

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."** ⁽²⁾



American Association of
Child & Adolescent
Psychiatry



Oct 19, 2021 ⁽¹⁾

U.S. Surgeon General, "The
challenges today's generation of
young people face are unprece-
dented...and the effect these
challenges have had on their
mental health is devastating."



Dec 8, 2021 ⁽²⁾

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

ANXIETY & DEPRESSION

Kids 3-17 Diagnosed - 2016-2019 ⁽³⁾

Anxiety
9.4%
approx 5.8M
kids

Depression
4.4%
approx 2.7M
kids

Between 2016-2020, kids 3-17
diagnosed increased by: ⁽⁴⁾

Anxiety
29%↑

Depression
27%↑



SELF-HARM & SUICIDE

Suicide

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

Cases of
 **Self-injury
& Suicide**

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

45%↑

Life Coaching for Kids Fills the Gap

www.AdventuresInWisdom.com

Adventures
inWisdom®

American High School Students are Struggling

across every race, year of high school, in all 50 states⁽⁷⁾



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%

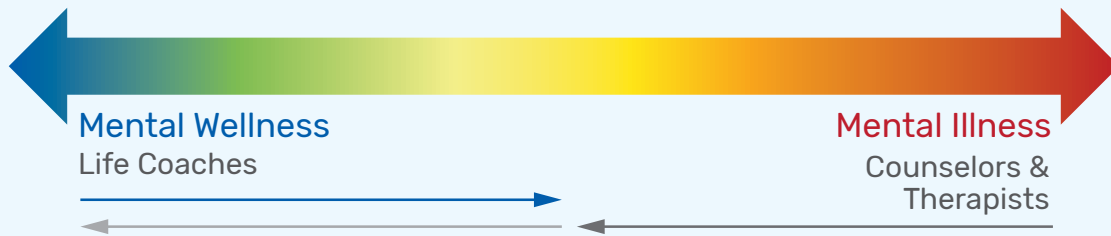
Male
31.4%

White
44.2%

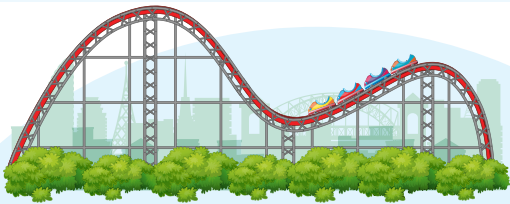
Black
39.7%

Data from the CDC.

Life Coaching for Kids Helps with PREVENTION

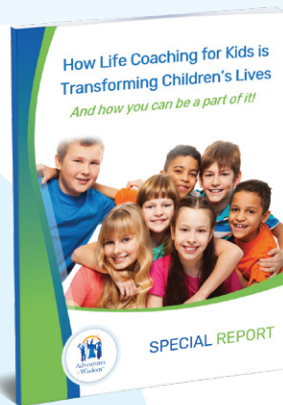


Life coaching for kids is a critical part of the Mental Health Continuum for kids - **helping kids develop mindset skills to navigate the ups and downs of growing up and be confident and prepared for life.**



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**

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