

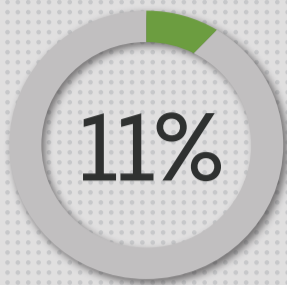
# Mental Health Facts

## CHILDREN & TEENS

**Fact:** 1 in 5 children ages 13-18 have, or will have a serious mental illness.<sup>1</sup>



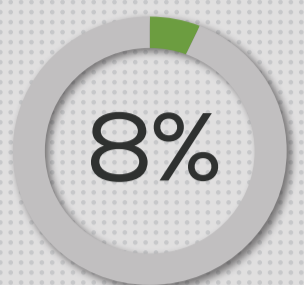
20% of youth ages 13-18 live a mental health condition<sup>1</sup>



11% of youth have a mood disorder<sup>1</sup>



10% of youth have a behavior or conduct disorder<sup>1</sup>



8% of youth have an anxiety disorder<sup>1</sup>

### Impact



50%

50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.<sup>1</sup>

10 yrs



The average delay between onset of symptoms and intervention is 8-10 years.<sup>1</sup>

50%



Approximately 50% of students age 14 and older with a mental illness drop out of high school.<sup>1</sup>

70%



70% of youth in state and local juvenile justice systems have a mental illness.<sup>1</sup>

### Suicide

3rd



Suicide is the 3rd leading cause of death in youth ages 10 - 24.<sup>1</sup>



90%

90% of those who died by suicide had an underlying mental illness.<sup>1</sup>

### Warning Signs

- Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).
- Trying to harm or kill oneself or making plans to do so.
- Out-of-control, risk-taking behaviors that can cause harm to self or others.
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.
- Not eating, throwing up or using laxatives to lose weight; significant weight loss or gain.
- Severe mood swings that cause problems in relationships.
- Repeated use of drugs or alcohol.
- Drastic changes in behavior, personality or sleeping habits (e.g. waking up early and acting agitated).
- Extreme difficulty in concentrating or staying still that can lead to failure in school.
- Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.

### 4 Things Parents Can Do



Talk with your pediatrician



Get a referral to a mental health specialist



Work with the school



Connect with other families

<sup>1</sup> This document cites statistics provided by the National Institute of Mental Health. [www.nimh.nih.gov](http://www.nimh.nih.gov)

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