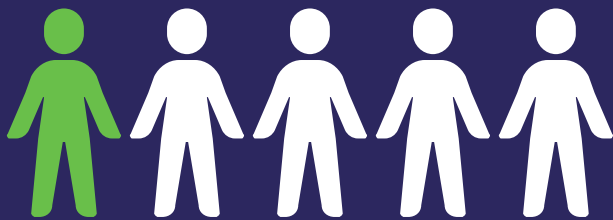




IF NEW YORK INVESTS EARLY IN CHILDREN'S MENTAL HEALTH, WE CAN CHANGE THE TRAJECTORY OF THEIR LIVES.

1 IN 5 CHILDREN IN NEW YORK HAVE A MENTAL HEALTH NEED



137,000 CHILDREN HAD A SEVERE MAJOR DEPRESSIVE EPISODE LAST YEAR

AMONG NEW YORKERS AGES 18-34:

45%

REPORTED SYMPTOMS OF POOR MENTAL HEALTH.



UNMET MENTAL HEALTH NEEDS CAN HAVE LIFE-LONG CONSEQUENCES FOR CHILDREN AND FAMILIES

Nationally, students with depression are more than **TWICE** as likely to drop out of high school.

In New York, death by suicide is the 2nd leading cause of death for 15-19 year olds and 4th leading cause of death for 5-14 year olds.

In 2021, the CDC found record-high levels of sadness among teenage girls, with one in three high school girls seriously considering suicide.

More than one in five lesbian, gay, and bisexual youth reported attempting suicide in 2021.

TOO MANY CHILDREN IN NEW YORK ARE FACING UNMET NEEDS FOR MENTAL HEALTH SERVICES

HALF OF NEW YORK YOUTH WITH MAJOR DEPRESSIVE EPISODES IN THE PAST YEAR

DID NOT RECEIVE ANY TREATMENT

26% of children statewide receive no follow-up in the week after a mental health-related hospitalization, and 10% are readmitted to the hospital within 30 days.

35% of young people discharged from a psychiatric stay at a general hospital in New York ended up back in an emergency room within 90 days.

New Yorkers are over 10 times more likely to be forced out-of-network for mental health care.

THERE ARE ONLY 28 CHILD PSYCHIATRISTS PER 100,000 CHILDREN IN NEW YORK.



IN MANY COUNTIES, THERE ARE NONE.

WE MUST INTERVENE EARLIER!

Half of all lifetime cases of mental disorders begin by **age 14**, and **75%** by **age 24**.

The average delay between onset of mental illness symptoms and treatment is 11 years.

THE GOOD NEWS IS, IF NEW YORK INVESTS IN CHILDREN EARLY, WE CAN CHANGE THE TRAJECTORY OF THEIR LIVES

SOURCES:

[Center for New York City Affairs, Kids' Mental Health by the Numbers, 2021](#)

[Mental Health America, Prevalence Data, 2023](#)

[National Alliance on Mental Health, Mental Health in New York, 2021](#)

[National Library of Medicine, The National Comorbidity Survey, 2004](#)

[National Library of Medicine, National Comorbidity Survey Replication, 2005](#)

[Youth Risk Behavior Survey, New York, 2019](#)