

Mental Health Statistics

- **1 in 5** people will experience a mental illness at some point in their lives.
- **1 in 20** people will develop a serious mental illness.
- The average delay between onset of symptoms and intervention is **8-10 years**.
- **Half** of all cases of mental illness start by age 14, and **three-quarters** by age 24.
- **20%** of youth between 13 and 18 live with mental health condition. (NAMI)
- Major depressive episodes among Texas adolescents between 12 and 17 have been increasing steadily since 2010. In 2013-14, **11.2%** of all adolescents in Texas (262,000) experienced at least one major depressive episode in the previous year. (US Department of Health and Human Services Substance Abuse and Mental Health Services Administration)
- **Over 50%** of students with a mental illness drop out of high school. (National Institute of Mental Health, 2015)
- **Only 44%** of adults and **less than 20%** of children and adolescents with diagnosable mental health problems receive needed treatment. (mentalhealth.gov)
- **70%** of youth in state and local juvenile justice systems have a mental illness. (NAMI)
- **50%** of children and youth in the child welfare system have a mental health issue. (NCCP/Children's Mental Health)
- **16.7%** of Texas high school students said they had serious thoughts of suicide within the past year. (Centers for Disease Control)
- Suicide is **second** leading cause of death for individuals between the ages of 10 and 24.
- **40%** of children and youth who attempt suicide first try in elementary or middle school.
- **75%** of teens who attempt suicide have given clear warning signs.
- Self-inflicted wounds are the **leading** category of hospital admissions due to injuries among youth between 15 and 19. They are the **third highest** category among youth aged 10 to 14.
- Between 2008 and 2012, suicide was the **second leading** cause of death among Texans between the ages of 10 and 19.