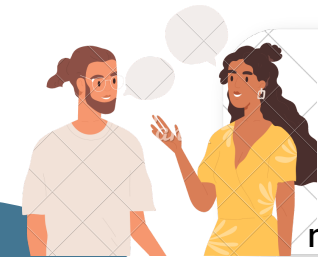


# MAY 5TH IS CHILD & ADOLESCENT MENTAL HEALTH AWARENESS DAY



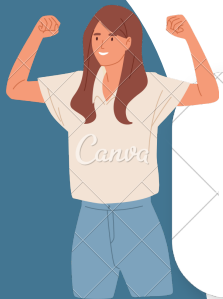
Parents who used telehealth services said child had benefited (86%) and they saw improvement in their child (78%).

Adults who experienced strong connections as youth were 48%-66% less likely to have mental health issues.



Children who interact with parents, teachers and community members have better mental health outcomes.

47% of 14-24-year-olds surveyed want to learn more about how to help their own mental health.

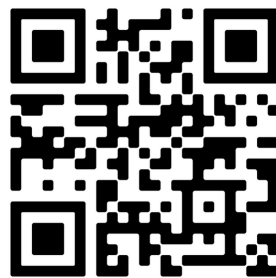


Higher numbers of positive experiences in childhood were associated with 72% lower odds of having depression or poor mental health as an adult.

50% patients in psychotherapy improved after just eight sessions while 75% had improved by the six-month point.



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