

2020



Mental Health By the Numbers

YOUTH & YOUNG ADULTS

Youth and young adults experienced a unique set of challenges during the COVID-19 pandemic - isolation from peers, adapting to virtual learning, and changes to sleep habits and other routines.

We must recognize the significant impact of these experiences on young people's mental health - and the importance of providing the education, care and support they need.

Among U.S. ADOLESCENTS (aged 12-17):



1 in 6 experienced a major depressive episode (MDE)

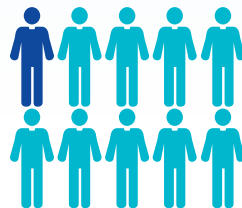
3 MILLION had serious thoughts of suicide

31% increase in mental health-related emergency department visits

Among U.S. YOUNG ADULTS (aged 18-25):



1 in 3 experienced a mental illness



1 in 10 experienced a serious mental illness

3.8 MILLION had serious thoughts of suicide

1 in 5

young people report that the pandemic had a significant negative impact on their mental health.



of adolescents



of young adults

NEARLY 1/2

of young people with mental health concerns report a significant negative impact.

1 in 10

people under age 18 experience a mental health condition following a COVID-19 diagnosis.

Many increasingly used alcohol or drugs to cope with stress or self-medicate.

Increased use of alcohol among those who drink:



of adolescents



of young adults

Increased use of drugs among those who use:



of adolescents



of young adults