

The No Shame On U

Teen Fact Sheet

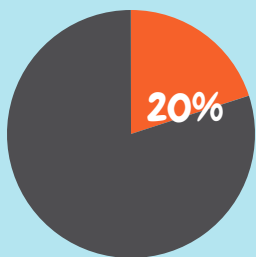
REACH OUT

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%

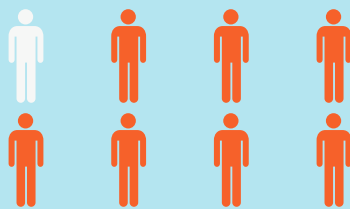
Mental Health



1 in 5 13-18 year olds
live with a mental
health condition.

12.5%

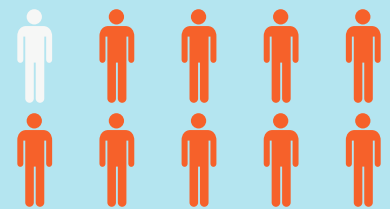
Depression



In 2015, nearly 1 in 8
12-17 year olds
experienced at least one
major depressive episode.

8%

Anxiety



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



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