

Minding Your Mind-Mental Health Statistics

When most people hear “MENTAL HEALTH” they tend to think of some of the worst-case scenarios for people. They think of depression, suicide or schizophrenia. They picture people being violent, people not functioning or recent celebrity breakdowns. But mental health is more than having a mental illness. Mental health is something everyone has. It’s dealing with things like death, divorce, break-ups, lack of sleep, pressure, stress and substance abuse. Here is what you need to know about mental health:

Each Year

- 20-25% of young people will suffer from a diagnosable mental disorder
- 19% of young people will contemplate or attempt suicide.
- Suicide is the second leading cause of death among young people ages 15-19 and is the second leading cause of death among college students.
- Over 66% of young people with a substance abuse disorder have a co-occurring mental health problem
- 4 out of 5 young adults that contemplate or attempt suicide exhibit clear warning signs
- 80-90% of people that seek mental health treatment see improvement in their symptoms
- Stereotypes are the largest barrier preventing 66% of young adult people from seeking help

Myths

MYTH: Teenagers don’t suffer from “real” mental health issues – they are just moody.

FACT: 1 in 4 teens has some type of mental health problem in a given year.

-National Institute of Mental Health: Harvard University Study: June 2005

MYTH: Mental illness is not real and cannot be treated.

FACT: Mental disorders are as easy to diagnose as asthma, diabetes, and cancer with a range of effective treatments for most conditions.

-Surgeon General’s Report on Mental Health

MYTH: Children are too young to get depressed; it must be something else.

FACT: More than 2 million children suffer from depression in the United States and more than half of them go untreated.

-US Center for Mental Health Services

MYTH: Troubled youth just need more discipline.

FACT: Almost 70% of young adults in juvenile justice facilities have a serious emotional disturbance and most have a diagnosable mental disorder.

-National Institute of Mental Health

MYTH: Talk about suicide is an idle threat that doesn’t need to be taken seriously.

FACT: Suicide is the second leading cause of death among high schools and college students. Talk about suicide should always be taken seriously.

-Jed Foundation