



Children's Mental Health Week May 5-11, 2019

1 in 5 youth (ages 13-18) experience significant mental health needs.

Read one fact a day in the month of May and you will help support the movement to increase awareness about children's mental health. Let's promote awareness and reduce stigma together!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			20% of youth ages 13-18 have a diagnosed mental health need.	50% of all lifetime mental health needs begin before age 14.	75% of all lifetime mental health needs begin before age 24.	90% of youth who died by suicide had an underlying mental health need.
5	6	7	8	9	10	11
Suicide is the second leading cause of death for young people ages 10-34.	The rate of suicide for men is more than triple the rate of suicide for women.	The past 10 years have seen an increase in recognition of anxiety issues...	Yet only 1% of youth with anxiety seek treatment in the year their symptoms begin.	At some point in their lives, anxiety affects 30% of children and teens...	But 80% of these children and teens are not provided access to treatment.	Untreated anxiety is linked to depression, school failure and a two-fold increased risk for substance abuse.
12	13	14	15	16	17	18
2017 was the first year in a decade that saw increased hostility towards trans and non-conforming youth.	34.8% of LGBTQ youth missed at least one day of school in the last month because of feeling unsafe at school.	87.3% of LGBTQ youth experienced harassment or assault based on personal characteristics.	An estimated 20-30% of LGBTQ people abuse substances, compared to about 9% of the general population.	LGBTQ youth are 4 times more likely to attempt suicide than their straight peers.	Rates of mental health needs are particularly high for bisexual, questioning, and closeted LGBTQ youth.	Good news! In 2018, Massachusetts created LGBTQ-themed curricula in History, English & Health.
19	20	21	22	23	24	25
29% of US families reported being denied mental health services from private insurers.	Good news! Massachusetts ranks first in the US for mental health coverage.	In 2018, 61.5% of youth with major depression did not receive treatment.	There is an increasing shortage of mental health providers in the US...	More than 50% of psychiatrists are expected to reach retirement by 2025...	And the number of physicians willing to enter psychiatry continues to decline...	Primarily due to inadequate payment and insurance systems.
26	27	28	29	30	31	
70% of youth in juvenile justice systems have mental health needs.	About 5.7% of white children are likely to have access to a mental health specialist...	But only 2.3% (less than half) of black and Hispanic children have access to the same services.	Children of minority backgrounds are less likely to see a provider of their own ethnicity.	Racial/ethnic minority youth are more often referred to juvenile justice systems.	Lack of cultural understanding by providers contributes to mis- or under-diagnosis in minority youth.	