

## Children's Mental Health Week May 6 - 12, 2012

*One in 10 children has a mental health problem; of them two in 10 have a problem severe enough to interfere with everyday life.*

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.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 As many as one in every 33 children may have clinical depression	2 More than three million children have attention deficit hyperactivity disorder (AD/HD) in the U.S.	3 75 - 80% of children with mental health needs will not receive treatment	4 Children involved in public systems are at a higher risk for traumatic exposure and PTSD	5 50% of children in child welfare have mental health problems
	6 Major depression affects one in 12 youth, of them one in 14 will commit suicide	7 Youth aging out of foster care are more likely to drop out of school and become homeless	8 An estimated five to 10 million girls and one million boys have eating disorders	9 50% of all mental health problems begin by age 14; 75% begin by age 24	10 Adolescents with mental health problems have the highest high school drop-out rate	11 Suicide is the third leading cause of death for 15 - 24 year olds
13 Children who experience trauma display increases in stress hormones comparable to combat veterans	14 21% of low-income children and youth ages six through 17 have mental health problems	15 Factors that predict mental health problems can be identified in the early years	16 More than 35% of children exposed to a single traumatic event will develop serious mental health problems	17 13% of children from diverse racial and ethnic backgrounds receive mental health services	18 Bi-polar disorder is more likely to affect the children of parents who have the illness	19 Children with conduct disorder often have learning disabilities and one-third are depressed
20 Latino youths have the highest rate of suicide, but are less likely to be identified as having a mental health disorder	21 Parents fear that they will be blamed for their child's mental disability. As a result, families may not seek services.	22 43% of children who use mental health services also have a substance abuse disorder	23 Children are best served by early intervention	24 67 - 70% of youth in the juvenile justice system have a diagnosable mental health disorder	25 Four and five year olds express the need to diet, and an estimated 40% of nine year olds have already dieted	26 The onset of schizophrenia most often occurs between 16 and 25 years of age
27 Many young people with anxiety disorder are quiet and compliant, so the signs are often missed	28 50 - 70% of children with Tourette's disorder have learning disabilities, AD/HD, OCD, or poor impulse control	29 Other mental health disorders, when untreated, may lead to Oppositional Defiant Disorder (ODD)	30 Mental health disorders in children are caused by biological and environmental factors, or a combination of both	31 As many as one in 10 children may suffer from an anxiety disorder		