

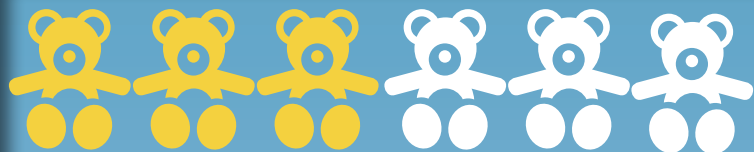
# Children's Mental Health

12<sup>3</sup>

## THE NUMBERS



1 in 5 children ages 13-18 have, or will have a mental illness!



50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.



11% of youth have a mood disorder



10% of youth have a behavior disorder



8% of youth have an anxiety disorder

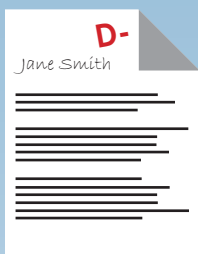


37% of students with a mental health condition age 14+ drop out of school



Suicide is the 3rd leading cause of death in youth ages 10-24

## WARNING SIGNS



Doing worse in school and/or loss of interest in hobbies



Out-of-control behavior and/or repeated use of alcohol or drugs



Excessively sad, withdrawn or angry



Consistently and intensely worried, anxious or fearful



Changes in appetite, sleep and other habits

?

## WHAT TO DO?



Talk with your pediatrician



Work with child's teachers & school counselors



Get a referral to a mental health specialist



Connect with others or join a support group



[WWW.KBHMAINE.ORG](http://WWW.KBHMAINE.ORG)

[KENNEBEC.BEHAVIORAL.HEALTH](https://www.facebook.com/KennebecBehavioralHealth)

\*This document cites statistics provided by the National Institute of Mental Health. [www.nimh.nih.gov](http://www.nimh.nih.gov)