

# 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 with 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>2</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Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).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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