



Are Youth at Risk?

by NEWLIFEOUTLOOK TEAM

Depression Among Youth

If you're starting to see symptoms of depression in your children, you should seek help as soon as possible. 8% of 12 to 17 year olds reported a major depressive episode within 12 months and the rate of females is more than double that of males. During this age range, there are a lot of biological, environmental, and social changes that could all contribute to depression. Getting your child to communicate during this time period can be difficult, but remember that they are still dependent on you for a lot of things. Take the time when they come to you for something that they need to sit down and have a conversation first. If you can, have conversations when you drive your child anywhere, when you take part in an activity together, and always make time when your child finally decides to communicate.



DEPRESSION, SUICIDE, & DISPARITY

AMONG OUR NATION'S YOUTH



8.0% of 12 to 17 year olds reported having had a major depressive episode in the past 12 months.



2.5x

The rate for females was more than two and a half times that for males.

AMONG OUR NATION

In 2008, the suicide rate for males was nearly 4x the rate for females.



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MAJOR DEPRESSIVE EPISODE

2020 Target: 7.4% adolescents aged 12 to 17 years

Reduce the proportion of persons who experience major depressive episode (MDE)



2010



2020 Target

6.3% reduction needed

SUICIDE RATE

2020 Target: 10.2 suicides per 100,000

Reduce the suicide rate



2008



2020 Target

12.1% reduction needed