

Youth Mental Health Fact Sheet

According to the World Health Organization, mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with normal stresses of life, can work productively and fruitfully, and is able to make contributions to his or her community.

Fast Facts



Half of all chronic mental illnesses begin by **age 14 and 75% by age 24**



Half of all lifetime cases of anxiety disorders begin by **age 8**



1 in 5 youth experience serious mental illness in a given year



Youth substance abuse may be an attempt to **self-medicate** symptoms of undiagnosed mental illness



Early signs of mental illness are often **mistaken** for typical characteristics of childhood and adolescent development



The median delay between the onset of symptoms and treatment is **10 years**

The **mission** of 1N5 is to promote optimal mental health for youth in Greater Cincinnati through education and stigma reduction, community engagement, policy and advocacy, and measurement and data work. Our **vision** is a community of youth with optimal mental health so that they grow into their best selves.

