

Youth and Young Adult MENTAL HEALTH

You are NOT
ALONE



More than 1 in 7 U.S. youth
ages 6-17 (16.5%) have a
mental health disorder

40%

of U.S. high school students
experience persistent feelings of
sadness or hopelessness

1 in 3

More than 1 in 3 U.S. young
adults ages 18-25 (33.2%)
experience mental illness

Mental Health Care
MATTERS

50.6%

of U.S. youth ages 6-17 with a
mental health disorder
receive treatment

49.9%

of U.S. young adults ages 18-25
with mental illness receive
treatment

It's Okay to Talk About
SUICIDE

Suicide is the

2nd

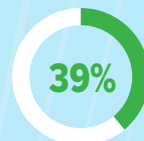
LEADING CAUSE

of death among people
ages 10-14 and among
people ages 15-24
in the U.S.

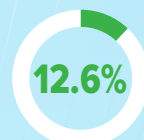
**ANNUAL PREVALENCE
OF SERIOUS
THOUGHTS
OF SUICIDE:**



U.S. high school students



U.S. LGBTQ+ young people
ages 13-24



U.S. young adults
ages 18-25

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

NAMI HelpLine
800-950-NAMI (6264)

f NAMI

🐦 NAMICommunicate

📷 NAMICommunicate

🌐 www.nami.org

 **nami**
National Alliance on Mental Illness

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