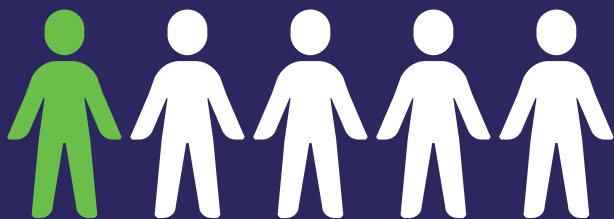




IF NEW YORK INVESTS EARLY IN CHILDREN'S MENTAL HEALTH, WE CAN CHANGE THE TRAJECTORY OF THEIR LIVES.

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 **3rd** leading cause of death for 15 - 19 year olds and **4th** leading cause of death for 5 - 14 year olds.

12% of Black, **9%** of Latino, and **8%** of Asian and White high school youth report attempted suicide.

57% of gay, lesbian, or bisexual high school youth in New York report feeling sad or hopeless, compared to **30%** of their heterosexual peers.

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:

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

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

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

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



Join the Campaign for Healthy Minds, Healthy Kids in advocating for children's behavioral health services and a system that works for all children and families.

HEALTHYMINDSHEALTHYKIDS.ORG