Individual interview guide (for youth)

Instructions to be followed before the interview begins

Explain the purpose of the research ;
Explain how the meeting will take place and how long it will last;
Specify the confidential nature of the information collected;
Explain the purpose of the recording of the interview.
Obtain voluntary and informed consent

Introduction

Thank you for agreeing to do this interview with me. In order to better understand the factors that influence mental health of youth from the Black community, this meeting will last between 20 and 30 minutes. We want to hear your views on:
1) Youth perceptions of racial discrimination
2) How do young people react when they feel discriminated against?
3) Youths' beliefs about mental health problems and use of mental health services, when appropriate.

If you agree, our interview will be recorded, this will avoid me having to write down the whole conversation and will allow me to listen to what you are staying better. Only the researchers leading this project will listen to the recording. Before we begin, I would like to know if you still wish to participate in this meeting. Do you have any questions?

1. Perceptions of racial discrimination

a. What do you think are the causes of racial discrimination in Canada? By racial discrimination I mean …
b. Have you ever experienced racial discrimination in Canada?
    - If so, in what context? Can you please tell me more?
c. Do you have friends or relatives who have experienced racial discrimination?
    - If so, in what context? Can you please tell me more?
d. Why do you think some people don't believe that racism exists in Canada?
e. Based on your observations, how do young people react when they experience racial discrimination?
f. Based on your observations, how do young people react when they are a witness to racial discrimination?
g. When facing racial discrimination (or in case it happens to you, if you have never faced racial discrimination), how do you react?

2. Discussion about mental health

a. Often people say that it is harder to tell people about a mental health problem as compared to a physical health problem. Why do you think this is the case? Why is

it harder to tell people you have a mental health problem than when you have a physical health problem?

b. When a young person feels unwell mentally, who do they usually talk to first? If a friend of yours tells you that they are not feeling well mentally, what would you do?
c. What about for you, what are the things that negatively impact your mental health?
d. What do you do to feel better mentally?
    - Who do you speak to?
e. It is reported that youth from Black communities who feel mentally ill often do not consult mental health professionals. What do you think the reasons may be for this?
f. Some young people do not share their discomfort with their parents or caregivers. What do you think the reasons might be for this?

3. Seeking health information and services

a. What do you do to get information that might help you when you don't feel mentally well?
b. Do you refer to online information to find information about what you need to do to feel mentally well?
    - If so, why? If not, why not?
c. How do you find out about existing health or social services?

4. Perceptions of health services

a. Have you used health or social services in the last 3 years?
    - If yes, which ones?
b. How did you find these services?
c. How satisfied were you with the services you received in helping with your problem?
d. Considering all aspects of the experience of receiving services from the provider, what things did you appreciate? What things didn't you appreciate?
e. Have you ever consulted a mental health professional (doctor, psychologist, psychotherapist, etc.) when you weren't feeling well mentally?
    - If yes, what was your experience like?
    - What was most helpful? What was the least helpful?
    - What would you have liked to see improved in the care you received?
f. Were there any follow-ups to be made after the first consultation?
    - If so, were the explanations for this follow-up clear?
g. If you decided to end services early, what were the reasons for this?

5. Beliefs about treatments

a. Do you think treatments (medications, talk therapy, social support) for mental health problems are effective or not at all?
b. What do you think might contribute to young people's reluctance to take medications when they have mental health problems?

c. Some youth receiving treatment drop out of treatment. What advice would you give to youth receiving treatment for mental health problems?
d. What do you think a mental health professional could have done to encourage a youth to take medication for mental problems?

Conclusion.

Are there other points which you would like to add that can help us understand the challenges around the use of mental health care services by youth from Black communities?

The interview is now complete. Thank you for responding to the questions and for having shared your perspective with us.