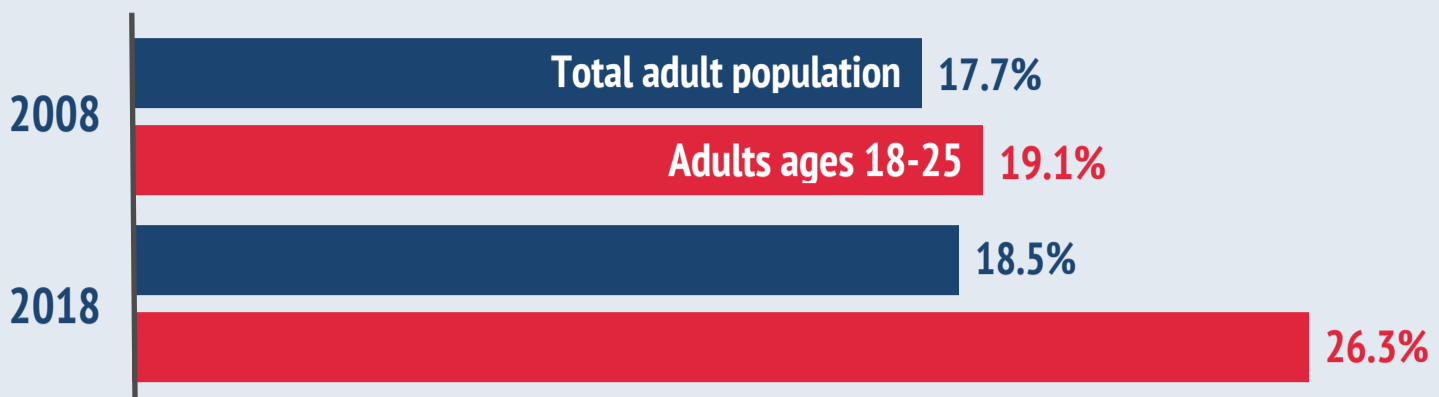


Mental illness is more prevalent in young people and may persist throughout their lifetime

Mental illness is **rising faster among 18- to 25-year-olds** than the total adult population:

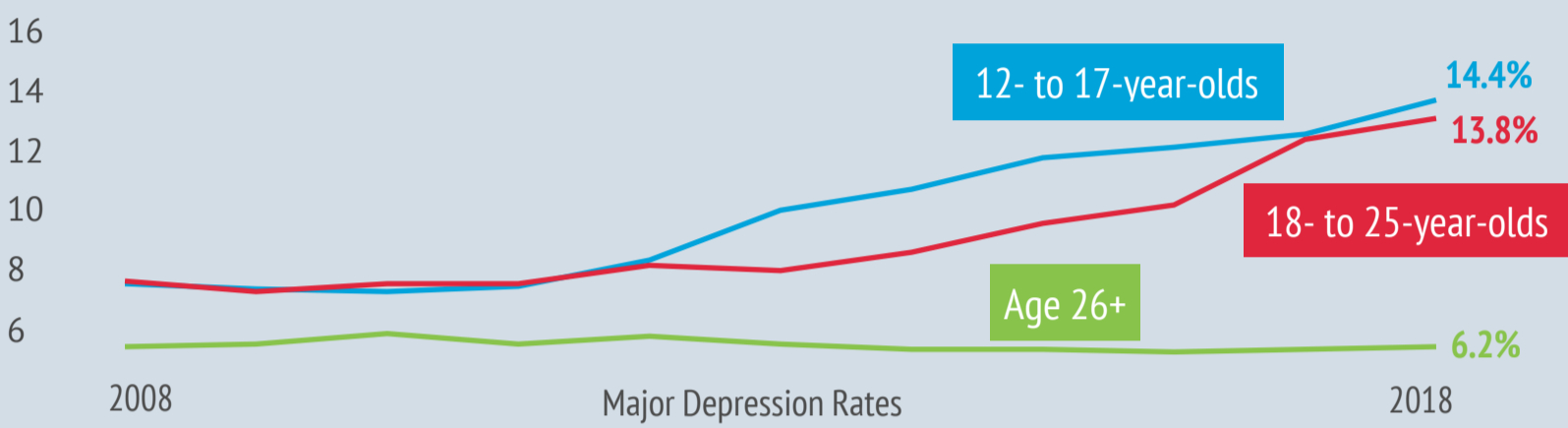


75% of all mental illnesses develop by age 24

The most common mental illnesses among young people are anxiety & depression

Nearly **1 in 3** teens ages 13-18 has an anxiety disorder

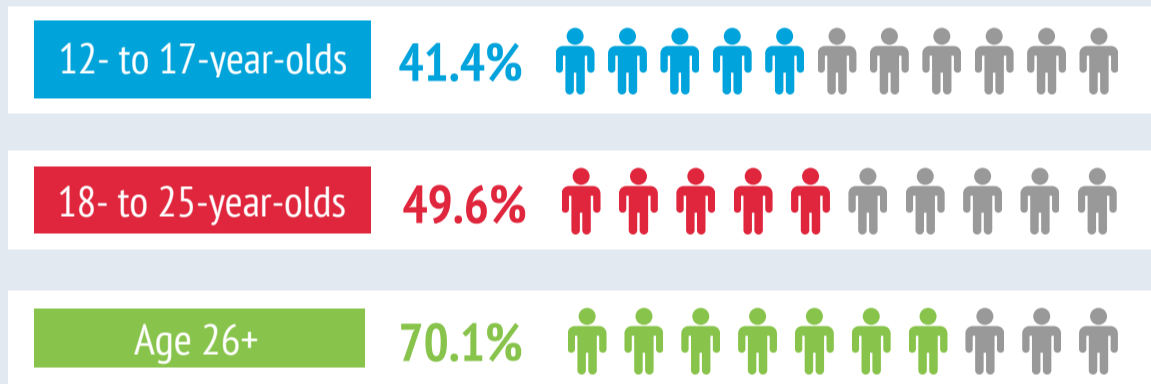
Major depression is more prevalent in young people than those age 26+ and rates are rising:



Depression is underdiagnosed and undertreated, especially for young people

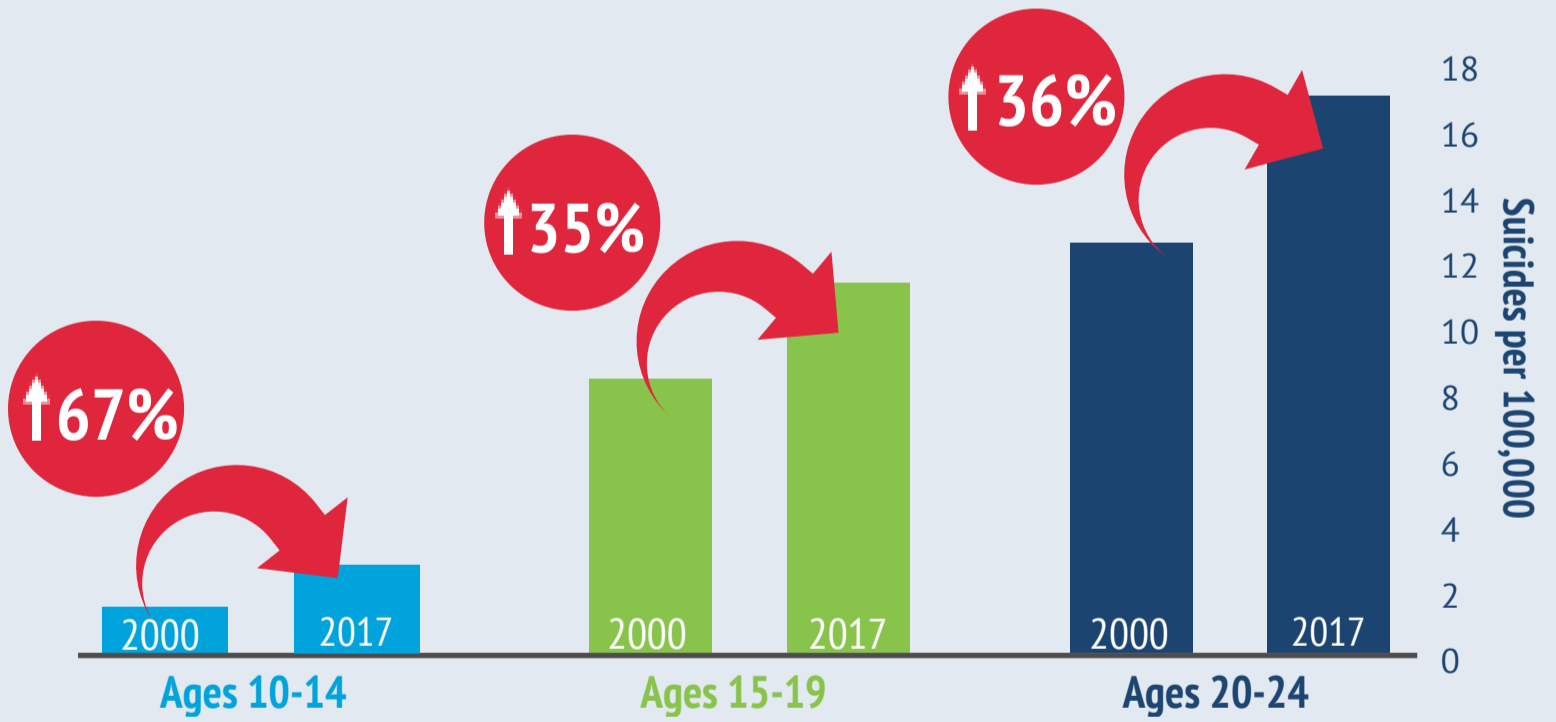
Of people who reported a major depressive episode within the previous year -

Less than 50% of young people received treatment compared to 70% for those ages 26+



Mental illness is a risk factor for suicide, which is also increasing among young people

Suicide rates increased among youth, teens and young adults from 2000 - 2017:



▼ Suicide is the **2nd** leading cause of death among 10- to 24-year-olds

▼ Suicide impacts some communities more than others, including LGBT youth

Improving outcomes requires identifying those at risk and connecting them to resources

Strategies to improve youth mental health:

- EARLY SCREENINGS
- REFERRALS TO PROFESSIONALS
- ACCESS TO TREATMENT
- COMPLEMENTARY AND EMERGING TREATMENTS

Strategies to prevent suicide:

- SCHOOL EDUCATION PROGRAMS
- CRISIS CENTER HOTLINES
- IMPROVE MEDIA PORTRAYAL
- RESTRICT ACCESS TO LETHAL MEANS
- POSITIVE PARENT/ ADULT RELATIONSHIPS

National Suicide Prevention Lifeline: 1-800-273-8255