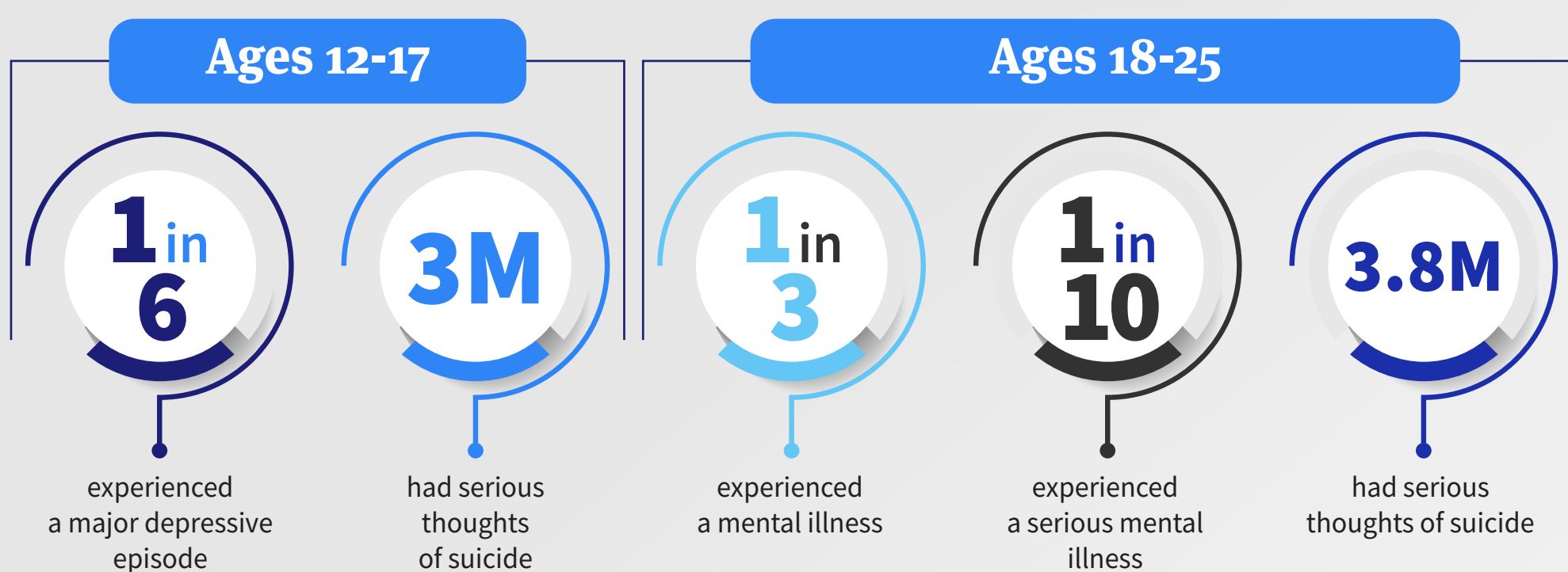


Youth mental health

Teenage years can be challenging as bodies and brains go through changes.

Young adults who face mental health concerns may feel lost, embarrassed or frustrated. But they aren't alone.

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year.¹



Most commonly diagnosed mental disorders (ages 3-17)²

Behavior disorders

approximately 7%

Anxiety

approximately 10%

Depression

approximately 4%

Warning signs³

- ✓ Poor grades in school despite trying very hard
- ✓ Changes in sleeping or eating habits
- ✓ Extreme difficulties in concentrating
- ✓ Sexual acting out
- ✓ Frequent physical complaints
- ✓ Isolation
- ✓ Severe mood swings
- ✓ Thoughts or talk of death
- ✓ Prolonged negative mood and attitude
- ✓ Repeated substance use

What parents and families can do

- ✓ Normalize mental health
- ✓ Communicate openly and honestly
- ✓ Encourage sharing feelings
- ✓ Acknowledge and understand emotions
- ✓ Don't ignore symptoms
- ✓ Talk to their healthcare provider



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Sources:

¹ National Alliance on Mental Illness (NAMI)

² Centers for Disease Control and Prevention

³ American Academy of Child and Adolescent Psychiatry

