

MENTAL HEALTH

Mental Health Issues Have Increased Significantly in Young Adults



KNOW THE FACTS

- **Adverse Childhood Experiences (ACEs)** are potentially traumatic events, like violence, abuse, and growing up in a family with mental health or substance use problems, that happen during childhood. Experiencing ACEs can cause long-term health problems, mental illness, and substance misuse in adulthood.
- Teens with mental health issues are at higher risk of developing addictions rapidly. Without proper mental health treatment, nearly half may develop a substance use disorder.
- Only half of the children and teens with diagnosable mental health conditions get the treatment they need. Early support can prevent problems from interfering with their development.

Factors when finding the reason for the increase in mental health disorders

- Untreated childhood neglect and trauma, increased use of electronic communication and digital media, lack of social interaction, sudden cultural changes, lack of sleep affecting brain development, and societal trends.

SCAN QR CODE FOR
RESOURCES



ARIZONA
GOVERNOR'S OFFICE OF
YOUTH, FAITH & FAMILY

DATA TRENDS

- 3 out of 4 people with mental health problems showed signs before they were 24 years old. (samhsa.gov)
- 1 in 6 young people have experienced a major depressive episode. (samhsa.gov)
- 86.9% of youth reported that the main reason for not receiving care was they felt they should have been able to handle their mental health on their own. (mhanational.org)
- In 2024, 30.8% of 8th graders who completed the Arizona Youth Survey reported using substances due to feeling sad/down. (azcjc.com)

IF YOU OR SOMEONE YOU KNOW IS STRUGGLING OR IN CRISIS, HELP IS AVAILABLE.

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