

# Gratitude Statistics

**One in four adolescents will experience Mental Health problems** this year and nearly two-thirds of them will not seek help.

Alarminglly **one in seven** primary school students are also likely to experience mental health problems this year.

**Mental health disorders carry the largest burden of disease for 15-24-year-olds** and shockingly, suicide is the most common cause of death for this age.

Recent data from a **headspace national survey** found that one-in-three young people aged 12-25 years old reported high or very high levels of psychological distress - a rate that has more than tripled since 2007.