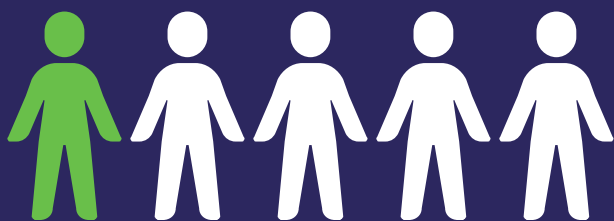




**IF NEW YORK INVESTS EARLY IN CHILDREN'S MENTAL HEALTH, WE
CAN CHANGE THE TRAJECTORY OF THEIR LIVES.**

**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.

For more information, visit:
healthymindshealthykids.org | cccnnyork.org

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
**30 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