

## DID YOU KNOW?

# 50%

OF ALL PEOPLE WHO WILL  
HAVE A MENTAL HEALTH  
DISORDER IN THEIR LIFETIME  
START TO EXPERIENCE  
SYMPTOMS BY AGE 14.<sup>2</sup>



THE MEDIAN AGE OF ONSET  
FOR ANXIETY DISORDERS IS 6  
YEARS OLD<sup>3</sup>

OF 11-TO-17-YEAR-OLDS WHO TOOK A SCREEN AT MHASCREENING.ORG SINCE MARCH 2020:<sup>4</sup>

**83%** (11,000) SCREENED  
POSITIVE OR AT-RISK FOR  
ANXIETY.

**91%** (23,000) SCREENED  
POSITIVE OR AT-RISK FOR  
DEPRESSION.

## SIGNS AND SYMPTOMS TO LOOK OUT FOR

- Problems with concentration, memory, or ability to think clearly
- Changes in appetite
- Feeling sad, empty, hopeless, or worthless
- Loss of interest in things that they used to enjoy
- Excessive worry
- Irritability or restlessness
- Changes in sleep
- Angry outbursts
- Not wanting to be around people or take part in activities

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[MENTALHEALTHMN.ORG/NEWS/BACK-TO-SCHOOL/](https://www.mentalhealthmn.org/news/back-to-school/)

MENTAL HEALTH Minnesota  
**MHA**  
Mental Health America