



BY ALEXANDRIA CITY HIGH SCHOOL



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TOPIC

MENTAL HEALTH

TOPIC DESCRIPTION

Mental health is important for students because it affects stress, emotions, and learning. Many students at ACHS feel overwhelmed because of homework, tests, and personal problems. Some students feel anxious, tired, or sad during the school day. Mental health can affect grades, friendships, and behavior. This issue matters in Alexandria because students need more support, quiet places, and trusted adults to talk to.

BASELINE DATA & GOAL

Baseline Data

- 56% of students said they would use a calm zone every chance they get.
- 60% of students said quiet spaces at school are very important.
- 48% of students said schools should have therapists, quiet rooms, and stress relief activities.

Goal

Help reduce stress levels at school by creating more quiet spaces and giving students easier access to therapists and counselors.

CYCP GOAL & STRATEGIC AREA

This issue connects to the CYCP goal of improving youth health and wellness. Mental health support helps students feel safer, healthier, and more successful in school. Quiet spaces and therapists can help students manage stress and emotions.

WHAT IS HAPPENING RIGHT NOW?

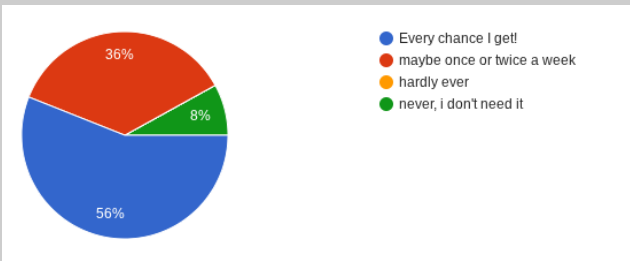
Graph 1: Students Want Calm Zones

What does the data show?

56% of students said they would use a calm zone every chance they get.

Why does this matter?

This shows that many students need quiet places to relax and reduce stress.



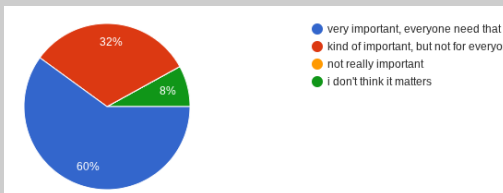
Graph 2: Students Think Quiet Spaces Are Important

What does the data show?

60% of students said calm spaces are very important for students.

Why does this matter?

Students believe quiet spaces can help improve mental health at school.



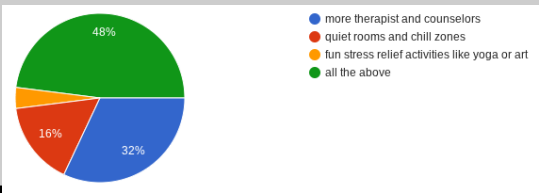
Graph 3: Students Want More Mental Health Support

What does the data show?

48% of students said schools should have therapists, quiet rooms, and stress relief activities.

Why does this matter?

Students clearly want more mental health support and safer spaces at school.



WHAT HAS ALREADY BEEN TRIED?

ACHS already has school counselors and wellness programs for students. Teachers sometimes talk about stress and mental health in class. Some support groups and wellness activities are also available. Alexandria also offers youth support programs outside school.

WHO CAN HELP?

Stakeholder 1: School Counselors
School counselors can help students talk about stress, anxiety, and personal problems. They can also teach students healthy coping skills.

Stakeholder 2: Alexandria Youth Programs
Youth programs in Alexandria can provide therapy, support groups, and mental health activities for students and families.

WHAT HAS BEEN DONE SO FAR?

Quantity

The school already has counselors, wellness programs, and student support services.

Quality

These programs help some students, but survey results show many students still want more support, quiet spaces, and trusted adults to talk to.

IS IT ACTUALLY HELPING?

Some programs are helping students feel calmer and more supported. For example, 40% of students said having a therapist nearby would help reduce stress. Also, 40% of students said they relax best by finding a quiet place.

However, many students still feel overwhelmed and want more mental health support. This means schools still need more therapists and quiet spaces.

WHAT SHOULD CHANGE? (YOUR SOLUTION)

The school should add more therapists and counselors so students can talk to someone when they feel stressed or overwhelmed. ACHS should also create quiet rooms or calm zones where students can relax during the school day.

The school can also create stress relief activities like art, music, or mindfulness programs. Survey responses showed that many students want safer spaces, emotional support, and trusted adults at school. These changes can help students feel happier, calmer, and more focused in class.

WHAT WILL HAPPEN NEXT?

If the school adds more therapists and quiet spaces, students may feel less stressed and more supported. Students will have safe places to calm down and trusted adults to talk to. This can improve mental health, attendance, focus, and student success.

CITATIONS

Eickert, C. (2025). Titan Changemaker Listening Session Handout [Handout].
[National Institute of Mental Health](#)
[Centers for Disease Control and Prevention](#)

LEARN MORE

Resource 1: School Counseling Office
Students can talk to counselors about stress, anxiety, sadness, or personal problems.

Resource 2: Mental Health Hotlines and Websites
Mental health websites and hotlines can help students find support, advice, and emergency help.