The No Shame On U
Teen Fact Sheet

REACH OUT

If you or someone you know is in crisis, you are not alone: Please call 1-800-273-TALK (8255) 24/7 crisis line, OR Text 741741 for a 24/7 crisis text line – a live, trained crisis counselor receives the text and responds quickly, OR go to www.imalive.org for 24/7 crisis online chat.

FACTS

20% 12.5% 8%
Mental Health Depression Anxiety

1 in 5 13-18 year olds live with a mental health condition. In 2015, nearly 1 in 8 12-17 year olds experienced at least one major depressive episode. Nearly 1 in 10 teens ages 13-18 have an anxiety disorder.

Sources: NIMH, DoSomething.org, NAMI

MENTAL SHIFT. END STIGMA. SAVE LIVES.

No Shame On U is a 501(c)(3) organization dedicated to eliminating the stigma associated with mental health conditions and raising awareness in the Jewish community and beyond. Our goal is for the people who need help to seek it, for family members and friends to know how to provide proper support and to save lives.

www.NoShameOnU.org @NoShameOnU Facebook.com/NoShameOnU @NoShameOnU