

The U.S. Surgeon General estimates that one in five children and adolescents will experience a significant mental health problem during their school years. Some problems are more serious than others, but all children face challenges that can affect their learning and behavior.

These can include:

- ✿ Stress and anxiety**
- ✿ Worries about being bullied**
- ✿ Problems with family or friends**
- ✿ Loneliness or rejection**
- ✿ Disabilities**
- ✿ Depression**
- ✿ Thoughts of suicide or hurting others**
- ✿ Concerns about sexuality**
- ✿ Academic difficulties**
- ✿ Dropping out**
- ✿ Alcohol and substance abuse**
- ✿ Fear of violence, terrorism and war**

