

Protecting Youth Mental Health

Key takeaways from the Surgeon General's Advisory:

Read more information and download the advisory at:
<https://hhs.gov/surgeongeneral/priorities/youth-mental-health/>

Mental health is an essential part of overall health

Mental health conditions are real, common, and treatable. People experiencing mental health challenges deserve support, compassion, and care — not stigma and shame.

Mental health is shaped by a combination of factors

Mental health conditions can be shaped by biological factors, including genes and brain chemistry and environmental factors, including life experiences.

COVID-19 added to pre-existing challenges that youth faced

Since the pandemic began, rates of psychological distress among young people have increased. The pandemic is most heavily affecting those who were already vulnerable. This includes youth with disabilities, racial and ethnic minorities, LGBTQ+ youth, and other marginalized communities.

Focusing on youth mental health now is critical

We all have a role to play in supporting the mental health of children and youth. Find actionable steps and resources on our priority webpage: <https://hhs.gov/surgeongeneral/priorities/youth-mental-health/>



Office of the
U.S. Surgeon General