



Mental Health

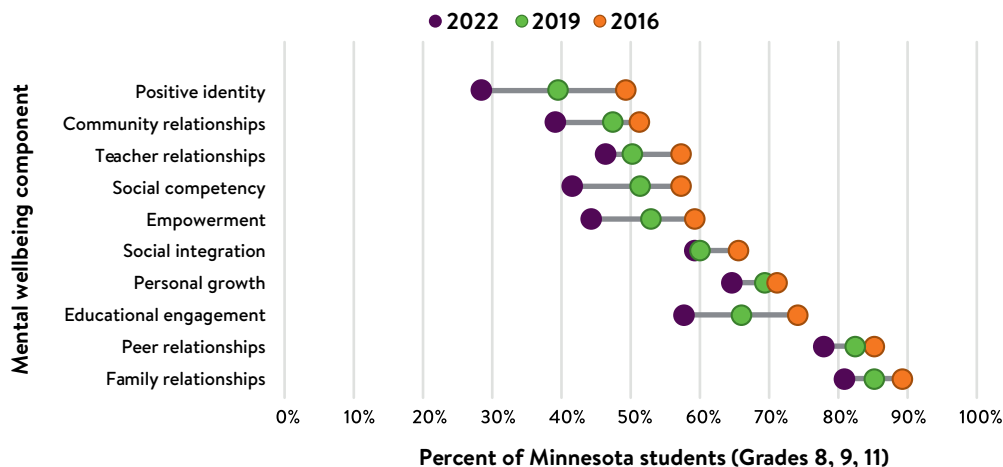
ACCESS TO HIGH-QUALITY, YOUTH-FRIENDLY
HEALTH CARE AND INFORMATION

Young people benefit from access to high-quality medical, dental, and mental health services and health information. They also benefit from health care providers who understand adolescent and young adult health and development.

Mental wellbeing

Adolescents are experiencing a mental health crisis in the U.S. and in Minnesota.

Mental health is more than the absence of mental illness. To reflect this broader, strength-based concept, many use the term “mental wellbeing” or “flourishing” instead. All positive mental wellbeing components dropped from 2016 to 2019 and again from 2019 to 2022.



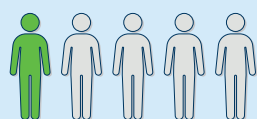
Mental illness



One in three high school students reports persistent feelings of sadness or hopelessness, an increase of **40%** since 2009.



One in four adolescents reports long-term mental health problems.



20% of students had felt nervous, anxious, were depressed, or were worried for more than seven days in the past two weeks. Students of all races report long-term mental health, behavioral, or emotional problems. Multiracial students were the most likely to report these, Black students were the least likely.

Adolescents 12-17 with special health needs are

6x more likely

to have depression or anxiety compared to adolescents without special health needs.

Suicide

More than 20% of students have experienced suicidal ideation, with 12.2% considering suicide in the last year. In 2023, the adolescent suicide rate was 10.7 per 100,000 (ages 10 to 24). Rates of suicide increase as adolescents get older.