

mental health by the numbers



trends

The latest National Survey of Children's Health data reveal that nearly 1 in 3 (31%) youth ages 12 to 17 had a mental, emotional, or a developmental or behavioral problem.



Nearly 1 in 5 (18%) youth ages 12 to 17 have had at least one major depressive episode in the past year – 4.5 million adolescents.

20% of U.S. adolescents ages 12 to 17 experienced symptoms of anxiety.



trends continued

OCD affects approximately 3% of youth, often co-occurring with anxiety and depression.



In 2023, 1 in 5 (20%) U.S. high schoolers reported considering suicide, and 9% reported attempting suicide in the past year.

Post-traumatic stress disorder (PTSD) impacts youth exposed to community violence, abuse, natural disasters or other traumatic events. The American Academy of Pediatrics reports that nearly half of young people under age 18 have experienced one such event.

factors influencing youth **mental health**

Social
Economic
Environmental
Cultural Expectations
Systemic Barriers
Biology
Developmental Changes
Chronic Health Conditions
Learned Patterns of Thinking

Protective environments with safe, stable communities and strong social support are associated with better mental health.

Social media, academic pressure, and body image issues can contribute to youth anxiety and depression.

children with IDD

Children with IDD have a higher incidence of mental health disorders, but they are less likely to be diagnosed and treated for them.

As many as 50 percent of youth with intellectual developmental disorder are estimated to also have a mental health disorder, with anxiety and depression being the most common.

Factors such as reduced cognitive abilities or ability to communicate can make it harder for children with IDD to cope with stressful events, resulting in emotional difficulties.

Additionally, children with IDD have been found to experience more adverse life events than children without it, which can trigger depression, anxiety, and other mood disorders.

Child Mind Institute


The Arc
of New Jersey

major life events and traumas

Parental separation, death of a loved one, natural disasters, or involvement in the juvenile justice or child welfare systems, can lead to trauma and long-term mental health effects.

Research has also shown that prevention efforts to stabilize families and reduce parental stress can reduce poor mental health outcomes.

for more information visit

CDC

NAMI

National Library of Medicine