



BY ALEXANDRIA CITY HIGH SCHOOL



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TOPIC

Mental Health Awareness

TOPIC DESCRIPTION

Mental health awareness is an important issue that affects many students in Alexandria city high school and people in Alexandria. Students can experience stress, anxiety, depression and pressure from school family responsibilities, and personal problems. when mental health problems are ignored, it can affect students grades, behavior, relationships, and overall well-being. This issue matters at ACHS because many students may feel alone or afraid to ask due to lack of awareness can help students feel supported, understood, and more comfortable talking about their feelings. spreading awareness and proving support, the school and community can create a healthier safer environment for everyone.

BASELINE DATA & GOAL

The CDC says that in 2023, 40% of high school students felt very sad or hopeless. This shows that mental health is a real problem for students. Our goal is to teach at least 75% of students about metal health by using posters, announcements, and sharing helpful resource.

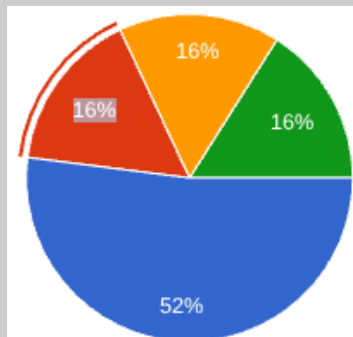
CYCP GOAL & STRATEGIC AREA

This connects to the goal of helping children and youth be healthy because learning about mental health can help students understand their feelings and know when to ask for help.

WHAT IS HAPPENING RIGHT NOW?

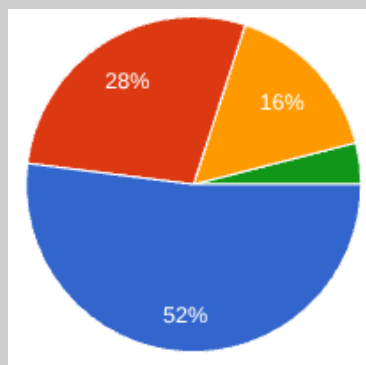
DISCUSS HOW ACPS/ACHS IS CURRENTLY DOING IN REGARD TO YOUR ISSUE.
THIS INFORMATION SHOULD COME FROM YOUR SURVEY,

- **This graph shows what challenges do you face with your mental heath**
52% ACHS students feel stress



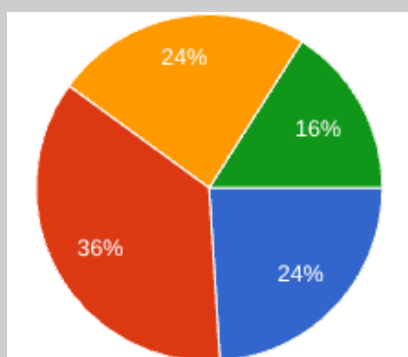
- **This matters because students won't be able to focus in there school work and they can even fail that's why mental health matters.**

- **This graph shows how often ACHS student take time to do self care activities and 52% students put daily.**



- ***This matters because taking care of our selfs daily it's really important for your mental health.**

- **THIS GRAPH SHOWS WHAT IS ONE THING THAT HELPS ACHS STUDENTS TO RELAX AND MOST 36% STUDENTS PUT LISTENING TO MUSIC.**



- **This matters because taking the time of your day to relax will help you a lot with your mental health well being.**

WHAT HAS ALREADY BEEN TRIED?

Schools have already tried to help students with mental health. They have school counselors students can talk to when they feel sad, stressed, or worried. Schools also use posters, announcements, and lessons to tell students where they can get help. This thing can be helpful, but more students still need to learn about mental health.

WHO CAN HELP?

School counselor can help students by listening to them and giving advice. They can also teach students how to deal with stress and where to get help.



WHAT HAS BEEN DONE SO FAR?

ACHS has counselors, social workers, and student support programs to help acps students with their mental health.

IS IT ACTUALLY HELPING?

Students still feel alone, they feel afraid and embarrassed to ask for help. Some feel as if their counselors are too busy to care to listen to them. Others think adults at school may not understand what they are going through. Mental health resources are available but not every student knows about them or feels comfortable using them.

WHAT SHOULD CHANGE? (YOUR SOLUTION)

In my survey many students from acps wrote how the community of mental health suggests that their best way to improve acps students' mental health is by doing things that are related to ourselves and working to find out inner of their soul and mind how can I find my safe place.

WHAT WILL HAPPEN NEXT?

If ACHS did what students suggested more students may feel comfortable asking for help when they are struggling students could feel less stressed, more supported.

CITATIONS

City of Alexandria Community Health Assessment 2025-2026

National Alliance - Mental Illness

Substance and Abuse Mental Health Services Administration

LEARN MORE

The Alexandria Health Department can help by providing mental health services