

# YOUTH AND YOUNG ADULT RESOURCES

**NAMICON**  
TOGETHER FOR MENTAL HEALTH



1 in 6 U.S. youth aged 6-17 experience a mental health condition each year.  
50% of all lifetime mental health conditions begin by age 14, and 75% by age 24.

## For Kids

NAMI resources help parents differentiate between common behaviors and signs of a mental health condition. Parents can find guidance for supporting their child's mental health, locating mental health care services and learning how to communicate their child's needs to their school.



## For Teens

NAMI can help teenagers looking to take responsibility for their mental health. Teens can find tips on how to talk to parents and peers, how to get support from school and how to protect their mental health while using social media.



## For Young Adults

Young adults can learn how to advocate for their needs, from navigating health insurance to disclosing mental health conditions to universities and employers. NAMI provides guides, blogs and videos on a variety of topics, like recognizing symptoms of mental health conditions, so young adults can learn more and join the conversation.



The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.