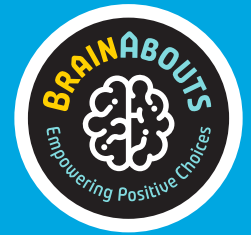
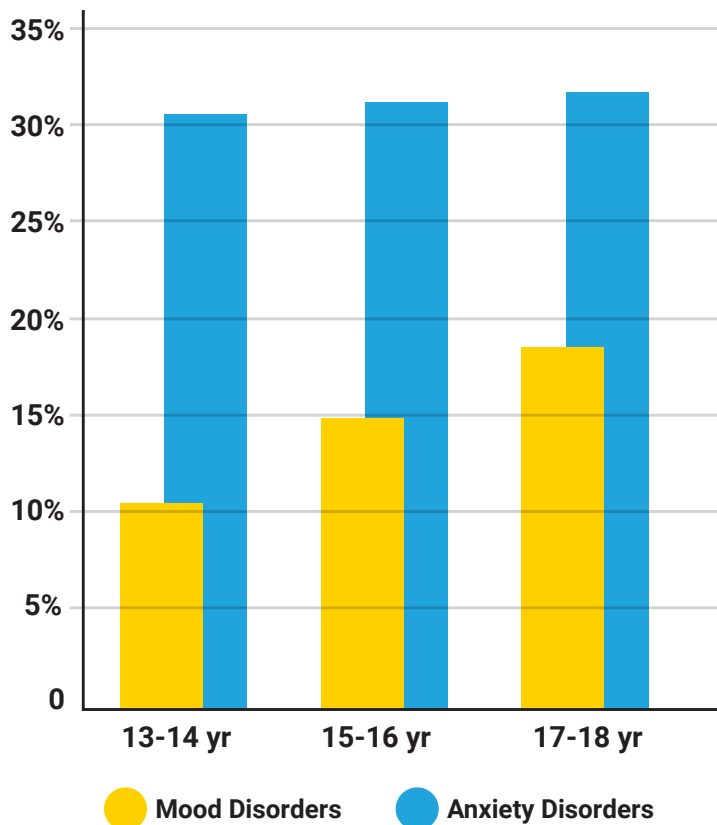


Depression & Anxiety Facts & Stats



Mood & Anxiety Disorders by Age



Types of Support

- ASSESSMENT & TESTING
- COUNSELING
- EDUCATION
- SUPPORT GROUPS
- MEDICATION



When mental health symptoms are properly assessed (sometimes with the help of EEG brain scan technology) and medication choices are carefully considered, psychiatric medications can be very helpful in reducing symptoms. Regrettably, misdiagnosis may lead to the wrong prescription medication or one that is mismatched with a teen's brain type or developmental phase. Beware of medications or treatments prescribed by clinicians who have not performed a comprehensive psychiatric or psychological evaluation.

DYSFUNCTIONAL FAMILY RULES

~~Don't Trust~~
~~Don't Talk~~

~~Don't Feel~~
~~Don't Deal~~

Break unhealthy family rules and learn how to openly discuss and check-in about mood and emotional experiences.

TOP SOURCES OF ANXIETY FOR YOUTH

1. Performance
2. Family Problems
3. Bullying
4. Anxious Parents
5. Perfectionism

24

Three quarters of adult mental illness occurs before the age of 24.

13%

Over 13% of the world's children and adolescents suffer from a mental health disorder.

Fast Facts:

- 1 in 5 teens and young adults are affected by mental illness symptoms
- 31.9% of youth have symptoms that meet anxiety disorder criteria
- 20.8% of youth suffer from mood disorders