

TEEN WELLNESS STATISTICS



Over the past 15 years, the mental health of young people in the United States has rapidly deteriorated. Suicide is the leading cause of death for ages 10-24.

- Between 2007 and 2018, the suicide rate among Americans ages 10 to 24 increased by nearly 60%.
- For every American who takes their own life, many more suffer from mental distress. The rate of major depressive episodes among U.S. adolescents increased by more than 52% between 2005 and 2017.

In a recent survey by the Centers for Disease Control and Prevention, the prevalence of persistent sadness among teenage girls in the U.S. hit an all-time high.



- Nearly 60% of such adolescents reported feeling sadness every day for at least 2 weeks during the previous year.
- Most alarming, 1 in 3 teen girls had considered taking their own lives.

We need to concentrate on supporting those impacted by mental illness and increase funding for mental-health services.

Interested in learning more about teen wellness & evidence-informed programs?

Register to attend the **Opioid Use Disorder & Rural Resiliency Symposium**

March 30th & 31st @ FSU Turnbull Conference Center

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