

TOPIC

Mental Health Awareness

TOPIC DESCRIPTION

Mental health is an important issue for students at Alexandria City High School. Many students experience stress, anxiety, sadness, and pressure from schoolwork and personal problems. This issue affects students because poor mental health can make it harder to focus, learn, sleep, and feel motivated. My survey showed that many students use music, sleep, exercise, and talking to trusted people to manage stress. Mental health matters at ACHS because students need support in order to succeed in school and daily life.

BASELINE DATA & GOAL

My survey data showed that 85% of students understood that anxiety means feeling worried or nervous often. Also, 75% of students said exercise improves mental health, and 80% believed talking to someone they trust helps reduce stress.

My goal is to improve mental health support at ACHS by giving students more access to counselors, mental health breaks, and trusted adults they can talk to.

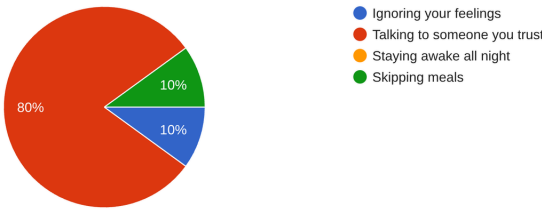
CYCP GOAL & STRATEGIC AREA

My issue connects to the CYCP goal because it focuses on improving student mental health, emotional support, and overall well-being. Students need safe spaces and support systems to stay healthy and successful.

WHAT IS HAPPENING RIGHT NOW?

What is one healthy way to deal with stress?

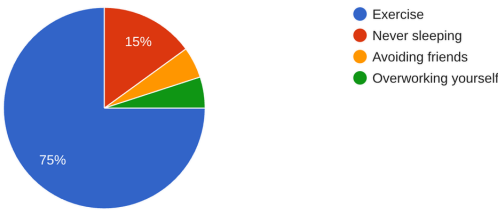
20 responses



THE DATA SHOWS THAT 80% OF STUDENTS BELIEVE TALKING TO SOMEONE THEY TRUST IS THE HEALTHIEST WAY TO DEAL WITH STRESS. THIS MATTERS BECAUSE IT SHOWS STUDENTS VALUE EMOTIONAL SUPPORT AND COMMUNICATION.

Which activity can improve mental health?

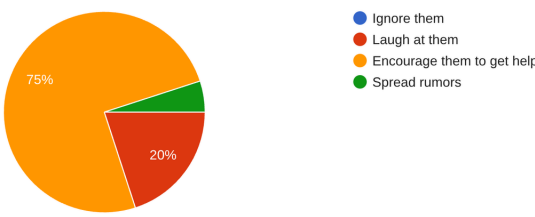
20 responses



THE SURVEY SHOWED THAT 75% OF STUDENTS BELIEVE EXERCISE IMPROVES MENTAL HEALTH. THIS MATTERS BECAUSE HEALTHY ACTIVITIES CAN REDUCE STRESS AND IMPROVE EMOTIONAL WELL-BEING.

What should you do if a friend seems very sad for a long time?

20 responses



THE DATA SHOWED THAT 85% OF STUDENTS UNDERSTAND ANXIETY AS FEELING WORRIED OR NERVOUS OFTEN. THIS MATTERS BECAUSE STUDENTS ARE AWARE OF MENTAL HEALTH ISSUES AND RECOGNIZE ANXIETY AS A REAL PROBLEM.

STRATEGIES ALREADY TRIED

ACHS ALREADY PROVIDES SCHOOL COUNSELORS, STUDENT SUPPORT SERVICES, AND WELLNESS PROGRAMS TO HELP STUDENTS WITH MENTAL HEALTH. TEACHERS AND STAFF ALSO ENCOURAGE STUDENTS TO ASK FOR HELP WHEN THEY ARE STRUGGLING.

ARE THEY WORKING?

THE PROGRAMS ARE HELPING SOME STUDENTS, BUT THE PROBLEM STILL EXISTS. MANY STUDENTS STILL REPORT STRESS, ANXIETY, SADNESS, AND EMOTIONAL STRUGGLES, WHICH MEANS MORE SUPPORT IS NEEDED.

WHAT HAS ALREADY BEEN TRIED?

ACHS has school counselors, social workers, and student support teams to help students with stress and mental health problems. Teachers sometimes check on students and refer them to counselors. Some awareness activities about mental health have also been done at school.

WHO CAN HELP?

1. School counselors can help students by listening to their problems, giving advice, and connecting them to resources.
2. The principal and school leaders can improve mental health support by creating programs, adding more counselors, and reducing student stress.



WHAT HAS BEEN DONE SO FAR?

Quantity

The school already has counseling services, student support staff, and mental health resources available for students.

Quality

These supports help some students, but survey results show many students still feel stressed and unsupported.

IS IT ACTUALLY HELPING?

The programs are helping some students, but the problem still exists. Many students still report stress, anxiety, sadness, and emotional struggles, which means more support is needed.

WHAT SHOULD CHANGE? (YOUR SOLUTION)

The school should provide more mental health support by adding counseling resources, creating mental health break opportunities, and allowing students to speak with trusted adults more easily. My survey supports this because many students said they want counselors who truly help, less homework stress, and more emotional support during the school day.

WHAT WILL HAPPEN NEXT?

If these changes are made, students will feel safer, less stressed, and more supported at school. Mental health improvements can help students focus better, improve academically, and build healthier relationships. By working together, ACHS can create a more positive and supportive environment for all students.

CITATIONS

National Alliance on Mental Illness. (2026). Mental health resources. NAMI.

<https://www.nami.org>

988 Suicide & Crisis Lifeline.

(2026). About 988. 988

Lifeline. <https://988lifeline.org>

LEARN MORE

1. National Alliance on Mental Illness (NAMI)

NAMI helps people learn about mental health and provides support resources for students and families.

2. 988 Suicide & Crisis Lifeline

The 988 Lifeline gives free mental health support and crisis help 24 hours a day.