



Texas Teen Crisis: Half of Texas Girls Are At Risk

May 14, 2025

ARGYLE, TX - May 14, 2025 - PRESSADVANTAGE -

More than half of Texas girls who are being treated for depression have already attempted suicide at least once – a troubling 52%, according to a 2023 statewide study. This chilling figure is pushing more parents to take action before it's too late. In Argyle, Roots Renewal Ranch is stepping in with a lifeline: a residential treatment program that is designed specifically for teen girls who feel like they're drowning in a world that just doesn't understand them.

Mental health professionals across the state of Texas are urging parents to pay closer attention to potential warning signs, like self-harm, prolonged isolation, or a sudden drop in functioning, especially among teen girls. "It just means your daughter needs outside support from a mental health professional," notes Roots Renewal Ranch on the topic, challenging the misconception that residential treatment is a last resort. With suicide attempts reported in over half of the girls who screen positive for depression, early intervention may be more urgent than many families want to realize. These aren't isolated cases – this is a growing, statewide pattern that cannot be ignored any longer.

For families unsure whether their daughter's challenge warrants professional intervention, resources are available to help make that decision clearer. Residential treatment is not always a first step for most families, but when a teen's safety or emotional health is on the line, knowing what to look for can be critical. A recent

post by Roots Renewal Ranch outlines the signs suggesting that it's time to consider a higher level of care, such as increased isolation, mood swings, or difficulty functioning in daily life. It also explains why early support can be life-changing for teenage girls. The post emphasizes that "residential treatment isn't just for the most extreme cases," urging parents to trust their instincts and ask questions. Even small changes in behavior could be signaling something bigger.

Dr. Madhukar Trivedi, Professor of Psychiatry at UT Southwestern Medical Center, emphasized the gravity of the situation: "The study remarkably showed that close to half of this sample reported at least one prior suicide attempt and many were experiencing significant suicidal intent." These findings serve as a stark reminder of how critical timely, compassionate mental health support is for teens in crisis. This study also found that ninety percent of Texas youth in depression-related care report experiencing suicidal ideation, a sobering statistic that highlights another urgent need for early intervention.

If current trends continue without meaningful intervention, Texas could face a growing mental health crisis among teen girls that overwhelms families, schools, and an already strained care system. Without greater awareness and earlier support, more young lives may be lost to truly preventable tragedies. With continued focus on early identification, improved access to care, and de-stigmatization of adolescent mental health treatment, the trajectory can still change, and lives can be saved.

Roots Renewal Ranch is a leading provider of residential treatment for adolescent girls, focusing on mental health challenges such as depression, anxiety, and trauma. With a holistic approach to care, the ranch offers a safe and supportive environment where young women can begin their journey to healing. For more information on how they help teens overcome obstacles and achieve lasting well-being, visit Roots Renewal Ranch.

Contact (888) 399-0489 to get involved, ask questions, or learn more about their programs.

"She is strong, she is loved, and she is enough."

###

For more information about Roots Adolescent Renewal Ranch, contact the company here: Roots Adolescent Renewal Ranch
Zoey Schwolert 888-399-0489 info@rootsrenewalranch.com 819 Indian Trail Argyle, TX, 76226

Roots Adolescent Renewal Ranch

Roots Adolescent Renewal Ranch is a mental health and substance use facility for adolescent girls ages 13-17 located

in Texas.

Website: <https://rootsrenewalranch.com/>

Email: info@rootsrenewalranch.com

Phone: 888-399-0489



Powered by [PressAdvantage.com](https://pressadvantage.com)