



## Children and Youth Mental Health Statistics

- 1 in 5 people will experience a mental illness at some point in their lives.
- 1 in 20 people will experience a serious mental illness.
- 1 in 6 youth ages 6 to 17 experience a mental health disorder each year.  
(National Alliance on Mental Illness (NAMI))
- Only 50.6% of children and youth with diagnosable mental health challenges receive needed treatment. (NAMI)
- Fifty percent of mental health challenges develop by the age of 14 and 75 percent develop by the age of 24. (National Institute of Mental Health (NIMH))
- The average delay between onset of symptoms and intervention is 11 years.  
(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. (U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration)
- Youth experiencing depression are twice as likely to drop out of high school than their peers. (NAMI)

- 70.4% 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 mental health challenges. (National Center for Children in Poverty)
- 18.9% of Texas high school students said they had serious thoughts of suicide within the past year. (Center for Disease Control (CDC))
- Suicide is second leading cause of death in youth and young adults ages 10 to 34. (CDC)