

## 70% of teens see mental health, depression as a 'major struggle' for their generation in Pew survey

In the past decade, young people in the United States have borne the brunt of some of the most highly publicized sources of stress. Mental illness is an enormous public-health concern for Americans of any age, but things such as anxiety over school shootings and the fallout of cyberbullying can make being young in this country uniquely difficult, on top of looming concerns such as college debt and building a career. ... But the statistics might contain a significant silver lining about teen mental health.

[Recently,] the Pew Research Council [released the results](#) of a survey conducted among a nationally representative sample of 920 American teens ages 13 to 17. ... 70 percent of teens see mental health as a major struggle for their peers... .

About [20 percent of American adolescents](#) struggle with some kind of mental-health disorder, most commonly depression or anxiety. Recent studies suggest that those problems are [becoming more widespread](#).

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[F]or an age group that's so frequently [painted as cruel](#) to one another, Pew's new numbers ... give a fuller picture of what it's like to be a teenager in America in 2019. They might be struggling, but most of them appear to understand that they're not struggling alone.

**Read full, original post:** [A New Sign That Teens Know They Aren't Struggling Alone](#)