Understanding young people’s mental health

Young people’s emotional health is just as important as their physical health, but information and support for mental wellbeing can be harder to come by. Here are some key facts about mental ill health in those under the age of 24.

Mental health issues, such as depression, anxiety and eating disorders, are common and often start at a young age.

- **10%** of children and young people (aged 5-16 years) have a clinically diagnosable mental health issue
- **50%** of mental health issues are established by age 14 and **75%** by age 24
- **Suicide** is the most common cause of death for people aged 5-19
- **27%** of students report having a mental health issue. Nearly half say these issues prevent them from completing some daily tasks

**80%** of young people say exam pressure has a big impact on their mental health

**25%** of young people with a diagnosable mental health issue get access to the treatment and care they need

**10 years** is the average delay between a young person first showing symptoms of mental ill health and getting help

Any of these can be signs that suggest a young person may need support with their mental health.

Starting a conversation with them can be the first step on that journey to support.

Visit mhfaengland.org for more information

© MHFA England 2018