

Mental and Behavioral Health Data Resources for POV 2026

DATA

<https://ncmedicaljournal.com/article/87514-impact-of-the-youth-behavioral-health-crisis-in-north-carolina>

<https://ncdetect.org/mental-health-dashboard/>

<https://www.nami.org/kids-teens-and-young-adults/teens/>

<https://www.nami.org/kids-teens-and-young-adults/young-adults/>

<https://www.ncdhhs.gov/divisions/child-and-family-well-being/whole-child-health-section/child-behavioral-health/child-behavioral-health-dashboard>

<https://ncchild.org/data-center/>

<https://ncchild.org/what-we-do/insights/data/mental-health-mapping-dashboard/>

<https://datacenter.aecf.org/>

<https://www.dpi.nc.gov/districts-schools/classroom-resources/office-teaching-and-learning/programs-and-initiatives/nc-healthy-schools/nc-healthy-schools-data>

https://dashboards.ncdhhs.gov/t/DPH/views/NCVDRSDashboard/NC-VDRSDashboard?%3Adisplay_count=n&%3Aembed=y&%3AisGuestRedirectFromVizportal=y&%3Aorigin=viz_share_link&%3AshowAppBanner=false&%3AshowVizHome=n

<https://healthycommunitiesnc.org/>

<https://www.ncdhhs.gov/about/data-dashboards-action-planswhite-papers>

<https://www.cdc.gov/places/tools/interactive-map-tool.html>

<https://wonder.cdc.gov/>

<https://www.ncdhhs.gov/divisions/child-and-family-well-being/whole-child-health-section/child-behavioral-health>

<https://ncpal.org/nc-youth-mental-health-care-data>

<https://www.nami.org/wp-content/uploads/2023/07/NorthCarolinaStateFactSheet.pdf>

<https://www.ncdhhs.gov/news/press-releases/2024/02/06/child-behavioral-health-dashboard-launches>

<https://www.brightpathbh.com/teen-mental-health-statistics-north-carolina/>

<https://monarchnc.org/rising-concerns-youth-mental-health-and-suicide-rates-in-north-carolina/>

CODESIGN

<https://pmc.ncbi.nlm.nih.gov/articles/PMC12163163/>

[https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642\(25\)00063-X/abstract](https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642(25)00063-X/abstract)

<https://www.sciencedirect.com/science/article/abs/pii/S235246422500063X>

<https://www.medrxiv.org/content/10.1101/2025.10.20.25338251v1.full-text>

<https://link.springer.com/article/10.1186/s12913-024-12101-w>

<https://pxjournal.org/journal/vol3/iss1/15/>

COMMUNITY RESPONSE

<https://ncimpact.sog.unc.edu/episode/mental-health-town-hall-youth-and-young-adults/>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10651729/>

<https://www.bluecrossnc.com/blog/expert-takes/nc-youth-mental-health-optimism>

<https://www.commonwealthfund.org/blog/2023/strengthening-home-and-community-based-services-stabilize-young-people-out-of-hospitals>

<https://csgjusticecenter.org/2023/08/22/alternative-first-responder-models-can-help-youth-in-crisis/>

<https://www.hhs.gov/sites/default/files/youth-mental-health-and-well-being-in-faith-and-community-settings.pdf>

<https://cyfcp.uncg.edu/strong-minds-strong-communities/>

<https://www.ncymcas.org/YMCATeenMentalHealth>

<https://www.rcnc.org/programs-services/youth-recovery.html>

<https://youthvillages.org/youth-villages-helps-more-than-2500-children-in-north-carolina/>

<https://www.ecac-parentcenter.org/wp-content/uploads/NC-Family-and-Youth-Organizations-1.pdf>

<https://www.ncdhhs.gov/divisions/child-and-family-well-being/whole-child-health-section/child-behavioral-health/system-care/community-collaboratives>

<https://nami-wake.org/youthteensresources/>

Langdon, Sarah E., Shannon L. Golden, Elizabeth Mayfield Arnold, Rhonda F. Maynor, Alfred Bryant, V. Kay Freeman, and Ronny A. Bell. "Lessons Learned From a Community-Based Participatory Research Mental Health Promotion Program for American Indian Youth." *Health Promotion Practice* 17, no. 3 (May 1, 2016): 457–63.

<https://doi.org/10.1177/1524839916636568>.

National Action Alliance for Suicide Prevention. "Transforming Communities Key Elements for the Implementation of Comprehensive Community-Based Suicide Prevention," n.d.

General Data Sources

[U.S. Census Bureau's American Community Survey](#)

Detailed social, economic, and demographic information. You can find information for all counties, places, and census tracts in the 5-year ACS files.

[Log Into North Carolina \(LINC\)](#)

LINC is an interactive data retrieval service containing historical information for over 900 data items and a variety of geographic areas within the state. Topics include population, labor force, education, transportation, revenue, agriculture, vital statistics, energy and utilities, and other topics for a variety of geographic areas within the state. Most data are available for the state and all 100 counties. Some items are available for municipalities. Others, especially census data, may be retrieved for tracts and townships.

Data Guides and Other Resources

[Getting Started with Population Research and Demography](#)

[North Carolina Library Guides](#) (collection of many resources)

[Data Guides from UNC Research Data Librarian Research Data Librarian](#)