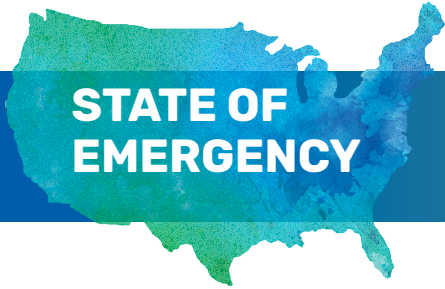


# Child Mental Health MATTERS... Prevention is the Missing Link



**STATE OF  
EMERGENCY**

**“National State of Emergency”  
Declared in Children’s Mental Health**

Three pediatric organizations call for **“strategies to meet these challenges...across the continuum of mental health promotion, **prevention** and treatment.”** <sup>(2)</sup>



American Association of  
Child & Adolescent  
Psychiatry



Oct 19, 2021 <sup>(1)</sup>

U.S. Surgeon General, “The challenges today’s generation of young people face are unprecedented...and the effect these challenges have had on their mental health is devastating.”



Dec 8, 2021 <sup>(2)</sup>

**Mental health was a problem before the pandemic.  
Now it’s WORSE!**

## ANXIETY & DEPRESSION

Kids 3-17 Diagnosed - 2016-2019 <sup>(3)</sup>

<b>Anxiety</b>	<b>Depression</b>
<b>9.4%</b>	<b>4.4%</b>
approx 5.8M	approx 2.7M
kids	kids

Between 2016-2020, kids 3-17 diagnosed increased by: <sup>(4)</sup>

<b>Anxiety</b>	<b>Depression</b>
<b>29%↑</b>	<b>27%↑</b>



## SELF-HARM & SUICIDE

### Suicide

was the **second leading cause** of death for kids 10-14 in the USA in 2020. <sup>(5)</sup>

Cases of  
**Self-injury  
& Suicide**



in kids 5-17 increased **45%** in the first half of 2021 <sup>(6)</sup>

**45%↑**

**Life Coaching for Kids Fills the Gap**

[www.AdventuresInWisdom.com](http://www.AdventuresInWisdom.com)

Adventures  
inWisdom®

# American High School Students are Struggling

across every race, year of high school, in all 50 states<sup>(7)</sup>



Our nation's future depends on our children's mental health.

44%

of High School Students Feel Persistently Sad or Hopeless

LGBT  
75.7%

Female  
56.5%

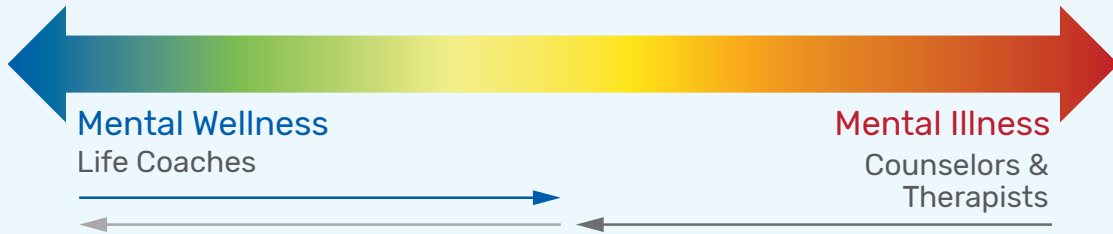
Male  
31.4%

White  
44.2%

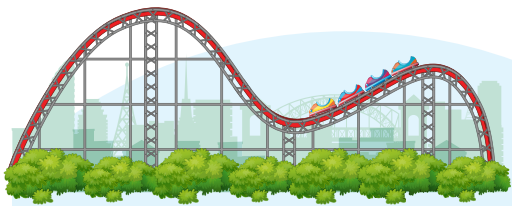
Black  
39.7%

Data from the CDC.

## Life Coaching for Kids Helps with PREVENTION

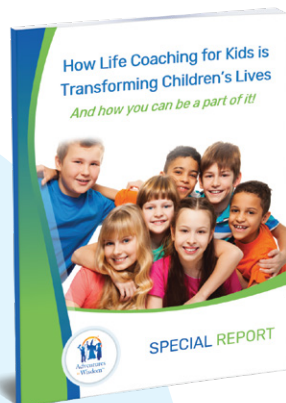


Life coaching for kids is a critical part of the Mental Health Continuum for kids - **helping kids develop mindset skills to navigate the ups and downs of growing up and be confident and prepared for life.**



### Proven mindset skills for:

- Resilience
- Self-esteem
- Confidence
- Responsibility
- Change
- Self-leadership
- Goals
- Achievement
- Decision-making
- Happiness



Download FREE  
Special Report  
to Learn How it Works



"Just like a basketball coach helps children develop the skills, confidence, and ability to thrive on the court, a life coach for kids helps *children* develop the skills, confidence, and ability to *thrive* in life."

- Renaye Thornborrow  
Founder, & CEO  
Adventures in Wisdom

### Resources:

- (1) AAP announcement - <https://tinyurl.com/2s3zf7w6>
- (2) HHS - <https://www.hhs.gov/sites/default/files/surgeon-general-youth-mental-health-advisory.pdf>
- (3) CDC - <https://www.cdc.gov/childrensmentalhealth/features/anxiety-depression-children.html>
- (4) HHS - <https://tinyurl.com/4ss4j6cx>
- (5) CDC - <https://www.cdc.gov/suicide/facts/index.html>
- (6) CHA - <https://www.childrenshospitals.org/news/newsroom/2021/12/sound-the-alarm-for-kids-raises-awareness#.YmNli9rMKt8>
- (7) The Atlantic - <https://www.theatlantic.com/newsletters/archive/2022/04/american-teens-sadness-depression-anxiety/629524/>

Certifying  
Life Coaches  
for Kids  
since 2013

Adventures  
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