





## Children's Mental Health Week May 5 - 11, 2013

*Only 25% of adults with mental health symptoms believed that people are caring and sympathetic to persons with mental illness.*

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
			<p>1 More people with mental disorders are affected by violence than are violent themselves</p>	<p>2 Research has found that asking troubled kids about any suicidal impulses appears to ease their distress</p>	<p>3 75 - 80% of children with mental health needs will not receive treatment</p>	<p>4 21% of low-income children and youth ages 6 through 17 have mental health problems</p>
<p>5 Children with mental health issues in the welfare system are less likely to be placed in permanent homes</p>	<p>6 Major depression affects one in 12 youth, of them one in 14 will commit suicide</p>	<p>7 African American youths are more likely to be sent to the juvenile justice system for behavioral problems than to psychiatric care</p>	<p>8 Stigma leads to fear, mistrust, and violence against people living with mental illness and their families</p>	<p>9 50% of all mental health problems begin by age 14; 75% begin by age 24</p>	<p>10 Adolescents with mental health problems have the highest high school drop-out rate</p>	<p>11 Youth aging out of foster care are more likely to drop out of school and become homeless</p>
<p>12 59% of LGBTQ homeless youth reported victimization on the streets</p>	<p>13 The rates of suspension and expulsion are three times higher for children with mental health needs than their peers</p>	<p>14 More than 35% of children exposed to a single traumatic event will develop serious mental health problems</p>	<p>15 Factors that predict mental health problems can be identified in the early years</p>	<p>16 21% of low-income children and youth ages six through 17 have mental health problems</p>	<p>17 13% of children from diverse racial and ethnic backgrounds receive mental health services</p>	<p>18 Over 1 in 5 US households with children have at least one child with special health care needs</p>
<p>19 Children with conduct disorder often have learning disabilities and 1/3 are depressed</p>	<p>20 A common misconception of mental illness is that it is the result of bad parenting or weakness of character</p>	<p>21 Parents fear that they will be blamed for their child's mental disability, so families may not seek services</p>	<p>22 43% of children who use mental health services also have a substance abuse disorder</p>	<p>23 Anxiety disorder symptoms commonly emerge at around age 6</p>	<p>24 66% of boys and almost 75% of girls in juvenile detention have at least one mental disorder</p>	<p>25 Children are best served by early intervention</p>
<p>26 88% of Latino children do not receive needed mental health care</p>	<p>27 Many young people with anxiety disorder are quiet and compliant, so the signs are often missed</p>	<p>28 Mental health disorders are caused by biological and environmental factors, or a combination of both</p>	<p>29 The onset of a mental illness may occur as early as 7 to 11 years old</p>	<p>30 Stigma can result in inadequate insurance coverage for mental health services</p>	<p>31 As many as one in 10 children may suffer from an anxiety disorder</p>	