Mental Health Facts
CHILDREN & TEENS

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

20% — 20% of youth ages 13-18 live with a mental health condition[1]

11% — 11% of youth have a mood disorder[1]

10% — 10% of youth have a behavior or conduct disorder[1]

8% — 8% of youth have an anxiety disorder[1]

Impact

50% — 50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.[1]

10 yrs — The average delay between onset of symptoms and intervention is 8-10 years.[1]

50% — Approximately 50% of students age 14 and older with a mental illness drop out of high school.[1]

70% — 70% of youth in state and local juvenile justice systems have a mental illness.[1]

Suicide

3rd — Suicide is the 3rd leading cause of death in youth ages 10 - 24.[1]

90% — 90% of those who died by suicide had an underlying mental illness.[1]

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- Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).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

[1] This document cites statistics provided by the National Institute of Mental Health. www.nimh.nih.gov

Follow Us!
facebook.com/officialNAMI
twitter.com/NAMIcommunicate

NAMI
National Alliance on Mental Illness
www.nami.org