



# Inside the Adolescent Mental Health Crisis

Young people in the United States are facing a new set of risks. Why has the situation caught so many people off guard?

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Michael Barbaro

From “The New York Times,” I’m Michael Barbaro. This is “The Daily.”

Today, why the mental health crisis afflicting America’s youth has become so widespread, and why seemingly everyone has been so unprepared to handle it. I spoke with my colleague, Matt Richtel, about what his investigation has found.

It’s Tuesday, August 30.

Matt, for the past couple of years, you have been exploring a topic that especially throughout the pandemic has become a lot more visible to people, which is that kids, and especially teenagers, in the United States are in the throes of a mental health crisis. So tell me about that reporting.

Matt Richtel

Yeah, a couple of years ago, we noticed that young people are dealing with mental health distress, and we started to look into the numbers to ask what’s really going on. In 2019, Michael, 13 percent of adolescents reported having a major depressive episode. And that

