

Better mental health for all



Mental health awareness: Children and teens

It's never too early to address mental health needs. Young people need support for their mental health now more than ever. In the U.S. "1 in 6 youth aged 6-17 experience a mental health disorder each year" and of those only half receive treatment.¹ Early interventions offer the best opportunity for support and it all begins with awareness.

Watch this video or **read the transcript** to learn about the mental health needs of children and teens. For more information, check out these resources:

- **[Mental health awareness guidebook for young adults](#)**
- **[Mental health support for children and teens](#)**

If you're a parent or someone who works with children and teens, learn about school and local resources available to them and let them know you're available to talk about their mental health needs or struggles.

¹**[Mental health by the numbers](#)**. Available at: NAMI.org. Accessed March 2022.

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Make your mental wellbeing a priority. We're here 24/7 for you, your household members and children living away from home up to age 26.

Give us a call for free, confidential support and referrals for any emotional or mental health concerns you may have.

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