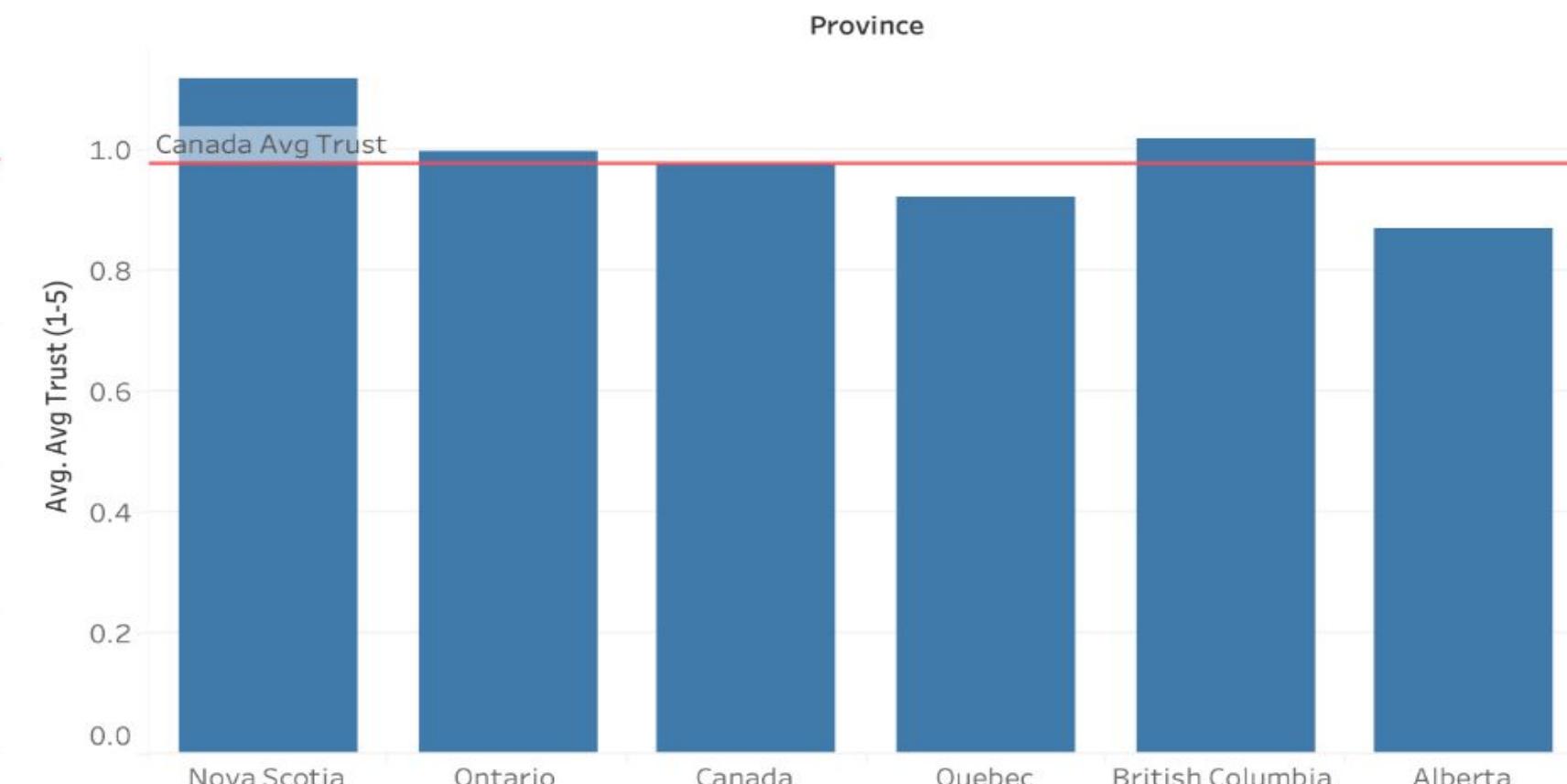
Trust vs Turnout 18-24



Mental Health by Province



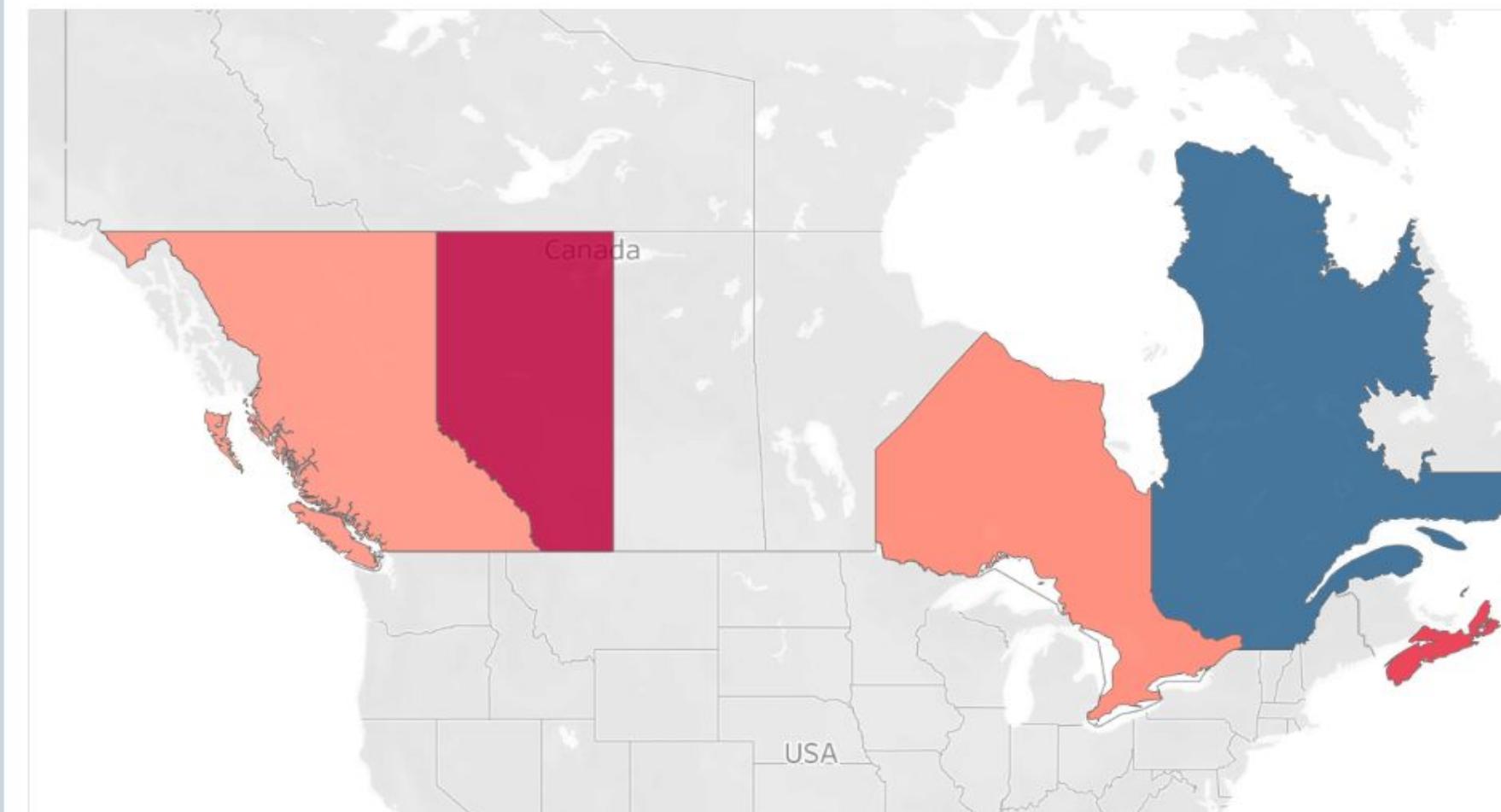
Trust by Province



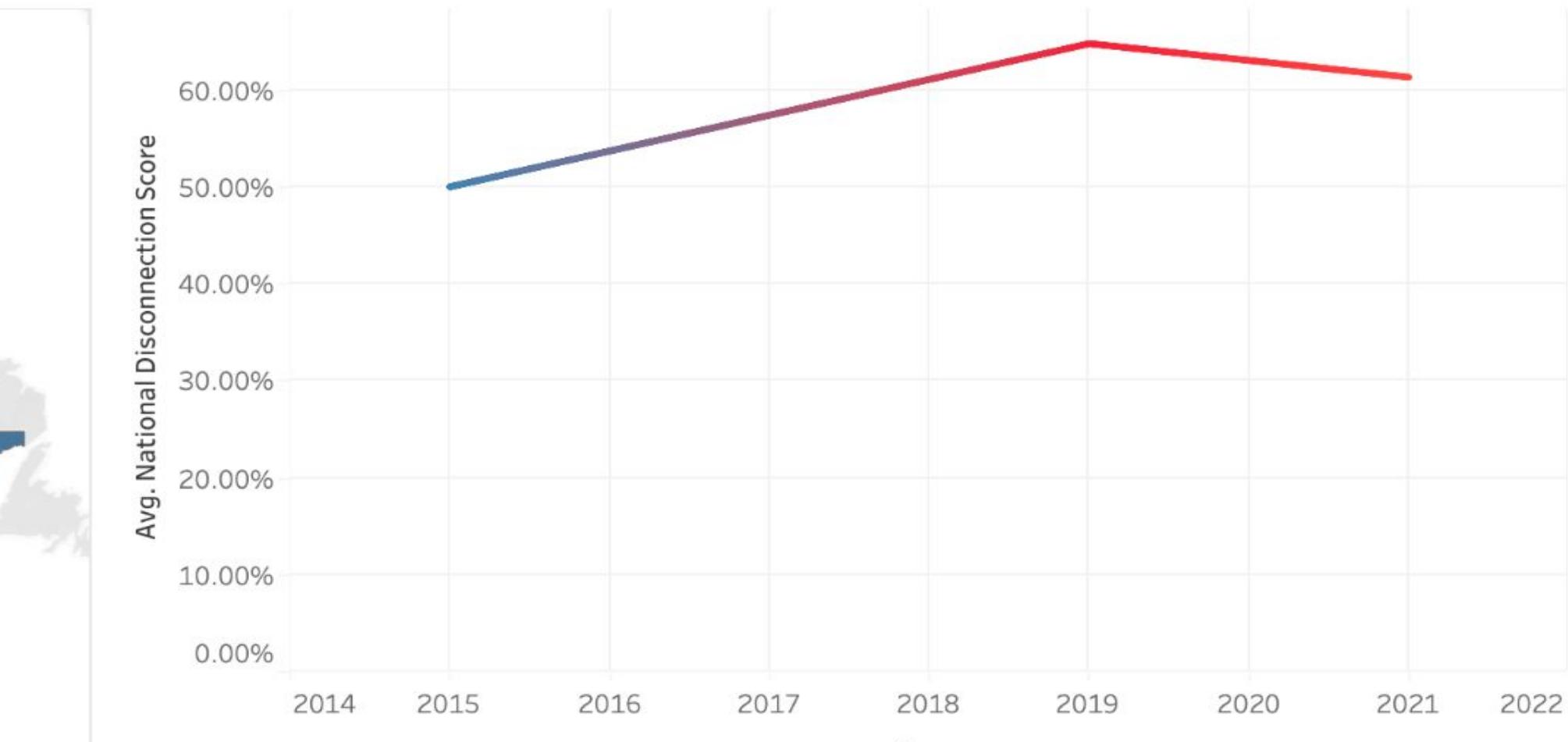
Trust vs Mental Health Scatter



Youth Disconnection by Province



National Disconnection Score



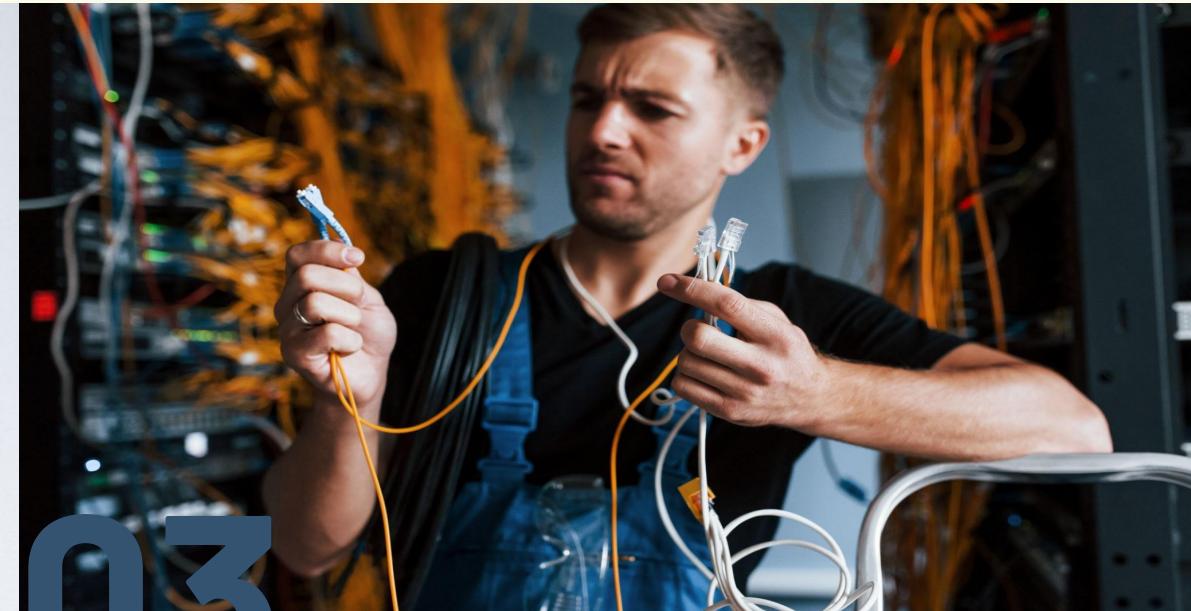
Key Takeaways



n1



n2



n3

- Turnout and trust both peaked in 2015, lowest in 2021.
- Mental health challenges rising.
- Disconnection score confirms 2021 as most disengaged year.

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- Mental health should be part of civic engagement strategies.
 - Address trust through transparency and communication.
 - Tailor outreach to younger demographics.
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Implications & Recommendations



03



Conclusion