

ABOUT THIS SERIES

As young people face myriad challenges, we explore how youth philanthropy can best engage young people of all socioeconomic backgrounds in grantmaking.

# Youth and Mental Health Challenges

1 in 4 children and teens experience mental illness



In 2020, 1 in 6 young people ages 12-17 had a major depressive episode



In 2020, 1 in 5 young people had declining mental health due to COVID-19



**17M Children Face Mental Health Challenges**



- ✿ Children tend to suffer more harm from disruption and family stress than adults
- ✿ Children who experience food and financial insecurity, in addition to social isolation, reported the poorest mental health outcomes during the COVID-19 pandemic
- ✿ Since the start of the COVID-19 pandemic, the share of students who say there is an adult at school with whom they can discuss anxiety, stress, or depression, dropped from 46% before the pandemic to 39% in 2021

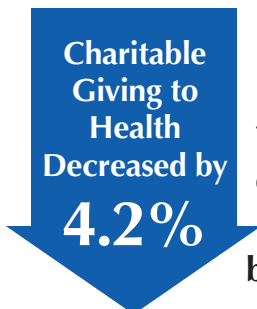
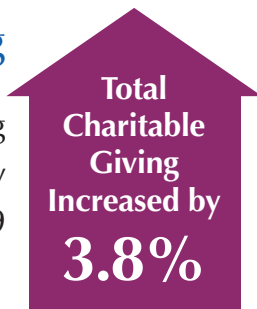


In Spring 2021, **49% of students** reported **feeling depressed, anxious, or stressed**, which made it hard to do their best in school.

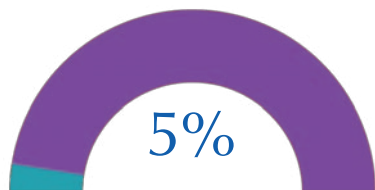


## Insufficient Funding

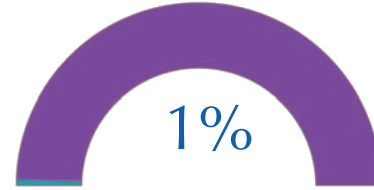
In 2020, total US giving **INCREASED** slightly from 2019



But giving to healthcare organizations **DECLINED** by over 4%.



**Only 5% of foundation healthcare grants go to mental health**



**Less than 1% of US government spending goes to mental health**

To engage young people in youth philanthropy programs, we must be aware of and ready to assist young people as they face mental health challenges. Robust support systems and mentors are vital to young people's participation in these programs. Programs should also consider funding youth mental health organizations in order to create a holistic approach to positive youth mental health outcomes.

## Youth and Mental Health Challenges — References

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