A recent survey by NAMI asked parents about their own mental health and that of their children (17 years and younger).

77% of parents surveyed are often or sometimes thinking about their child’s mental health.

44% of parents are very or somewhat concerned about their child’s mental health.

Parents noted their kids felt an increase in these feelings during the pandemic:

- 20% Anxious
- 19% Irritated
- 14% Sad
- 13% Unable to Concentrate
- 12% Out of Control
- 10% Less Interested in Social Activities

Despite the challenges we’ve faced throughout the pandemic, parents noted some silver linings:

- 87% support mental health education in schools
- 89% agree their child’s mental health matters more than their academic achievement
- 84% agree children have shown a lot of resilience
- 70% support mental health days for students to take time to support their mind and body

Supporting Your Child—and Yourself

You’re never alone if you’re concerned about your mental health or that of your child. NAMI is here to help you as a parent and an individual.

Visit nami.org/youth to learn more.