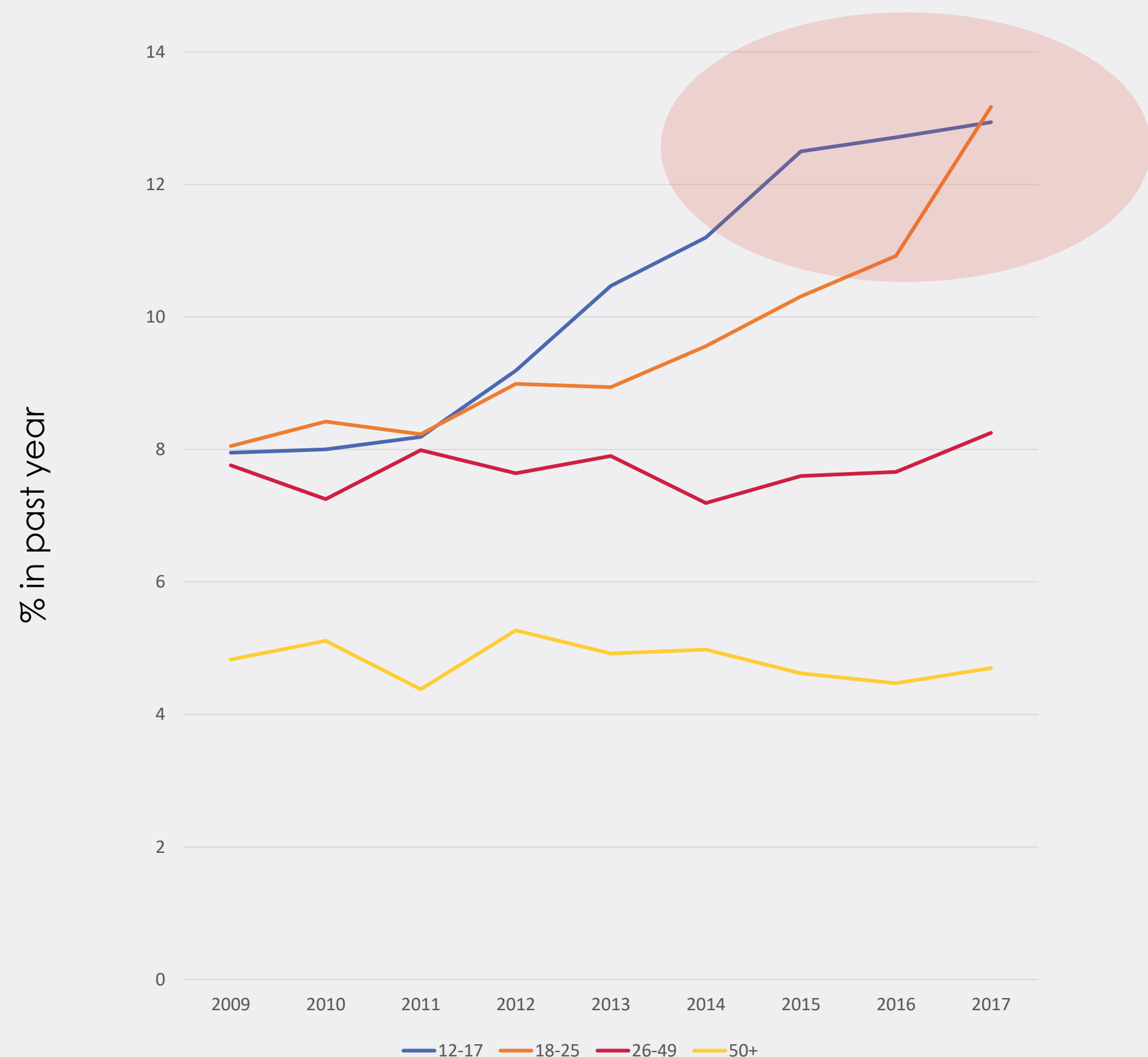


The Mental Health Crisis



- Mental health challenges have increased significantly over the last 10 years
- The incidence rate of mental health issues for young people has increased in particular, even while mental health outcomes for older age groups have remained steady
- Research points to a number of factors, including the isolating effect of technology and digital media usage, increase in student anxiety about issues like school shootings and climate change, and disruption in sleep patterns due to use of technology

Percent with major depressive episode in the past 12 months, by age group, 2009-2017



Source: Age, Period, and Cohort Trends in Mood Disorder Indicators and Suicide-Related Outcomes in a Nationally Representative Dataset, 2005-2017, Journal of Abnormal Psychology, 2019, Vol. 128, No.3, 185-199