

MENTAL HEALTH AWARENESS FOR YOUTH

Factors driving the mental health crisis in youth today are wide-ranging and extremely nuanced. Spreading awareness educates parents and young people on the differences between normal adolescent behavior and a mental health condition.

60%

of young people with major depression did not receive any mental health treatment

Source: <https://www.mhanational.org/issues/state-mental-health-america>

950,000

children had private insurance that did not cover mental health services

Source: <https://www.mhanational.org/issues/state-mental-health-america>

WHY IT MATTERS



Identify warning signs early



Starts important and overdue conversations



Opens up paths to access treatment and care

WHAT YOU CAN DO TODAY

- Learn the signs
- Start a conversation
- Recognize your options
- Share your knowledge