



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**

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



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

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 in 7** teens experience major **depression** or bipolar disorder¹
- ✓ **1 in 4** teens experience **anxiety** disorders¹
- ✓ **18%** of youth experience **substance use** problems and depression **simultaneously**²
- ✓ **1 in 3** seventh graders has been **emotionally abused** by a boyfriend or girlfriend³
- ✓ **50%** of youth who experience **sexual violence** within dating relationships **attempt suicide**⁴
- ✓ Teens who identify as lesbian, gay, or bisexual (LGB) are more than **twice as likely** to attempt suicide than their peers⁵
- ✓ Youth of color are more likely to be referred to the **juvenile justice system** than mental health treatment⁶

- 1 Merikangas, K., Jian- ping, H., Burstein, M., Swanson, S. A., Avenevoli, S., Lihong, C., & ... Swendsen, J. (2010). Lifetime Prevalence of Mental Disorders in U.S. Adolescents: Results from the National Comorbidity Survey Replication–Adolescent Supplement (NCS- A). *Journal Of The American Academy Of Child & Adolescent Psychiatry*, 49(10), 980- 989
- 2 Substance Abuse and Mental Health Services Administration. (2010). *Mental Health in the United States*. <http://www.samhsa.gov/data/2k12/MHUS2010/MHUS-2010.pdf>
- 3 Robert Wood Johnson Foundation. (2012). *Starting Strong: Building Healthy Teen Relationships*. <http://www.rwjf.org/content/rwjf/en/about-rwjf/newsroom/newsroom-content/2012/03/new-study-finds-teen-dating-violence-behaviors-and-risk-factors-.html>
- 4 Love Is Respect. (2011). *Dating Abuse Statistics*, <http://www.loveisrespect.org/is-this-abuse/dating-violence-statistics>
- 5 Centers for Disease Control and Prevention.(2011). *Lesbian, Gay, Bisexual, and Transgender Health*. Russell ST, Joyner K. Adolescent sexual orientation and suicide risk: Evidence from a national study. *American Journal of Public Health* 2001;91:1276–1281. <http://www.cdc.gov/lgbthealth/youth.htm>
- 6 National Mental Health Association. (1999). *Factsheet: Mental Health and Youth of Color in the Juvenile Justice System*. Alexandria, VA: http://www.naswdc.org/practice/adolescent_health/ah0203.asp

