



Understanding Children's Mental Health



The Mental Health Continuum*

Mental Illness Factors

- Brain chemistry
- Family history
- Family stressors
- Traumatic life events
- Unhealthy lifestyle
- Physical illness
- Substance Abuse
- Social/cultural expectations
- Unsafe environment



Mental Wellness Factors

- Mindfulness
- Medication
- Supportive family life
- Evidence-based therapy
- Healthy lifestyle
- Physical wellness
- Safe environment

For each Essential Life Function below, look for any areas of concern, and gauge whether it is mild, moderate or severe. Even a mild problem with any function might be an early warning sign worth looking into.

Social Functions

(for example, participation, ability to form and maintain healthy relationships, appropriate interactions, adapt to new environments. etc.)

Academic/Work

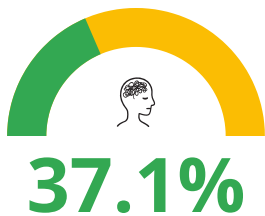
(for example, engagement, appropriate achievement, ability to manage projects & assignments, problem solving, cooperate with others, etc.)

Daily Activities

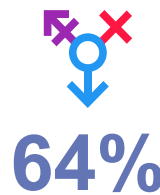
(for example, seeing, eating, personal hygiene, self-care, manage personal affairs, etc.)

* Adapted from the Youth Mental Health Project, ymhproject.org

COVID- Related Statistics on Youth Mental Health**



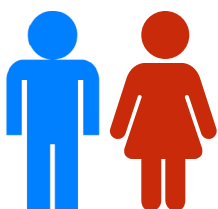
of high school students experienced poor mental health during the pandemic



of LGBTQ teens had poor mental health during the pandemic

12.4%

of teen girls attempted suicide from January - June 2021



56.5% of females

31.4% of males in **grades 9-12** had persistent feelings of sadness or hopelessness



Pediatric mental health ER admissions **increased 31%**

