



Beyond Stigma: Bringing the Conversation About Mental Illness Forward
Conversations at The Carter Center
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Young Adults & Mental Illness: Key Facts

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One half of all lifetime cases of mental illness begin by age 14, three quarters by age 24.¹ But research has shown that early intervention for children and adolescents developing a mental illness can make a big difference in their overall health as an adult².

More than half of young adults who have dropped out of college cite a mental health reason for not attending³. According to a national survey, 58 percent of students indicated that seeking counseling helped them remain in school and 63 percent indicated that counseling helped them improve their academic performance⁴.

Suicide is the third leading cause of death among 18-24 year olds and is the second leading cause of death for college students⁵