

KEY MESSAGES

- A difficult home life, losing someone, or trouble fitting in with peers can have a profound impact on a young person's mental health.
- Children and teens are dealing with the intense emotions of growing up in a digital age.
- Young people are facing challenges that even adults aren't sure how to handle, like the lingering pandemic, gun violence, and social unrest.
- Many students will exhibit symptoms of depression and anxiety as they return to the classroom, and it is important to let kids and teens know that support is available.
- Knowing and addressing early signs of mental health conditions can increase the chances of recovery and positive outcomes.
- One of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition is to take an anonymous screen at www.mhascreening.org.
- Mental Health America (MHA) has online screening tools, including one that is youth-focused and one for parents. Once you get the results, MHA will provide you with more information and help you to figure out next steps.
- MHA has developed its 2022 Back-to-School Toolkit to help increase understanding of the issues affecting the mental health of children and teens and is providing materials on these topics for parents, school personnel, and young people.

Feel free to supplement these key messages with language from the fact sheets and other materials included in this toolkit.

SCREENING STATS

- During the first half of 2022, 82% (N=662,823) of screeners under 18 from the U.S. screened at risk for a mental health condition.
- In June 2022, 56% (N= 3,850) 11-13 year olds who took a depression screen in the U.S. reported experiencing frequent suicidal ideation, which was the highest rate of any age group.