

Statistics:

Prevalence of Mental Disorders in Youth

- 1 in 5 adolescents age 13-18 have a mental disorder.
- 17.4% of children age 2-8 are diagnosed with a mental, behavioral, or developmental disorder.
- Depression and anxiety are most common in children age 12-17, while behavioral disorders are most common in children age 6-11.
- By the age of 14, 50% of mental health issues have surfaced, by the age of 24, 75% have surfaced and today it takes 8-10 years to get services
- Depression, anxiety, and behavioral disorders can commonly occur together.
 - 73.8% of children age 3-17 with depression also have anxiety, while 42.7% with depression also have behavioral problems.
- *For more information, please see:* <https://www.cdc.gov/childrensmentalhealth/data.html>

Mental Health Treatment for Children from September 2019- September 2020

- 13.6% of children between age 5-17 years old received any type of mental health treatment including medication and counseling.
 - Children aged 12-17 years old were more likely to receive some type of mental health treatment at 16.8% in comparison to children 5-11 years old at 10.8%.
- Boys were more likely to receive mental health treatment than girls at 14.8% to 12.4% respectively.
 - Boys were also more likely to receive medication for their mental health at 9.8% than girls at 7.0%.
- Mental health treatment also varied for adolescents based on race and urbanization.
- *For more information, please see:* <https://www.cdc.gov/nchs/products/databriefs/db381.htm>

Youth Mental Health in Ohio

- 13.73% of youth in Ohio experienced at least one major depressive episode (MDE)
 - 52.2% of those youth that experienced MDE in the past year did not receive mental health services
- 9.1% experienced a severe major depressive episode
 - 36% of those youth that experienced severe MDE in the past year did not receive mental health services
- 3.97% of youth had a substance use disorder in the past year
 - Ohio is ranked 25th for the number of youth with substance disorders in comparison to other states
- *For more information, please see:* <https://mhanational.org/issues/2021/mental-health-america-youth-data#one>

Warning Signs:

Emotional

- Excessive fear, anxiety, and worrying
- Feelings of deep sadness or depression unrelated to current circumstances
- Disruptions in cognitive processes including an inability to concentrate, irrational thoughts, and odd changes in language
- Indifference towards important situations, inability to express or feel enjoyment

Physical

- Recurring excessive fatigue, often appearing very tired
- Lack of personal care and hygiene
- Visible signs of self-harm including cuts and bruises
- Noticeable, dramatic weight loss or weight gain

Academic

- Decline in grades and quality of work
- Increase in absences and avoidance of school
- Themes of disturbing material in creative work such as violence or suicidal thoughts

- Difficulty focusing on and a lack of motivation for schoolwork

Interactions with others

- Your child expresses feeling distressed or overwhelmed
- Drastic negative change in behavior such as irritability, hostility, hyperactivity or inactivity, and substance abuse
- Increasing self-isolation including withdrawal from family, friends, previously enjoyed activities, and school or work

For more information, please see:

- Page 5 of “Navigating a Mental Health Crisis” from NAMI: <https://www.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis/Navigating-A-Mental-Health-Crisis>
- “Children and Mental Health: Is This Just a Stage?” from NIH: <https://www.nimh.nih.gov/health/publications/children-and-mental-health/>
- “Resources for Parents” from 1N5: <https://1n5.org/resources-for-parents/>

Resources

National

- National Suicide Prevention Lifeline: call 1-800-273-8255 or visit www.suicidepreventionlifeline.org
- Crisis Text Line: Text START to 741-741 or visit www.crisistextline.org

Local Emergency Services

- Children’s Mobile Crisis Team (Children only): call 513-558-8888
- Community Mobile Crisis Team (Adults only): M-F 8:30 AM-12:00 AM and Sat-Sun 12:00 PM-8:30 PM call (513)-584-5098; Call Psychiatric Emergency Services after hours: (513) 584-8577

For more information about emergent and non-emergent local services, please see: <https://1n5.org/crisis-emergency-services/>