



## EDC JOINS “SOUND THE ALARM FOR KIDS” TO ADDRESS MENTAL HEALTH EMERGENCY IN CHILDREN AND TEENS



WASHINGTON, D.C. (November 1<sup>st</sup>, 2021) – Today the Eating Disorders Coalition for Research, Policy & Action (EDC) joined “[Sound the Alarm for Kids](#)” as a national partner committed to helping raise awareness about the mental health emergency in children and adolescents.

“We join other child and mental health organizations across the country in saying it’s time to declare a national mental health emergency for the sake of our children and families in crisis,” **said Chase Bannister, MDiv, MSW, LCSW, CEDS, Board President, EDC.** “We urge Congress to take action this year and invest in the mental health of kids.”

The national facts and statistics are compelling.

- Before the pandemic, [1 in 5 children](#) – anyone under age 18 – experienced a mental health condition on an annual basis.
- From 2007 to 2018, there was a [60% increase](#) in the rate of suicide among 10- to 24-year-olds, making it the second leading cause of death for this age group.
- More than [half of adults \(53%\)](#) with children in their household say they are concerned about the mental state of their children.

Within the eating disorders community, the COVID-19 pandemic has exacerbated eating disorders and raised the need for eating disorders services and supports. These trends are reflected in data from the National Eating Disorders Association (NEDA), which reports calls to have had a 40 percent jump in overall call volume since March 2020.<sup>1</sup> Of these calls, 35 percent came from those aged 13 to 17, up from 30 percent in the year before the pandemic. Further, the National Alliance for Eating Disorders Awareness’ [FindEDhelp.com](#) tool saw 2.5 times increase in utilization for individuals seeking treatment. The control in eating behaviors became a way for many children and teens to take control during the loss of familiar routines and loss of control of other parts of their life due to the pandemic.

“The child and mental health community is sounding the alarm for our kids’ mental health,” added **Molly Perlman, MD, MPH, CEDS, Board Vice President, EDC.** “This emergency situation requires immediate attention. We must make every effort to improve access to critical behavioral and mental health resources at the local, state and federal levels.”

*The Eating Disorders Coalition for Research, Policy & Action (EDC) is a Washington, DC-based, federal advocacy organization comprised of advocacy organizations, academics, treatment providers, family/loved ones of children with eating disorders and people experiencing eating disorders nationwide. The EDC advances the recognition of eating disorders as a public health priority throughout the United States. Additional resources can also be found at [eatingdisorderscoalition.org](#).*

###

**Media Contact: Emily Rosenberg: [erosenberg@eatingdisorderscoalition.org](mailto:erosenberg@eatingdisorderscoalition.org)**

---

<sup>1</sup> Damour, Lisa. “Eating Disorders in Teens Have ‘Exploded’ in the Pandemic.” The New York Times. <https://www.nytimes.com/2021/04/28/well/family/teens-eating-disorders.html>.

