

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 condition¹

11%

11% of youth have a mood disorder¹

10%

10% of youth have a behavior or conduct disorder¹

8%

8% of youth have an anxiety disorder¹

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Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).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

This document and its contents provided by the National Institute of Mental Health, www.nimh.nih.gov

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NAMI
National Alliance on Mental Illness
www.nami.org

When to Be Concerned (National Institute of Mental Health)

If your teen....

- Often feels anxious or worried
- Has very frequent tantrums or is intensely irritable much of the time
- Has frequent stomachaches or headaches with no physical explanation
- Is in constant motion, can't sit quietly for any length of time
- Has trouble sleeping, including frequent nightmares
- Loses interest in things he or she used to enjoy
- Avoids spending time with friends
- Has trouble doing well in school, or grades decline
- Fears gaining weight; exercises, diets obsessively
- Has low or no energy
- Has spells of intense, inexhaustible activity
- Harms herself/himself, such as cutting or burning her/his skin
- Engages in risky, destructive behavior
- Harms self or others
- Smokes, drinks, or uses drugs
- Has thoughts of suicide
- Thinks his or her mind is controlled or out of control, hears voices

Building Resilient Teens: Work to Create...

- **Strong family connections**
- **Supportive friends (quality matters)**
- **Positive relationships with non-familial adult (e.g., teacher, coach)***
- **Good self-esteem**
- **Hopefulness; Future orientation**
- **Easy access to EFFECTIVE mental health treatment**
- **Positive activities outside of school (work, sports, volunteering)**
- **EMOTION REGULATION SKILLS**
- **ABILITY TO SOLVE PROBLEMS**

Excellent Source of Information on Adolescent Mental Health: The Child Mind Institute

www.childmind.org

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