

Youth Mental Health in the United States

Resource Pack

2025

Overview

Mental health disorders in youth can interrupt critical periods of social, emotional, and physical development. This resource pack includes a selection of resources that support learning about youth mental health, with a specific focus on anxiety and depression in the United States. As mental health is multifaceted and influenced by personal, familial, school, and larger structural factors, these resources explore how mental health is defined, diagnosed, and measured; the impact of mental health disorders on childhood development; and evidence-based strategies for addressing them.

The resources in this collection include selected reports, articles, data, and topic portals. While many focus on the U.S., we deliberately included selected resources that provide a global perspective. These resources may be useful to educators as they develop lesson plans or activities centered around mental well-being, as well as to caregivers and youth workers supporting youth development.

The [Global Health Education and Learning Incubator at Harvard University](#) supports interdisciplinary education about world health through the production, curation, and dissemination of educational public goods.

This resource pack includes:

- [At-A-Glance](#)
- [Youth Mental Health in the U.S.](#)
- [Youth Mental Health – Global Perspectives](#)

Selected Resources

*indicates resource listed in GHEDI's online Repository

AT A GLANCE

*** Topic Portal. Children's Mental Health**

Children's Mental Health. U.S. Centers for Disease Control and Prevention Control 2024. https://www.cdc.gov/children-mental-health/about/index.html?CDC_AAref_Val=https://www.cdc.gov/childrensmentalhealth/features/anxiety-depression-children.html.

*** Fact Sheet. Mental Health of Adolescents**

Mental Health of Adolescents. World Health Organization 2024. <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>.

*** Report. Protecting Youth Mental Health: The U.S. Surgeon General's Advisory**

Protecting Youth Mental Health: The U.S. Surgeon General's Advisory. U.S. Department of Health and Human Services 2021. <https://www.hhs.gov/surgeongeneral/priorities/youth-mental-health/index.html>.

*** Report. The State of the World's Children 2021: On My Mind: Promoting, Protecting, and Caring for Children's Mental Health**

The State of the World's Children 2021: On My Mind — Promoting, Protecting and Caring for Children's Mental Health. United Nations Children's Fund 2021. <https://www.unicef.org/reports/state-worlds-children-2021>.

YOUTH MENTAL HEALTH IN THE U.S.

*** Article. A Review of US Nationally Representative Data Sources of Child and Adolescent Anxiety**

Parodi KB et al. A Review of US Nationally Representative Data Sources of Child and Adolescent Anxiety. Journal of Mood & Anxiety Disorders 2024; 5: 100047. DOI: <http://dx.doi.org/10.1016/j.xjmad.2024.100047>.

Report. Potential Risks of Content, Features, and Functions: The Science of How Social Media Affects Youth

Potential Risks of Content, Features, and Functions: The Science of How Social Media Affects Youth. American Psychological Association 2024. <https://www.apa.org/topics/social-media-internet/youth-social-media-2024>.

Report. Stress in America 2023: A Nation Recovering from Collective Trauma

Stress in America 2023: A Nation Recovering From Collective Trauma. American Psychological Association 2023. <https://www.apa.org/news/press/releases/stress/2023/collective-trauma-recovery>.

Data Portal. Youth Ranking 2023

Youth Ranking 2023. Mental Health America 2023. <https://mhanational.org/issues/2023/mental-health-america-youth-data#five>.

Article. Five-Year Trends in U.S. Children's Health and Well-being, 2016-2020

Lebrun-Harris LA et al. Five-Year Trends in U.S. Children's Health and Well-being, 2016-2020. Journal of the American Medical Association Pediatrics 2022; 177(3): 323. DOI: <http://dx.doi.org/10.1001/jamapediatrics.2022.0056>.

Article. Mental Health Surveillance Among Children — United States, 2013–2019

Bitsko RH et al. Mental Health Surveillance Among Children — United States, 2013–2019. Morbidity and Mortality Weekly Report Supplements 2022; 71(2): 1-42. DOI: <http://dx.doi.org/10.15585/mmwr.su7102a1>.

*** Report. Protecting Youth Mental Health: The U.S. Surgeon General's Advisory**

Protecting Youth Mental Health: The U.S. Surgeon General's Advisory. U.S. Department of Health and Human Services 2021. <https://www.hhs.gov/surgeongeneral/priorities/youth-mental-health/index.html>.

Report. Connecting the Brain to the Rest of the Body: Early Childhood Development and Lifelong Health Are Deeply Intertwined

Connecting the Brain to the Rest of the Body: Early Childhood Development and Lifelong Health Are Deeply Intertwined. National Scientific Council on the Developing Child 2020.

<https://developingchild.harvard.edu/resources/working-paper/connecting-the-brain-to-the-rest-of-the-body-early-childhood-development-and-lifelong-health-are-deeply-intertwined>.

Topic Portal. What is Mental Health?

What is Mental Health? Substance Abuse and Mental Health Services Administration. <https://www.samhsa.gov/mental-health>.

*** Topic Portal. Children’s Mental Health**

Children’s Mental Health. U.S. Centers for Disease Control and Prevention Control 2024. https://www.cdc.gov/children-mental-health/about/index.html?CDC_AAref_Val=https://www.cdc.gov/childrensmentalhealth/features/anxiety-depression-children.html.

Topic Portal. Kids, Teens and Young Adults.

Kids, Teens and Young Adults. National Alliance on Mental Illness. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults>.

Topic Portal. Child and Adolescent Mental Health

Child and Adolescent Mental Health. National Institute of Mental Health. <https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health>.

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*** Report. The Lancet Psychiatry Commission on Youth Mental Health**

McGorry PD et al. The Lancet Psychiatry Commission on Youth Mental Health. The Lancet Psychiatry 2024; 11(9): 731-774. DOI: [https://doi.org/10.1016/S2215-0366\(24\)00163-9](https://doi.org/10.1016/S2215-0366(24)00163-9).

*** Article. Worldwide Prevalence and Disability From Mental Disorders Across Childhood and Adolescence: Evidence From the Global Burden of Disease Study**

Kieling C et al. Worldwide Prevalence and Disability From Mental Disorders Across Childhood and Adolescence: Evidence From the Global Burden of Disease Study. Journal of the American Medical Association Psychiatry 2024; 81(4): 323. DOI: <http://dx.doi.org/10.1001/jamapsychiatry.2023.5051>.

Article. Contributing Factors to the Rise in Adolescent Anxiety and Associated Mental Health Disorders: A Narrative Review of Current Literature

Anderson TL et al. Contributing Factors to the Rise in Adolescent Anxiety and Associated Mental Health Disorders: A Narrative Review of Current Literature. Journal of Child and Adolescent Psychiatric Nursing 2024; 38(1): 70009. DOI: <http://dx.doi.org/10.1111/jcap.70009>.

*** Fact Sheet. Mental Health of Adolescents**

Mental Health of Adolescents. World Health Organization 2024. <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>.

*** Data Portal. Mental Health**

Mental Health. United Nations Children’s Fund 2024. <https://data.unicef.org/topic/child-health/mental-health>.

Report. Mental Health of Children and Young People in England 2022

Mental Health of Children and Young People in England 2022. National Health Service 2022. <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2022-follow-up-to-the-2017-survey>.

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*** Report. The State of the World's Children 2021: On My Mind: Promoting, Protecting, and Caring for Children's Mental Health**

The State of the World's Children 2021: On My Mind — Promoting, Protecting and Caring for Children's Mental Health. United Nations Children's Fund 2021. <https://www.unicef.org/reports/state-worlds-children-2021>.

Topic Portal. Early Childhood Development: For Every Child, Early Moments Matter

Early Childhood Development: For Every Child, Early Moments Matter. United Nations Children's Fund. <https://www.unicef.org/early-childhood-development>.

Topic Portal. Children and Young People: Statistics

Children and Young People: Statistics. Mental Health Foundation. <https://www.mentalhealth.org.uk/explore-mental-health/statistics/children-young-people-statistics>.

Annotated Bibliography

AT A GLANCE

Topic Portal. Children’s Mental Health

Children’s Mental Health. U.S. Centers for Disease Control and Prevention Control 2024. https://www.cdc.gov/children-mental-health/about/index.html?CDC_AAref_Val=https://www.cdc.gov/childrensmentalhealth/features/anxiety-depression-children.html.

GHELI repository link: <https://repository.gheli.harvard.edu/repository/14507>

This topic portal from the U.S. Centers for Disease Control and Prevention (CDC) provides a comprehensive overview of youth mental health, highlighting examples of symptom presentation, testing and diagnostic criteria, and management for childhood mental health conditions. This site links to additional topic portals on specific mental health conditions, including [anxiety and depression](#), [behavior or conduct problems](#), [obsessive-compulsive disorder](#), and [post-traumatic stress disorder](#). Additionally, the portal provides links to seek local clinical care and support, learn more about CDC youth mental health initiatives, and identify action items for parents, youth, health care professionals, and educators.

Fact Sheet. Mental Health of Adolescents

Mental Health of Adolescents. World Health Organization 2024. <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>.

GHELI repository link: <https://repository.gheli.harvard.edu/repository/14330>

This fact sheet from the World Health Organization (WHO) provides data on the mental health of adolescents, presenting statistics on the global burden of mental health for young people, especially those aged 10 to 19 years old. It discusses risk factors and determinants that impact mental health, such as exposure to adversity, violence, peer relationships, gender norms, and more. The fact sheet includes data on mental health conditions that impact adolescents, including emotional disorders, such as anxiety and depression, behavioral disorders, risk taking-behaviors, and suicide.

Report. Protecting Youth Mental Health: The U.S. Surgeon General’s Advisory

Protecting Youth Mental Health: The U.S. Surgeon General’s Advisory. U.S. Department of Health and Human Services 2021. <https://www.hhs.gov/surgeongeneral/priorities/youth-mental-health/index.html>.

GHELI repository link: <https://repository.gheli.harvard.edu/repository/14508>

This report, produced by the Surgeon General and the U.S. Department of Health and Health Services (HHS), outlines the scope of youth mental health challenges and provides a multifaceted call to action. Defining mental health as a combination of emotional, psychological, and social well-being shaped by individual, familial, communal, and environmental factors, this report highlights the continued decline of youth mental health in the U.S. Even prior to the COVID-19 pandemic, one in five children between ages 3 and 17 were reported to have a mental health disorder and one-third of high school students reported “persistent feelings of sadness or hopelessness.” As such, this report outlines different ways that key stakeholders—such as educators, health professionals, technology companies, community organizers, and the government—can better support youth mental health by recommending policies to improve training on social emotional learning, promote open dialog about mental health to reduce stigma, and support the development of accessible resources.

Report. The State of the World’s Children 2021: On My Mind: Promoting, Protecting, and Caring for Children’s Mental Health

The State of the World’s Children 2021: On My Mind — Promoting, Protecting and Caring for Children’s Mental Health. United Nations Children’s Fund 2021. <https://www.unicef.org/reports/state-worlds-children-2021>.

GHELI repository link: <https://repository.gheli.harvard.edu/repository/13839>

This report from the [United Nations Children’s Fund \(UNICEF\)](#) analyzes child, adolescent, and caregiver mental health, exploring the risk factors and social determinants that shape mental health outcomes for youth worldwide. This year’s report examines mental health for the first time, highlighting the impact of the COVID-19 pandemic and the concerns it raised for children’s mental health, a long-ignored global health issue. As the COVID-19 crisis disrupted the lives,

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routines, and security of millions around the world, resulting in increased anxiety and stress for many youths, this report describes a number of additional factors that largely influence poor mental health outcomes for children.

The report estimates that 86 million adolescents aged 15-19 live with a diagnosed mental disorder, along with 80 million adolescents aged 10-14. Mental health conditions continue to represent a huge burden on children in high- and low-income countries, representing a leading cause of death and disability. Globally, suicide is the fifth most prevalent cause of death for adolescents between 10 and 19. The report emphasizes that despite growing demand for mental health support for youth, government investment remains very low, with global spending on mental health representing only 2.1 percent of government health budgets on average. Additional challenges in addressing mental health include widespread stigma, lack of parental support and programs, and gaps in workforce training for youth mental health. The report finds that the risk and protective factors influencing children's mental health pertain to three main areas: home and caregiving settings, safety in schools and communities, and large-scale determinants, such as poverty, conflict, and natural disasters. The authors call for interventions and policy approaches that commit to minimizing risks for children throughout their development and working across sectors to support families, communities, and schools in protecting and promoting mental health for children and adolescents worldwide.

Chapters include:

- Chapter 1: Mental Health
- Chapter 2: The Foundation
- Chapter 3: Risk and Protection
- Chapter 4: The World at Large
- Chapter 5: What is Being Done
- Chapter 6: A Framework for Action

The report is accompanied by an [executive summary](#), regional briefs for [Europe](#) and [Latin America and the Caribbean](#), as well as an [interactive data portal](#) exploring key data for countries included in the report.

Launched in 1980, *The State of the World's Children* is the most comprehensive analysis of global trends affecting children. Each year, this flagship publication by UNICEF examines a key issue affecting children across the globe, and provides up-to-date and accessibly presented economic and social statistics on the countries and territories of the world, with particular reference to children's well-being. All previous reports are made publicly available on UNICEF's website and can be read in multiple languages.

YOUTH MENTAL HEALTH IN THE U.S.

Article. A Review of US Nationally Representative Data Sources of Child and Adolescent Anxiety

Parodi KB et al. A Review of US Nationally Representative Data Sources of Child and Adolescent Anxiety. *Journal of Mood & Anxiety Disorders* 2024; 5: 100047. DOI: <http://dx.doi.org/10.1016/j.xjmad.2024.100047>.

GHELI repository link: <https://repository.gheli.harvard.edu/repository/14509>

This article, published by the *Journal of Mood and Anxiety Disorders*, provides a comprehensive review on current U.S. datasets for youth mental health conditions, highlighting seven data series that utilize the appropriate measures of mental, emotional, and behavioral health, and include a question about anxiety. The article emphasizes the need for continued research on youth mental health to guide interventions and analyzes the strengths, limitations, and future directions for current data sources necessary to produce nationally representative estimates of youth mental health conditions. The review recommends adding new anxiety metrics to current surveys, such as the Youth Risk Behavior Survey, to collect specifics about severity, access to treatment, and other variables, as well as creating a central, open-access database of all youth mental health research.

Report. Potential Risks of Content, Features, and Functions: The Science of How Social Media Affects Youth

Potential Risks of Content, Features, and Functions: The Science of How Social Media Affects Youth. American Psychological Association 2024. <https://www.apa.org/topics/social-media-internet/youth-social-media-2024>. This report from the American Psychological Association, analyzes youth social media use and provides data-driven recommendations for adolescent use, caregiver guidelines, and social media development. Following the 2023 American Psychological Association [Health Advisory on Social Media Use in Adolescence](#), which outlined 10 key recommendations regarding youth use of social media, caregiver supervision, and media restrictions, this report provides a closer look at how social media affects young people while highlighting still-present policy shortcomings. Emphasizing that social media is neither wholly positive nor wholly negative for adolescents, this report explores how the developing brain is uniquely sensitive to social feedback like AI-recommended content, metrics including likes and follower counts, harmful content and cyber hate, constant stimulation like infinite scrolling and notifications, and predatory and/or strained relationships with caregivers. This report specifically calls to require technology companies to better safeguard youth use through age, guardian, and content guidelines to promote healthy social interactions while attenuating the present risks of social media use for adolescents.

Report. Stress in America 2023: A Nation Recovering From Collective Trauma

Stress in America 2023: A nation recovering From Collective Trauma. American Psychological Association 2023. <https://www.apa.org/news/press/releases/stress/2023/collective-trauma-recovery>. This report from the American Psychological Association, analyzes the physiological and mental impacts of long-term stress exacerbated by the COVID-19 pandemic in the United States among those 18 years and older. Following guidance from a [2018 Lancet article](#) that considers adolescence to extend up to age 24, this report found that adults between the ages of 18 to 34 reported the highest rate of mental illness (50 percent) and the current highest stress levels (34 percent, compared to 26 percent pre-pandemic). Overall, this report found that all age groups presented evidence of experiencing collective trauma—manifest in chronic illness, adverse health events, stress levels, and mental illness—which will require additional research and policy changes to address.

Data Portal. Youth Ranking 2023

Youth Ranking 2023. Mental Health America 2023. <https://mhanational.org/issues/2023/mental-health-america-youth-data#five>.

This data portal from Mental Health America, a national nonprofit working to promote youth mental health through research, sharing of resources, and advocacy, this data portal analyzes youth mental health distress and access to care by state in the U.S. The portal highlights that in 2023 over 11 percent of youth ages 12 to 17 were currently experiencing major depression, and yet almost 60 percent of those young people did not receive any mental health treatment. As current data is essential to understand current challenges in mental health and work towards change, this data portal is an important tool to visualize and analyze youth mental health in the U.S. over time.

Article. Five-Year Trends in U.S. Children’s Health and Well-being, 2016-2020

Lebrun-Harris LA et al. Five-Year Trends in U.S. Children’s Health and Well-being, 2016-2020. *Journal of the American Medical Association Pediatrics* 2022; 177(3): 323. DOI: <http://dx.doi.org/10.1001/jamapediatrics.2022.0056>. This article from the *Journal of the American Medical Association Pediatrics* examines recent changes in youth mental health in the United States between 2016 and 2020, reporting increased rates of diagnosed youth anxiety and depression alongside decreased caregiver well-being. Analyzing data from the National Survey of Children’s Health, this article found that child anxiety significantly increased from 7.1 percent to 9.2 percent and depression from 3.1 percent to 4.0 percent, while preventative medical visits decreased from 83.3 percent to 78.1 percent. Rates of uninsured children and caregiver demands also increased during the study period. This article also calls for improved mental screening; the inclusion of social factors, well-being, and access to care for more holistic data; and increased support of healthy behaviors and caregivers.

Article. Mental Health Surveillance Among Children — United States, 2013–2019

Bitsko RH et al. Mental Health Surveillance Among Children — United States, 2013–2019. *Morbidity and Mortality Weekly Report Supplements* 2022; 71(2): 1-42. DOI: <http://dx.doi.org/10.15585/mmwr.su7102a1>. This article from the U.S. Centers for Disease Control and Prevention’s *Morbidity and Mortality Weekly Report* analyzes youth mental health (ages 3-17) in the United States between 2013 to 2019. Using data from nine different data systems,

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the authors found that anxiety and attention deficit hyperactivity disorder were the most prevalent diagnosed mental health conditions in U.S. youth, affecting 9.8 percent and 9.4 percent of children respectively. The article also found that 36.7 percent of adolescents (ages 12-17) reported feelings of sadness or hopelessness. With rising rates of mental illness remaining a major public health concern, this article highlights that access to mental health care is also a key challenge, finding an association between socioeconomic status and resource insecurity with poor mental health indicators. The article calls for inclusive survey formats to encourage faster response time, as well as for the inclusion of more holistic survey questions to promote comprehensive data collection and analysis to inform future policy.

Report. Protecting Youth Mental Health: The U.S. Surgeon General’s Advisory

Protecting Youth Mental Health: The U.S. Surgeon General’s Advisory. U.S. Department of Health and Human Services 2021. <https://www.hhs.gov/surgeongeneral/priorities/youth-mental-health/index.html>.

GHELI repository link: <https://repository.gheli.harvard.edu/repository/14508>

This report, produced by the Surgeon General and the U.S. Department of Health and Health Services (HHS), outlines the scope of youth mental health challenges and provides a multifaceted call to action. Defining mental health as a combination of emotional, psychological, and social well-being shaped by individual, familial, communal, and environmental factors, this report highlights the continued decline of youth mental health in the U.S. Even prior to the COVID-19 pandemic, one in five children between ages 3 and 17 were reported to have a mental health disorder and one-third of high school students reported “persistent feelings of sadness or hopelessness.” This report outlines different ways that key stakeholders—such as educators, health professionals, technology companies, community organizers, and the government—can better support youth mental health by recommending policies to improve training on social emotional learning, promote open dialog about mental health to reduce stigma, and support the development of accessible resources.

Report. Connecting the Brain to the Rest of the Body: Early Childhood Development and Lifelong Health Are Deeply Intertwined

Connecting the Brain to the Rest of the Body: Early Childhood Development and Lifelong Health Are Deeply Intertwined. National Scientific Council on the Developing Child 2020.

<https://developingchild.harvard.edu/resources/working-paper/connecting-the-brain-to-the-rest-of-the-body-early-childhood-development-and-lifelong-health-are-deeply-intertwined>.

Produced by the National Scientific Council on the Developing Child, this report analyzes the impact of early life experiences and environments on child physical, emotional, and mental development. This report follows earlier work, such as the 2010 [Persistent Fear and Anxiety Can Affect Young Children’s Learning and Development](#) report, which addressed how early traumatic experiences affect learning and social relationships. Now, this 2020 report found that chronic exposure to stressors—such as poverty, violence, and environmental toxins—can negatively impact childhood development and health through impacted brain development and chronic inflammation, leading to higher rates of cardiovascular conditions, Type 2 Diabetes, depression, and asthma. As adverse early exposures are linked to negative, and costly, health outcomes, this report calls for policies to promote responsive relationships, reduce stress, and strengthen life skills for children and caregivers to promote healthy child development. The Center on the Developing Child at Harvard University also published a [Guide to Mental Health](#) topic portal with additional information and resources about the intersection of child development and mental health.

Topic Portal. What is Mental Health?

What is Mental Health? Substance Abuse and Mental Health Services Administration. <https://www.samhsa.gov/mental-health>.

Mental health is an essential part of human well-being, yet it is often misunderstood, stigmatized, or otherwise overshadowed. This topic portal, from the Substance Abuse and Mental Health Services Administration (SAMHSA), provides an overview of mental health, how to talk about it, common conditions and facts, and resources for children and families. In addition to being informational, this topic portal also includes links to suicide and crisis lifelines, certified community behavioral health clinics, and recovery support.

Topic Portal. Children’s Mental Health

Children’s Mental Health. U.S. Centers for Disease Control and Prevention Control 2024. https://www.cdc.gov/children-mental-health/about/index.html?CDC_AAref_Val=https://www.cdc.gov/childrensmentalhealth/features/anxiety-depression-children.html.

GHELI repository link: <https://repository.gheli.harvard.edu/repository/14507>

This topic portal from the U.S. Centers for Disease Control and Prevention (CDC) provides a comprehensive overview of youth mental health, highlighting examples of symptom presentation, testing and diagnostic criteria, and management for childhood mental health conditions. This site links to additional topic portals on specific mental health conditions, including [anxiety and depression](#), [behavior or conduct problems](#), [obsessive-compulsive disorder](#), and [post-traumatic stress disorder](#). Additionally, the portal provides links to seek local clinical care and support, learn more about CDC youth mental health initiatives, and identify action items for parents, youth, health care professionals, and educators.

Topic Portal. Kids, Teens and Young Adults.

Kids, Teens and Young Adults. National Alliance on Mental Illness. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults>.

This topic portal from the National Alliance on Mental Illness (NAMI), provides current research and resources on mental health for kids, teens, and young adults. This portal summarizes information organized by age group on signs to look for, when and how to find mental health care, how to interface with schools for accommodations, and what to do if a child is in crisis. Teen resources include information about social support, how to talk to adults, and research and suggestions about social media use. Resources for young adult also share information about health insurance and professional disclosures. As an organization, NAMI also regularly runs social media campaigns to raise awareness and reduce stigma; every year, the organization provides resources including toolkits, graphics, programs, podcasts, and local advocacy opportunities for [Mental Health Awareness Month](#) in May.

Topic Portal. Child and Adolescent Mental Health

Child and Adolescent Mental Health. National Institute of Mental Health. <https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health>.

This topic portal from the National Institute of Mental Health (NIMH), summarizes key facts about the importance of youth mental health and the impact of mental health conditions. Highlighting early warning signs, such as consistent feelings of fear or worries, disrupted sleep patterns, changes in behavior, and compulsive behaviors, the portal directs users to resources for families to seek help, learn from additional educational information, and contact emergency helplines. This portal also highlights recent news reports, fact sheets, videos, and other resources to support learning and treatment of youth mental health.

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Report. The Lancet Psychiatry Commission on Youth Mental Health

The Lancet Psychiatry Commission on Youth Mental Health. The Lancet Psychiatry 2024; 11(9): 731-774.

DOI: [https://doi.org/10.1016/S2215-0366\(24\)00163-9](https://doi.org/10.1016/S2215-0366(24)00163-9).

GHELI repository link: <https://repository.gheli.harvard.edu/repository/14352>

This *Lancet Psychiatry* Commission report examines youth mental health worldwide. The report highlights the steady decline in mental health among young people over the past two decades, with poor mental health outcomes exacerbated by the onset of the global COVID-19 pandemic. The report examines the principles, strategies, and features required to design, test, and scale new models of mental health care for youth populations and discusses the promotion of mental health for young people. The report calls for mental health care that considers the biological, cognitive, social, and cultural changes of young people aged 12 to 25 years old to better address population needs. The authors also examine the economic and political influences that shape reforms for mental health promotion, prevention, and services.

The report is accompanied by a [policy brief](#), an [editorial](#), and several commentary articles.

Earlier Lancet series on youth mental health include: [the December 2022 Issue](#) and [2016 Lancet Commission on Adolescent Health and Wellbeing](#).

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Article. Worldwide Prevalence and Disability From Mental Disorders Across Childhood and Adolescence: Evidence From the Global Burden of Disease Study

Kieling C et al. *Worldwide Prevalence and Disability From Mental Disorders Across Childhood and Adolescence: Evidence From the Global Burden of Disease Study*. *Journal of the American Medical Association Psychiatry* 2024; 81(4): 323. DOI: <http://dx.doi.org/10.1001/jamapsychiatry.2023.5051>.

GHELI repository link: <https://repository.gheli.harvard.edu/repository/14510>

This article from the *Journal of the American Medical Association Psychiatry*, this article analyzes the 2019 Global Burden of Disease study and provides a comprehensive overview of the prevalence of youth mental disorders. Aggregating the data into four age groups (5-9 years, 10-14 years, 15-19 years, and 20-24 years), this article found that 11.63 percent of this population had a mental disorder, representing the highest burden of disease and disability, with the largest prevalence (13.96 percent) recorded in the 10-14 age group. Additionally, anxiety disorders reported the highest prevalence of all mental disorders (3.35 percent), and when the data was stratified by age group, anxiety disorders were noted to increase as children got older. Highlighting the prevalence of youth mental disorders and anxiety globally, this study calls for increased research and specific age-stratifications to better understand the disease burden and promote positive change.

Article. Contributing Factors to the Rise in Adolescent Anxiety and Associated Mental Health Disorders: A Narrative Review of Current Literature

Anderson TL et al. *Contributing Factors to the Rise in Adolescent Anxiety and Associated Mental Health Disorders: A Narrative Review of Current Literature*. *Journal of Child and Adolescent Psychiatric Nursing* 2024; 38(1): 70009.

DOI: <http://dx.doi.org/10.1111/jcap.70009>.

This article from the *Journal of Child and Adolescent Psychiatric Nursing*, summarizes factors influencing the rising rates of youth anxiety globally. Employing a narrative review of studies of children between the ages 10 to 21 and published between 2000 to 2023, this article synthesizes 56 different articles, finding that academic pressures, familial dynamics, social media, and large-scale societal stressors all impact high rates of adolescent anxiety. Notably, this review highlights that Gen Z children have a four-fold greater prevalence of anxiety compared to the Baby Boomer generation, and two times that of Gen X. Given the complex factors contributing to the rise of youth anxiety, this article recommends increased support and education of caregivers, educators, and health professionals to promote healthy communication; screentime monitoring and media literacy education; engagement in community events and extracurriculars; and increased access to care.

Fact Sheet. Mental Health of Adolescents

Mental Health of Adolescents. World Health Organization 2024. <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>.

GHELI repository link: <https://repository.gheli.harvard.edu/repository/14330>

This fact sheet from the World Health Organization (WHO) provides data on the mental health of adolescents, presenting statistics on the global burden of mental health for young people, especially those aged 10 to 19 years old. It discusses risk factors and determinants that impact mental health, such as exposure to adversity, violence, peer relationships, gender norms, and more. The fact sheet includes data on mental health conditions that impact adolescents, including emotional disorders, such as anxiety and depression, behavioral disorders, risk taking-behaviors, and suicide.

Data Portal. Mental Health

Mental Health. United Nations Children's Fund 2024. <https://data.unicef.org/topic/child-health/mental-health>.

GHELI repository link: <https://repository.gheli.harvard.edu/repository/14511>

This data portal from the United Nations Children's Fund (UNICEF), highlights key data about the prevalence and impact of youth mental health globally. This interactive portal allows the reader to sort through and analyze data, highlighting that over 166 million adolescents were reported to experience at least one mental disorder in 2019, of which over 40% of those children were diagnosed with anxiety and depressive disorders.

Report. Mental Health of Children and Young People in England 2022

Mental Health of Children and Young People in England 2022. National Health Service 2022. <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2022-follow-up-to-the-2017-survey>.

This report from the English National Health Service in 2022, this report analyzed the state of mental health of children and adolescents living in England. As the third wave of a follow up to the 2017 Mental Health of Children and Young People survey, this report highlights nearly 3,000 participants and summarizes their mental well-being as well as their education, employment, and social involvement. Surveying data from 2017, 2020, 2021, and now 2022, this report found that 18 percent of children between the ages of 7 and 16 had a probable mental disorder, increasing from 12.1 percent in 2017.

Report. The State of the World's Children 2021: On My Mind: Promoting, Protecting, and Caring for Children's Mental Health

The State of the World's Children 2021: On My Mind — Promoting, Protecting and Caring for Children's Mental Health. United Nations Children's Fund 2021. <https://www.unicef.org/reports/state-worlds-children-2021>.

GHELI repository link: <https://repository.gheli.harvard.edu/repository/13839>

This State of the World's Children report, published by the United Nations Children's, provides one of the first This report from the United Nations Children's Fund (UNICEF) analyzes child, adolescent, and caregiver mental health, exploring the risk factors and social determinants that shape mental health outcomes for youth worldwide. This year's report examines mental health for the first time, highlighting the impact of the COVID-19 pandemic and the concerns it raised for children's mental health, a long-ignored global health issue. As the COVID-19 crisis disrupted the lives, routines, and security of millions around the world, resulting in increased anxiety and stress for many youths, this report describes a number of additional factors that largely influence poor mental health outcomes for children.

The report estimates that 86 million adolescents aged 15-19 live with a diagnosed mental disorder, along with 80 million adolescents aged 10-14. Mental health conditions continue to represent a huge burden on children in high- and low-income countries, representing a leading cause of death and disability. Globally, suicide is the fifth most prevalent cause of death for adolescents between 10 and 19. The report emphasizes that despite growing demand for mental health support for youth, government investment remains very low, with global spending on mental health representing only 2.1 percent of government health budgets on average. Additional challenges in addressing mental health include widespread stigma, lack of parental support and programs, and gaps in workforce training for youth mental health. The report finds that the risk and protective factors influencing children's mental health pertain to three main areas: home and caregiving settings, safety in schools and communities, and large-scale determinants, such as poverty, conflict, and natural disasters. The authors call for interventions and policy approaches that commit to minimizing risks for children throughout their development and working across sectors to support families, communities, and schools in protecting and promoting mental health for children and adolescents worldwide.

Chapters include:

- Chapter 1: Mental Health
- Chapter 2: The Foundation
- Chapter 3: Risk and Protection
- Chapter 4: The World at Large
- Chapter 5: What is Being Done
- Chapter 6: A Framework for Action

The report is accompanied by an [executive summary](#), regional briefs for [Europe](#) and [Latin America and the Caribbean](#), as well as an [interactive data portal](#) exploring key data for countries included in the report.

Topic Portal. Early Childhood Development: For Every Child, Early Moments Matter

Early Childhood Development: For every child, early moments matter. United Nations Children's Fund. <https://www.unicef.org/early-childhood-development>.

This topic portal from the United Nations Children's Fund (UNICEF) and highlights key research and resources on child development, parenting, and mental health and well-being. As childhood is a formative period of youth development,

Resource Pack: Youth Mental Health in the U.S.

this topic portal provides supports for caregivers, educators, and others in youth spaces by sharing specific resources on how to cultivate child well-being at home, in schools, and in crisis; educational information about the stages and milestones of child development; activity ideas for playtime and education; and recent research studies and reports on mental health disorders prevalence, access to care, and future initiatives.

Topic Portal. Children and Young People: Statistics

Children and Young People: Statistics. Mental Health Foundation. <https://www.mentalhealth.org.uk/explore-mental-health/statistics/children-young-people-statistics>.

This topic portal, developed by United Kingdom mental health organization [Mental Health Foundation](#), highlights statistical information about youth mental health globally and in the UK. The topic portal highlights that around 20 percent of adolescents may have a mental health problem. Additionally, 50 percent of mental health problems are established by the time a child is 14, and around 70 percent of children struggling with mental health disorders do not receive adequate treatment.