

PARENTAL CONCERN FOR CHILDREN'S MENTAL HEALTH:

74% of parents worry about their children's mental health, particularly regarding anxiety and depression risks.

PARENTAL MENTAL HEALTH CHALLENGES:

Around 23.9% of parents experience mental health issues, impacting their parenting and family well-being.



LACK OF ACCESS TO MENTAL HEALTH RESOURCES:

40% of parents report difficulty accessing affordable mental health support for their children.

STRESS FROM SPECIAL NEEDS CARE

Parents of children with special needs report higher stress levels due to lack of specialized resources.

Sources:

Parents Under Pressure: Supporting the Mental Health of Families – U.S. Department of Health and Human Services, 2023. Available at [hhs.gov](https://www.hhs.gov)



HEALTH & WELLNESS

PHYSICAL HEALTH CONCERNS

60% of parents feel overwhelmed by balancing work, family, and health needs.



IMPACT OF HEALTH ON PARENTING

Parents facing health issues often struggle to engage with children due to lack of energy.

NUTRITION ACCESS

Many parents cite challenges in accessing affordable, healthy food for their families, impacting wellness.

SELF-CARE NEGLECT

Nearly 70% of parents report neglecting their own health needs due to family responsibilities.

CHILDREN'S PHYSICAL HEALTH CONCERNS

45% of parents worry about obesity and other physical health issues in their children.

COMMUNITY HEALTH RESOURCES

Many parents lack knowledge of local health resources that could support their family's wellness.

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