



Children's Mental Health Week May 3-9, 2020

17% of Youth (6-17 years) experience a mental health disorder. Half of all lifetime cases of mental health conditions begin by age 14 and 75% by age 24.

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 break stigma together!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Depression is the leading cause of disability worldwide.	2 The average delay between symptom onset and treatment is 11 YEARS.
3 A research from 2010 found that bright colors go hand-in-hand with happiness. This is especially true of yellow, as happier people favor that color.	4 According to research, gratefulness and doing good for the community has a link to our overall happiness.	5 Happiness can help boost our immune systems. Research found that people who had positive emotions were less likely to develop the common cold.	6 According to a study being outdoors makes people happier. The ideal spot is an outdoor spot near the water when the weather is warm, according to research.	7 A study by Rutgers University found that those who are exposed to floral scents are about three times as likely to be happy.	8 Researchers have found that eating chocolate causes the brain to release endorphins, which make us feel good. However, moderation is the key.	9 Constantly seeking out happiness often leads to loneliness. Happiness is a byproduct when engaging in productive work, investing in hobbies, or serving others.
10 Of the 74.5 million children in the United States, an estimated 17.1 million have or have had a psychiatric disorder — more than the number of children with cancer, diabetes, and AIDS combined.	11 The proportion of youth with private insurance that did not cover mental or emotional difficulties nearly doubled, from 4.6 percent in 2012 to 8.1 percent in 2017.	12 Nearly 90% of the world's adolescents live in low-or middle-income countries and more than 90% of adolescent suicides are among adolescents living in those countries.	13 Among children living below 100% of the federal poverty level, more than 1 in 5 (22%) had a mental, behavioral, or developmental disorder.	14 37% of students with a mental health condition age 14 and older drop out of school -the highest rate of any disability group.	15 Risk-taking behavior peaks around age 19 but continues into the mid-20s as the prefrontal cortex—the executive functioning system of the brain—continues to develop.	16 Post-traumatic stress disorder (PTSD) develops in some people who have experienced a shocking, scary, or dangerous event. Research finds that about 5% of adolescents have PTSD, with rates higher among females than among males.
17 Studies have shown that when people take probiotics, their anxiety levels, perception of stress, and mental outlook improve, compared with people who did not take probiotics.	18 In adolescence, females tend to report higher increases of internalizing symptoms (such as depression and anxiety) than males.	19 Eating disorders commonly emerge during adolescence and young adulthood. Eating disorders affect females more commonly than males.	20 Behavior challenges are more common among children aged 6–11 years than children younger or older.	21 Massachusetts was ranked 5 th in the nation within states that have lower prevalence of mental illness and higher rates of access to care for youth.	22 51% of Youth (6-17 years) with a mental health condition received treatment in a given year.	23 The majority of the country faces a severe shortage of practicing child and adolescent psychiatrists, with fewer than 17 providers available per 100,000 children.
24 LGBTIAQ Youth are 2-3 times more likely to attempt a suicide than straight youth.	25 One in 10 young people have experienced a period of major depression.	26 59% of youth with major depression do not receive any mental health treatment.	27 Suicide is the 2 nd leading cause of death for people ages 10-34 years.	28 1 in 8 of all visits to U.S. emergency departments are related to mental and substance use disorders.	29 70% of Youth in the juvenile justice system have at least one mental health condition.	30 Caregivers spend an average of 32 hours per week providing unpaid care to their family members.
31 THANK YOU FOR READING!						