

Fast Facts About...

Children and Mental Health

- One in five children and adolescents in the United States has a mental disorder that interferes with daily functioning. Yet, fewer than one in five of these children receive the mental health services they need. (U.S. Surgeon General's Report)
- Anxiety disorders, mood disorders (such as depression), and disruptive disorders (such as attention-deficit/hyperactivity disorder) are the most common mental disorders among children. Of these, anxiety disorders are the most common, affecting about 13 percent of children age 9 to 17. (U.S. Surgeon General's Report)
- When left untreated, childhood mental disorders can lead to school failure, family conflicts, substance abuse, violence, and even suicide. (SAMHSA/CMHS)
- Untreated mental disorders also may increase a child's risk of coming into contact with the juvenile justice system; studies show that 66 percent of boys and almost 75 percent of girls in juvenile detention have at least one mental disorder. (President's New Freedom Commission on Mental Health Final Report)
- Substance abuse is also linked to untreated mental disorders; 43 percent of children who use mental health services also have a substance abuse disorder. (SAMHSA)
- Children with mental disorders, particularly depression, are at a higher risk for suicide. An estimated 90 percent of children who commit suicide have a mental disorder. (U.S. Surgeon General's Report)
- Doctors' offices and schools are important settings for recognizing and addressing children's mental health problems. (U.S. Surgeon General's Report)
- About 60 percent of the Nation's 1,500 school-based health centers have mental health professionals on staff. Nearly 80 percent of these centers provide crisis intervention services, with support from primary care providers. (National Assembly on School-Based Health Care Census)

For more information, contact:

SAMHSA's National Mental Health Information Center
(800) 789-2647
www.mentalhealth.samhsa.gov



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.samhsa.gov

Resources For...

Children and Mental Health

American Academy of Child and Adolescent Psychiatry (AACAP)

3615 Wisconsin Avenue, NW

Washington, DC 20016-3007

Local: (202) 966-7300

Toll-free: (800) 333-7636

www.aacap.org

American Psychological Association (APA)

750 First Street, NE

Washington, DC 20002-4242

Local: (202) 336-5500

Toll-free: (800) 374-2721

TDD/TTY: (202) 336-6123

www.apa.org

Child Welfare League of America, Inc. (CWLA)

440 First Street, NW, Suite 310

Washington, DC 20001-2085

(202) 638-2952

www.cwla.org

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)

8181 Professional Place, Suite 150

Landover, MD 20785

Local: (301) 306-7070

Toll-free (800) 233-4050

www.chadd.org

Federation of Families for Children's Mental Health

1101 King Street, Suite 420

Alexandria, VA 22314

(703) 684-7710

www.ffcmh.org

National Association of Psychiatric Treatment Centers for Children (NAPTCC)

1025 Connecticut Ave, NW, Suite 1012

Washington, DC 20036

(202) 857-9735

www.air.org/cecp/teams/stratpart/naptcc.htm

National Association of School Psychologists (NASP)

4340 East West Highway, Suite 402

Bethesda, MD 20814-9457

Local: (301) 657-0270

Toll-free: (866) 331-6277

www.nasponline.org

These are just a few of the many resources available.

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