

Appendix B - Fact Sheet

FACT SHEET ON DATA FOR CHILDREN'S MENTAL HEALTH

YOUTH WERE ALREADY EXPERIENCING WORSENING MENTAL HEALTH

16% OF YOUTH ages 12-17 reported experiencing a past-year major depressive episode (MDE) in 2019, compared to 8% in 2009, double the previous rate.

Deaths by suicide among youth **INCREASED OVER 30%** between 2014 and 2017.

In 2019, 46.8% of youth that identify as gay, lesbian, or bisexual reported seriously considering suicide - **MORE THAN 3X THE RATE** of youth identifying as heterosexual (14.5%).

HIGHER NUMBERS of American Indian or Alaskan Native youth (25.5%), Black youth (11.8%), and Hispanic youth (8.9%) reported attempting suicide in the past year, compared with White youth (7.9%) in 2019.

COVID EXACERBATED THOSE TRENDS

OVER HALF (51%) of 11-17-year-olds on MHA Screening reported having thoughts of suicide or self-harm more than half or nearly every day of the previous two weeks, totaling nearly 160,000 youth.

Rates of frequent suicidal ideation were even **HIGHER AMONG LGBTQ+ YOUTH**, with 62% reporting frequent thoughts of suicide or self-harm, totaling nearly 60,000 individuals.

The highest proportion of youth reporting frequent thoughts of **SUICIDE OR SELF-HARM** was among those who identified their race as "Other" (57%), and who identified as Native American or American Indian (57%).

From March to October of 2020, children's visits to the emergency room for mental health conditions **INCREASED 31%** for those 12-17 years old **INCREASED 24%** for children ages 5-11 compared to the same period in 2019.

BUT KNOWLEDGE AND ACCESS IS LACKING

50% of mental health conditions onset before age 14 and 75% by age 24. There is on average an 11 year gap between onset of symptoms and treatment.

ONLY 43.3% of all youth with a past year major depressive episode (MDE) received any mental health treatment in 2019.

ABOUT HALF (50.3%) of White youth with past year MDE received mental health services, while **ONLY 35.6%** of Black youth and **ONLY 36.8%** of Hispanic youth with past year MDE received mental health treatment in 2019.

Of those who receive mental health services, **70-80%** of youth receive them at school.

MENTAL HEALTH HAS A GREATER BURDEN THAN OTHER PUBLIC HEALTH CONCERNS

For people ages 5 to 19 in the United States in 2019, **MENTAL HEALTH CONDITIONS AND SELF-HARM CONTRIBUTED 23.1% OF THE TOTAL DALY BURDEN.**

Asthma and road injuries, the second and third greatest burdens, contributed only 6.8% and 6.0% respectively.

Top 10 Contributors to Burden of Disease for Children Ages 5-19 in the U.S., 2019 (by DALYS)

