DAVIS-SMITH MENTAL HEALTH

Teen Anxiety by the Numbers

A one-page guide for parents, schools and pediatric offices

31.9%

of U.S. teens ages 13 to 18 have had an anxiety disorder at some point. That's nearly 1 in 3.

NIMH, 2001 to 2004 data

18%

of U.S. teens ages 12 to 17 had moderate or severe anxiety symptoms in 2025.

SAMHSA, 2025 data

61%

rise in diagnosed anxiety among U.S. teens ages 12 to 17, from 10.0% in 2016 to 16.1% in 2023.

HRSA, 2016 to 2023 data

4 in 10

young people ages 12 to 20 with severe anxiety symptoms got no mental health treatment in the past year.

Bommersbach et al., JAMA Pediatrics, 2024 data

Signs to watch for

- Worry that won't switch off
- Avoiding school, friends or activities
- Stomachaches and headaches with no medical cause
- Trouble sleeping
- Irritability
- Needing constant reassurance
- Perfectionism

More on the signs:
davis-smithmentalhealth.com/signs-of-teen-anxiety

The good news

Anxiety is very treatable. In the largest U.S. study of treatment for childhood anxiety (ages 7 to 17), about **6 in 10** improved with cognitive behavioral therapy (CBT) alone, and about **8 in 10** with CBT plus medication.

About **1 in 6** Illinois teens (17.5%) currently have anxiety problems, according to their parents. Your teen is not alone.

If something has felt off for a few weeks, talk with your teen's pediatrician or a licensed therapist. You don't have to wait until it gets worse.

Where to get help

In a crisis: call or text 988, call 911, or go to the nearest emergency room.

Davis-Smith Mental Health: (815) 409-5940 · davis-smithmentalhealth.com. In person in New Lenox and by telehealth anywhere in Illinois.

Free resources for Illinois teens and families: davis-smithmentalhealth.com/free-mental-health-resources-illinois-teens

Scan for 130+ statistics with sources

Sources: National Institute of Mental Health (National Comorbidity Survey Adolescent Supplement); SAMHSA, 2025 National Survey on Drug Use and Health; HRSA Maternal and Child Health Bureau, National Survey of Children's Health, 2024 brief; Bommersbach et al., JAMA Pediatrics, 2026; NIMH, 2008, Child/Adolescent Anxiety Multimodal Study (ages 7 to 17, 12 weeks); National Survey of Children's Health, Illinois, 2023 to 2024. Full list: davis-smithmentalhealth.com/teen-anxiety-statistics

Clinically reviewed by Jessica Davis, LCPC. Updated November 2026. Free to print and share. Davis-Smith Mental Health, 100 Batson Court, Suite 206, New Lenox, IL 60451.