

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. ACHS Counselors
Counselors can support students emotionally and provide safe conversations and advice.
2. Alexandria Community Services Board (CSB)
CSB can provide mental health programs, therapy resources, and community support for students and families.



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?

Some students benefit from counseling and support programs, but the survey shows that stress is still common. Many students still want more quiet spaces and trusted adults to talk to. This means current support is helping, but not enough.

WHAT SHOULD CHANGE? (YOUR SOLUTION)

ACHS should create more quiet and safe spaces where students can relax and talk openly. The school should also increase trusted adults and peer support opportunities. Based on our survey, 50% of students said quiet spaces would help them most. More support groups and mental health awareness activities can help students feel less alone and more comfortable asking for help.

WHAT WILL HAPPEN NEXT?

If these solutions are used, students may feel safer, calmer, and more supported at school. Stress levels may decrease, and more students may ask for help when needed. This can improve student learning, attendance, friendships, and overall well-being.

CITATIONS

National Alliance on Mental Illness. (2024). Mental health by the numbers. <https://www.nami.org>
Mental Health America. (2024). Youth mental health resources. <https://www.mhanational.org>
Alexandria City Public Schools. (2024). Student support services. <https://www.acps.k12.va.us>
World Health Organization. (2023). Mental health and adolescents. <https://www.who.int>

LEARN MORE

1. NAMI
NAMI provides mental health information and support for students and families.
2. Mental Health America
This organization gives mental health resources, education, and support programs for young people.