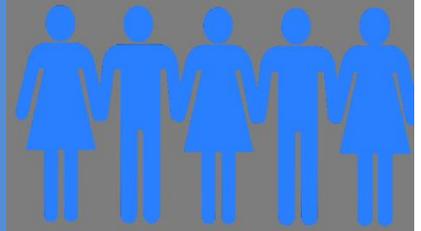


RAISING *mental health awareness*

The facts

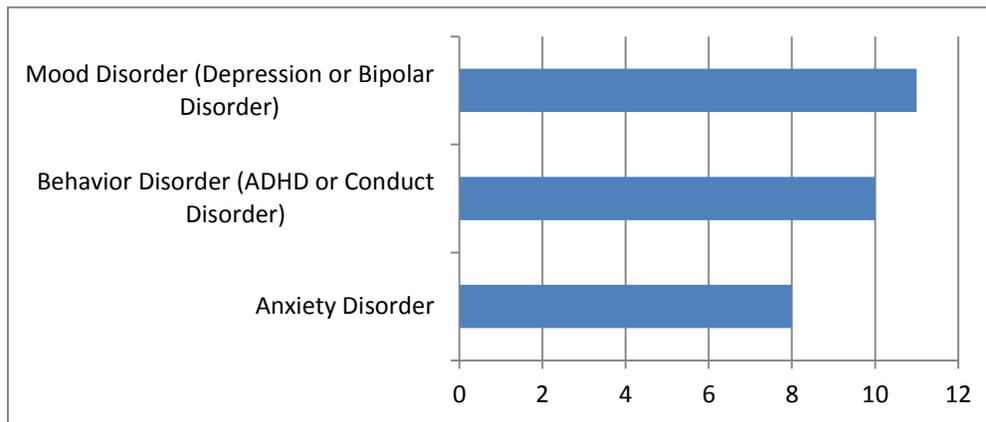


Early identification and early intervention improves lives.

21% of youth aged 13-18 live with a mental illness severe enough to cause significant impairment in their day-to-day lives.

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

Serious mental illness affects the following percentage of youth ...



*These were the mental illnesses mentioned with the report.

The average delay between onset of symptoms and intervention is 8-10 years. Only 50% of youth with mental illness receive treatment.

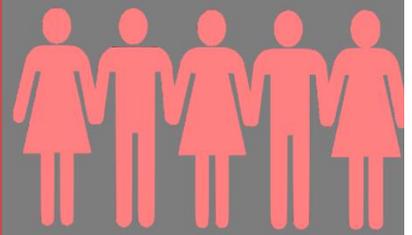
Approximately 50% of students aged 14 and older with mental illness drop out of high school—the highest dropout rate of any disability group.

70% of youth in state and local juvenile justice systems have mental illness, with at least 20% experiencing severe symptoms. This is what can happen for many youth when they aren't connected with mental health services.

We need action and a national commitment to early identification and intervention.

To learn more, visit www.nami.org/caac.





10 common warning signs of a mental illness*:

- Feeling very sad or withdrawn for more than 2 weeks (*e.g.*, crying regularly, feeling fatigued, feeling unmotivated).
- Seriously trying to harm or kill oneself or making plans to do so.
- Severe out-of-control, risk-taking behaviors that can cause harm to self or others.
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.
- Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain.
- Severe mood swings that cause problems in relationships.
- Repeated use of drugs or alcohol.
- Drastic changes in behavior, personality or sleeping habits (*e.g.* waking up early and acting agitated).
- Extreme difficulty in concentrating or staying still that puts a person in physical danger or causes school failure.
- Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.

Learning the common warning signs leads to more individuals getting help.

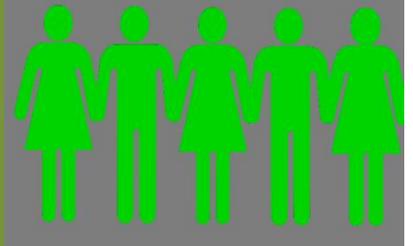
*These warning signs were issued by Mayo Clinic researchers in partnership with NAMI and other mental health advocacy organizations.



To learn more, visit www.nami.org/caac.

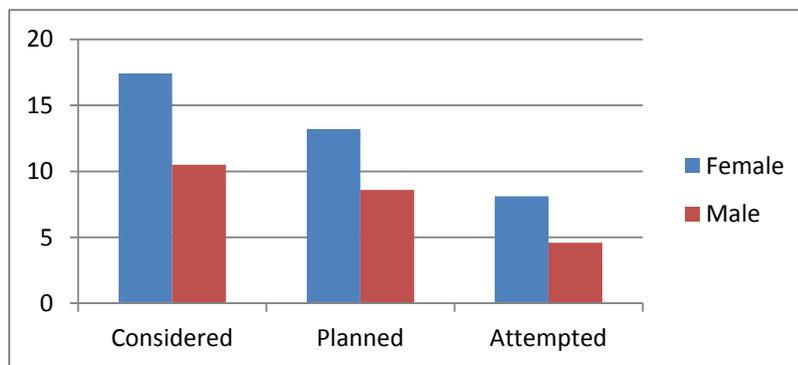
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Suicide prevention



Did you know...?

- Suicide is the 3rd leading cause of death in youth and young adults aged 15-24.
- 90% of those who commit suicide had an underlying mental illness.
- A high percentage of high school students report having considered, planned or attempted suicide with research showing females at higher rates. The comparison, in percentages, is as follows:

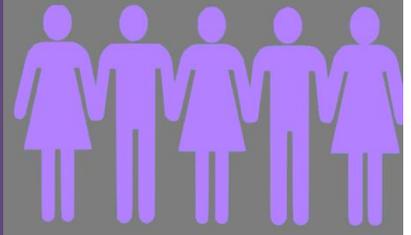


Common suicide warning signs

- Talking about hopelessness, worthlessness, being a burden to others, feeling trapped or having no reason to live.
- Having no motivation or losing interest in activities once enjoyed.
- Withdrawing or feeling isolated.
- Sudden change in personality or behaviors.
- Giving away possessions, behaving recklessly.
- Talking about death or not being here tomorrow. Looking for ways to kill oneself such as searching online or buying a gun.

**These signs require immediate action. Take them seriously to save a life.
Call the National Suicide Hotline 24/7 at (800) 273-TALK (8255).**

To learn more, visit www.nami.org/caac.



Citations are listed in order of their appearance in the fact sheet:

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