

# Teen Mental Health | from Teens Themselves

A recent survey by NAMI asked teens age 12-17 about their own mental health

**Teens are facing mental health struggles**

64% feel the world is more stressful now than when parents were their age

**64%**

About 1 in 6 report experiencing specific negative emotions all the time or often

**1 in 6**

1 in 4 have been diagnosed with a mental health condition

**1 in 4**

**Teens are comfortable talking about mental health, but often don't start the conversation**

Two-thirds say they're open to talking, but only 48% talk with parents about their mental health and only 22% talk with friends

**48%**

34% seek mental health information from parents, 18% from friends, 7% from teachers or trusted adults outside their family, and 6% from social media

**34%**

Among those who have sought information about mental health, 95% trust their parents often, 80% trust their teachers and other adults at their school and 78% trust their friends

**95%**

**Teens want schools to play a big role in their mental health, and they trust the information they get there, and are open to receiving information at school**

More than 2 in 3 agree schools should teach about what mental health is, including where and how to seek treatment

**2 in 3**

56% say their school thinks that mental health matters

**56%**

67% think schools should offer days off for mental health

**67%**

Parents can help their teens by starting the conversation about mental health, checking-in regularly and taking the NAMI Basics course to gain a better understanding of mental health conditions. Schools can help teens by providing mental health education, such as by offering the NAMI Ending the Silence presentation and allowing mental health days when teens are struggling.

**Check out our wealth of resources for kids, teens and young adults at [nami.org/youth](https://nami.org/youth)**