

Onset of Disorders

- ❖ Anxiety Disorders median age of onset: 6 years old
- ❖ ADHD and Behavior Disorders median age of onset: 11 years old
- ❖ Mood Disorders median age of onset: 13 years old
- ❖ Substance Abuse Disorders median age of onset: 15 years old

Most Common Disorders

- ❖ 22.2% of American youth will have a diagnosable mental illness with “serious impairment” at some point before they are 18.
- ❖ 32% Anxiety
- ❖ 22% ADHD or Disruptive Behavior
- ❖ 14% Depression or Bipolar

Boulder County Teen Mental Health

- ❖ 28% reported they felt so sad or hopeless almost every day for 2 weeks or more that they stopped doing some usual activities.
- ❖ 15.4% reported they purposely self-harmed (cutting, burning) in the past year.
- ❖ 14% reported they seriously considered attempting suicide in the past year.

Boulder County Teen Mental Health

- ❖ 12% have made a plan on how they would kill themselves.
- ❖ 6% reported they attempted suicide in the past year.
- ❖ Average level of anxiety today of a high school student, is at the same rate as a psychiatric patient from the 50's.

Depression

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- ❖ **Diminished interest or pleasure in daily activities**

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- ❖ Depressed mood most of the day, nearly every day
- ❖ Diminished interest or pleasure in daily activities
- ❖ Weight loss/gain, or increased/decreased appetite
- ❖ Insomnia or hypersomnia

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- ❖ **Feelings of worthlessness or excessive or inappropriate guilt**
- ❖ **Diminished ability to think or concentrate**
- ❖ **Recurrent thoughts of death**

Anxiety

- ❖ Excessive worry and feelings of a lack of control for >6 months
- ❖ Restlessness or fatigue
- ❖ Difficulty concentrating or mind going blank
- ❖ Irritability
- ❖ Muscle tension
- ❖ Sleep disturbance

SASHET

- ❖ Sad
- ❖ Angry
- ❖ Scared
- ❖ Happy
- ❖ Excited
- ❖ Tender

How do I help?

- ❖ Be there
- ❖ Avoid judgement or criticism
- ❖ Avoid minimizing their pain
- ❖ Avoid offering advice
- ❖ Avoid making comparisons
- ❖ Know your role