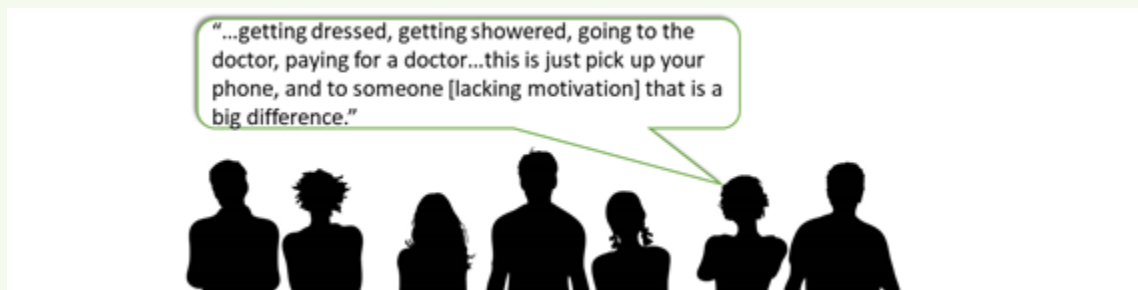


# Perceptions of Telemental Health among Adolescents and Young Adults

## ABOUT

Three-quarters of mental health disorders begin before the age of 24, however, only 1 out of every 5 of those youth receive mental health treatment. Technology has the potential to serve as a supplement or alternative to traditional mental health care and in this study, we sought to uncover the preferences of youth (age 14-24). In a survey study of over 5000, we uncovered the role, benefits, and disadvantages of telehealth in addressing mental health needs from the perspective of adolescents and young adults.

Previous research has shown that telemental health (TMH) resources are effective for screening as well as providing education and treatment to individuals who are struggling with depression, anxiety, and/or suicidal ideations. We probed participants on a variety of types of TMH resources (figure 1).



We found that many teens and young adults in Northeast Indiana are struggling with mental health and not currently receiving treatment, like many young people across the country. Most of our study participants were unaware of existing resources but expressed a willingness to engage with TMH in times of need. Positive perceptions about these resources opens the door for TMH resources to be used as supplemental support in times of crisis or distress. Our findings can be used to guide the use of TMH solutions to target specific populations for effective and tailored care. Providing access to evidence-based resources that use varying methods of engagement based on symptoms or preference and/or allow students to discuss their issues informally, on their own time, mutually, and anonymously may be promising routes for providing support for specific symptoms, stressors, or demographics among youth who are in need of mental health interventions.

# ABOUT CONT...

## Secondary Headline Goes Here



Figure 1: Telemental Health Resource Types Presented in Survey Study

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## PUBLICATIONS/ PRESENTATIONS

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9/26/17 – Health Affairs blog: *To Improve Health Care, How Do We Build Trust And Respect For Patients?* By Megan Collado, Tara Oakman, and Mona Shah (<http://www.healthaffairs.org/doi/10.1377/hblog20170926.062183/full/>)