

Mental Health + Physical Health = Health

There was a time not too long ago when cancer was highly stigmatized and families isolated and suffered in silence.

“In the 1950’s, almost all kids diagnosed with cancer died. Because of research, today about 90% of kids with the most common type of cancer will live. Before they turn 20, about 1 in 285 children in the U.S. will have cancer.”*

Brave people who began to speak up made a difference. Now society recognizes that cancer is a medical condition that does not discriminate and is not the fault of the patient or the family. With this change in attitudes, people seek help sooner and more money has been invested into scientific research, resulting in better outcomes and substantially lower death rates. **It is clear that reducing fear and misunderstanding of an illness can save our children’s lives.**

Five in five children have mental health and one out of five has or will have a diagnosable mental illness before the age of 18. Mental illness does not discriminate. Given the prevalence, mental illness in children is a public health crisis. **We can improve outcomes through education!**

MENTAL ILLNESS BEGINS EARLY

14&24

Half of all lifetime cases begin by age 14; three quarters by age 24*

IMPROVEMENT IS POSSIBLE

80-90

80-90% of people who seek treatment see improvement in their symptoms***

DO NOT DELAY TREATMENT

10

The median delay between the first onset of symptoms and getting treatment is 10 years*

LIVING WITH A MENTAL HEALTH CONDITION

100

People with mental health challenges can lead productive, fulfilling normal lives with proper treatment and support***

1 IN 5 YOUTH AFFECTED

1 in 5

1 in 5 youth suffers from a diagnosable mental health condition; yet less than 20% of those youth receive treatment*

SUBSTANCE ABUSE IS LIKELY

66

Over 66% of young people with a substance abuse disorder have a co-occurring mental health problem**

• **Suicide** is the third leading cause of death among ages 10-14, and the second leading cause of death among ages 15-24.*

• Rates of youth **depression** increased from 8.5% in 2011 to 11.1% in 2014. Even with severe depression, 80% of youth are left with no or insufficient treatment (Mental Health In America).

*National Alliance on Mental Illness (NAMI) **University of MI MItalk

***University of TX Health and Science Center