

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.”(1)

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.**

One in five children in the U.S. has a diagnosable mental health condition yet, less than 20 percent of those youth receive the treatment they need (2) due to poor education about youth mental health, widespread stereotypes and a cycle of blame, shame, silence and misunderstanding. Left untreated, mental health conditions can have a devastating impact on a child’s development and future, including reduced life expectancy.

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 (3)

IMPROVEMENT IS POSSIBLE

80-90

80-90% of people who seek treatment see improvement in their symptoms (4)

DO NOT DELAY TREATMENT

10

The average delay between the first onset of symptoms and getting treatment is 8-10 years (5)

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 (2)

SUBSTANCE ABUSE IS LIKELY

66

Over 66% of young people with a substance abuse disorder have a co-occurring mental health problem (4)

Suicide is the second leading cause of death among ages 10-24*

(1) American Cancer Society

(2) U.S. Department of Health & Human Services

(3) Centers for Disease Control and Prevention

(4) University of MI MItalk

(5) NIMH.NIH.gov