



Mental Health

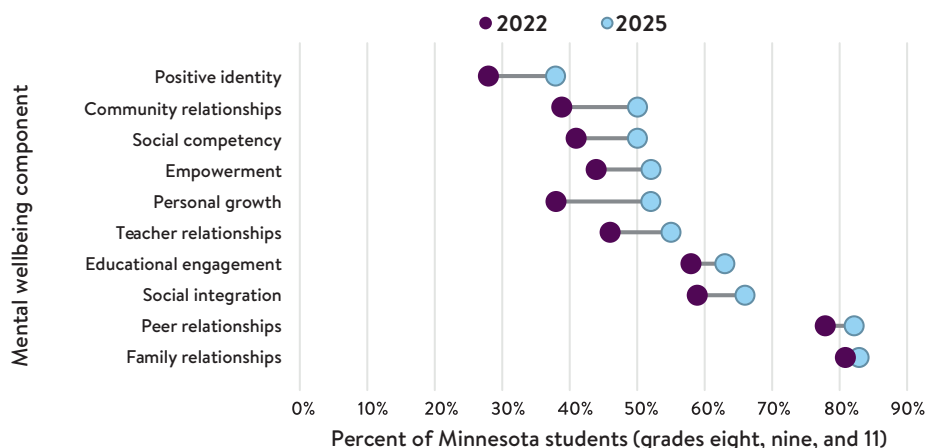
ACCESS TO HIGH-QUALITY, YOUTH-FRIENDLY
HEALTH CARE AND INFORMATION

Young people benefit from access to high-quality medical, dental, and mental health services and health information. They also benefit from healthcare providers who understand adolescent and young adult health and development.

Mental wellbeing

There are signs of hope in the mental wellbeing crisis in the U.S. and in Minnesota.

Mental health is more than the absence of mental illness. To reflect this broader, strength-based concept, many use the term “mental wellbeing” or “flourishing” instead. All positive mental wellbeing components saw improvement, increasing in 2025 compared to 2022.



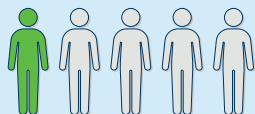
Mental illness



Two in five high school students reported persistent feelings of sadness or hopelessness, more than a **52%** increase from 2009.



One in four adolescents reports long-term mental health problems.



20% of students had felt nervous, anxious, were depressed, or were worried for more than seven days in the past two weeks. Students of all races report long-term mental health, behavioral, or emotional problems. Multiracial students were the most likely to report these, Black students were the least likely.

Adolescents 12-17 with special health needs are

7x more likely

to have depression or anxiety compared to adolescents without special health needs.

What do teens say?

What helps with mental wellbeing:

- Relationships with family and peers.
- Recognizing their own identity.
- Building their own self-esteem.
- Building community over time.
- Getting to know themselves as they grow.

Full youth feedback can be found in the [Adolescent Health Data Book](http://www.health.mn.gov/people/adolescent/youth/databook.html) (www.health.mn.gov/people/adolescent/youth/databook.html).

For more information, read the complete [Adolescent Health Data Book](http://www.health.mn.gov/people/adolescent/youth/databook.html) (www.health.mn.gov/people/adolescent/youth/databook.html).

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