Mental Health Facts
CHILDREN & TEENS

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

Impact

20% of youth ages 13-18 live a with mental health condition¹
11% of youth have a mood disorder²
10% of youth have a behavior or conduct disorder¹
8% of youth have an anxiety disorder²

Suicide

3rd
Suicide is the 3rd leading cause of death in youth ages 10 - 24.¹

Warning Signs

50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.³
The average delay between onset of symptoms and intervention is 8-10 years.¹
37% of students with a mental health condition age 14 and older drop out of school—the highest dropout rate of any disability group.¹
70% of youth in state and local juvenile justice systems have a mental illness.¹

Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).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

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