

STATE OF GIRLS MENTAL HEALTH

Mental health is a state of well-being in which a girl can cope with the normal stresses of life, participate effectively in activities like school, and contribute to her community.^{1,2}

Self-efficacy, a girl's belief in her ability to succeed, enhances a girl's sense of well-being and promotes good mental health.³⁻⁷ Our **Six Cs** – Critical thinking, Creativity, Communication, Coping Skills, Collaboration and Confidence – give girls essential tools for emotional, psychological and social well-being.⁸

Currently,
1 in 6

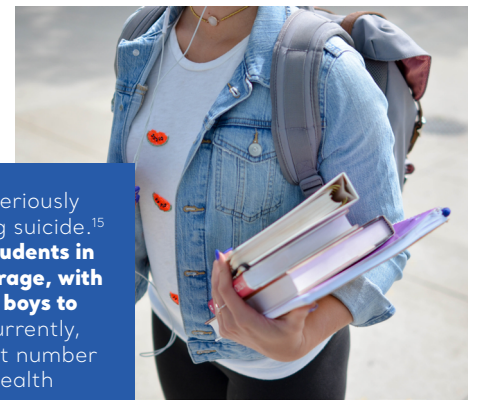
U.S. youth aged 6-17 experience a mental health disorder each year.^{9,10}

2X's

Girls are more than twice as likely than boys to be diagnosed with a mood disorder in their teen years.¹¹



While mental illness can affect all children and youth, research shows girls are at greater risk for certain mental health conditions, like depression and anxiety.¹¹ **Over half of all chronic mental illnesses begin before age 14.**¹² Untreated mental health disorders are associated with poor academic performance, misconduct, and school drop-out due to their impact on social and academic progress.^{11,13}



In Texas,
44%

of high school girls report signs symptoms of depression.¹⁵

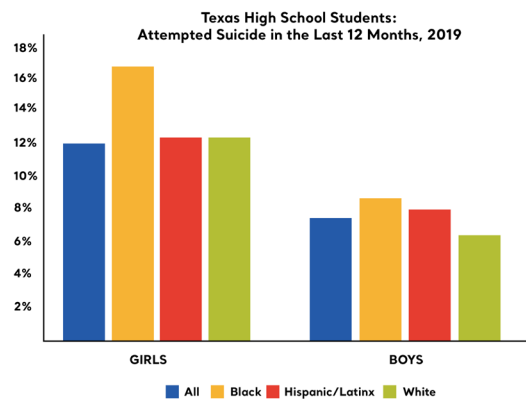
One in five high school girls in Texas has seriously considered or made a plan for attempting suicide.¹⁵ **The suicide attempt rate for high school students in Texas is 66% higher than the national average, with high school girls in Texas twice as likely as boys to seriously consider attempting suicide.**¹⁶ Currently, Texas is among the states with the highest number of children not receiving needed mental health treatment.¹⁰

Girls make up over
90%

of children admitted to hospitals for eating disorders.¹⁴



High levels of smart phone and social media use are associated with increase in mental distress, self-injury and suicidal behavior among adolescents.¹⁷



Mental health experts are concerned that heavy social media use^{17,18} and the novel COVID-19 pandemic¹⁹ place this generation of girls at increased risk of mental illness. **Effective prevention and early treatment of mental illness can help prevent more severe, lasting problems as girls grow up.**²⁰



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