Mental Health Reality Check

Youth need healthy ways to deal.

Suicide, depression, anxiety, and AD/HD are serious issues that affect youth.

✓ 1 in 7 teens experience major depression or bipolar disorder
✓ 1 in 4 teens experience anxiety disorders
✓ 18% of youth experience substance use problems and depression simultaneously

Violence harms mental health.

Survivors of sexual violence may experience self-blame, isolation, depression, anxiety, suicidal thoughts, and symptoms of Post-traumatic Stress Disorder (PTSD).

✓ 1 in 3 seventh graders has been emotionally abused by a boyfriend or girlfriend
✓ Half of youth who experience sexual violence within dating relationships attempt suicide
✓ Teens who identify as lesbian, gay, or bisexual (LGB) are more than twice as likely to attempt suicide than their peers

Be an advocate.

The stigma around seeking mental health services, as well as barriers in insurance coverage, may prevent youth from accessing services.

✓ Youth of color are more likely to be referred to the juvenile justice system than mental health treatment

Youth face barriers. ASK how you can help.

For more information, check out www.BESAFE.org/mentalhealth
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Mental Health Fact Sheet References

1. 1 in 7 teens experience major depression or bipolar disorder
2. 1 in 4 teens experience anxiety disorders
3. 18% of youth experience substance use problems and depression simultaneously
4. 1 in 3 seventh graders has been emotionally abused by a boyfriend or girlfriend
5. 50% of youth who experience sexual violence within dating relationships attempt suicide
6. Teens who identify as lesbian, gay, or bisexual (LGB) are more than twice as likely to attempt suicide than their peers
7. Youth of color are more likely to be referred to the juvenile justice system than mental health treatment