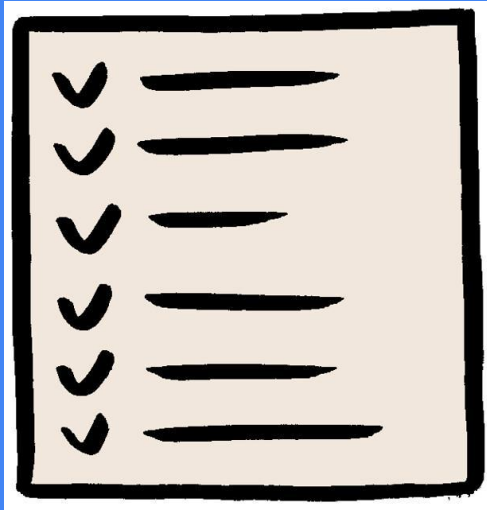


Teen Mental Health

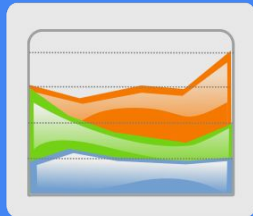
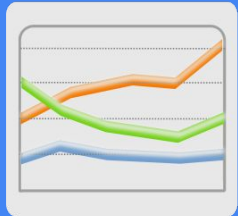
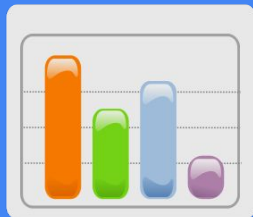
2025-26

Agenda



- Statistics
- Common Conditions
- Contributing Factors
- Warning Signs
- How to SUPPORT
- Local Resources

Facts and Stats



National

- 16% youth report 1+ depressive episode per year
- 56.1% youth with major depression not receiving treatment
- 8.95% youth report substance abuse
- 13.16% youth report serious thoughts of suicide
- 65% youth with major depression reported therapy/counseling helped
- 23% adults experience mental health struggles

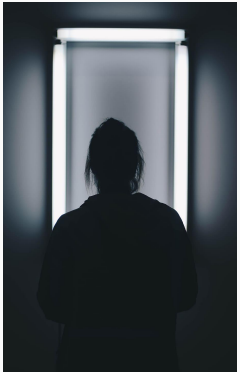
Tennessee

- 20.5% report 1+ depressive episode per year
- 62.4% youth with major depression not receiving treatment
- 9.47% youth reported substance abuse
- 14.16% youth report serious thoughts of suicide
- 68.1% youth with major depression reported therapy/counseling helped
- 25.47% adults experience mental health struggles



Contributing Factors

- Daily Pressures (school, sports, social stress, the future, etc.)
- Busy Schedules
- Self-Image
- Worries at Home
- Bullying
- Social Media
- Substance/Alcohol Abuse
- Biological Factors
- Hormonal Changes



Signs Your Teen May be Struggling



- Rapid changes in weight, sleep, eating, or other daily habits
- Spending significantly less time with friends/family or doing favorite activities
- Sudden, unusual decline in school performance
- Chronic worrying
- Shift in friend groups
- Shutting down/refusing to talk
- Substance/alcohol abuse
- Evidence of self-harm/trying to hide injuries

Supporting Your Teen's Mental Health



Talk to Them

- Avoid judgment and provide a safe space for conversation
- Consider their perspective and validate their feelings
- Eliminate the stigma
- Listen more, talk less
- Provide time and space

Ask Others

- Teachers, counselors, family, friends

Seek Help

- Pediatrician, Therapist

Local Resources

School Counseling

School-Based Therapy

Mental Health Providers (search through insurance)

Helen Ross McNabb Center

Cherokee Health

Vine Clinic

References

<https://mhanational.org/issues/2024/ranking-states>

<https://www.healthychildren.org/English/ages-stages/teen/Pages/Mental-Health-and-Teens-Watch-for-Danger-Signs.aspx>

Feedback Survey



