

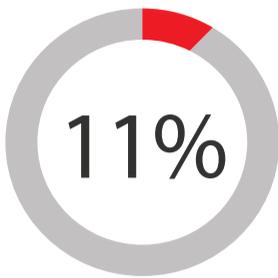
Mental Health Facts

CHILDREN & TEENS

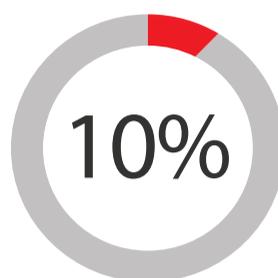
Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.



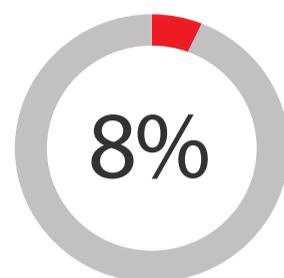
22% of youth ages 13-18 live with a serious mental health condition¹



11% of youth have a serious mood disorder¹



10% of youth have a serious behavior or conduct disorder¹



8% of youth have a serious anxiety disorder¹

Impact

50%

50% of all lifetime cases of mental illness begin by midteens and 75% by midtwenties.²

2nd

Suicide is the 2nd leading cause of death in youth ages 10 - 24.⁵

35%

35% of students with a mental health condition age 14 and older drop out of school—the highest dropout rate of any disability group.³

50-75%

50-75% of youth in state and local juvenile justice systems have a mental illness.⁴

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-  Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).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

Sources:

Adapted from www.nami.org

1. Merikangas, K.R., He, J., et al. (2010). Lifetime prevalence of mental disorders in US adolescents: results from the national comorbidity study-adolescent supplement (NCS-A). *Journal of the American Academy of Child and Adolescent Psychiatry*, 49(10), 980-989. doi:10.1016/j.jaac.2010.05.017

2. Kessler, R.C., Amminger, G.P., et al. (2007). Age of onset of mental disorders: a review of recent literature. *Current Opinion Psychiatry*, 20(4), 359-364. doi: 10.1097/YCO.0b013e32816ebc8c

3. U.S. Department of Education, Office of Special Education and Rehabilitative Services, Office of Special Education Programs, 38th Annual Report to Congress on the Implementation of the Individuals with Disabilities Education Act, Washington, D.C. 2016.

4. Underwood, L.A., & Washington, A. (2016). Mental illness and juvenile offenders. *International Journal of Environmental Research and Public Health*, 13, 228. doi:10.3390/ijerph13020228

5. Heron M. Deaths: Leading causes for 2014. National vital statistics reports; vol 65 no 5. Hyattsville, MD: National Center for Health Statistics. 2016.