Youth Mental Health

The Story Behind the Numbers

Camber Mental Health
KVC HEALTH SYSTEMS

Youth mental health in the U.S. shows both encouraging progress and critical gaps. While rates of depression and suicidal ideation among teens are declining, millions of young people still struggle in silence or go without care. Progress—but not peace yet.

Key national findings:

50.8% of youth with depression received no treatment or counseling

28.6% of youth (over 7 million) did not have a preventive health visit last year — missing early screening opportunities

8.6% of youth with private insurance were not covered for mental or emotional health services

11.3% of youth (~2.8 million) experienced depression with severe impairment affecting school, work, or home life

60.4% of youth (ages 6–17) met the criteria for flourishing (showing curiosity, resilience, and self-control), meaning 4 in 10 still struggle to stay calm or focused under stress

10.1% of youth (~3 million) reported serious thoughts of suicide — a decrease from 12.3% the year before

15.4% of youth (ages 12–17) experienced a major depressive episode in the past year — down from 18.1% in 2023

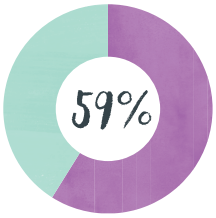
Roadblocks to care:

Stigma and self-blame are still the most common barriers to care.

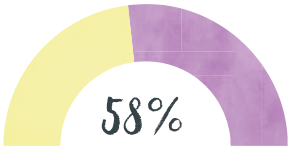
In 2023, **85%** of youth who avoided treatment said they felt they "should have handled it themselves."

Schools are stretched thin. Only **48%** of U.S. schools say they can adequately meet student mental health needs, citing staff and funding shortages.

Fear and privacy concerns stop many from seeking help:



worried about what others would think



feared their information wouldn't be kept private



feared being forced into treatment

Half of all lifetime mental health conditions begin by age 14.

Early intervention saves lives.

Camber helps bridge awareness to action through early, accessible, youth-centered care.

Our Network of Locations

KANSAS CITY
4300 Brenner Dr.
Kansas City, KS 66104

OLATHE*
21277 W. 153rd St.
Olathe, KS 66061

WICHITA
1507 W. 21st St. N.
Wichita, KS 67203

HAYS
3000 New Way Blvd.
Hays, KS 67601

WEBSTER GROVES**
400 North Rock Hill Road
Webster Groves, MO 63119

cambermentalhealth.org

*In partnership with Children's Mercy **In partnership with St. Louis Children's