

TEENS MENTAL HEALTH REPORT CARD

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TOPIC

Teen Mental Health

TOPIC DESCRIPTION

Teen Mental health affects many students today, especially high school students dealing with stress, anxiety, depression, burnout, and emotional exhaustion. Teenagers are affected by pressure from school, grades, family problems, relationships, social media, sports, jobs, and responsibilities all at once. Mental health struggles can affect students’ motivation, sleep, focus, attendance, and relationships with others. This matters at ACHS and in Alexandria because many students silently struggle every day while trying to act like they’re okay. Mental health affects students’ ability to succeed academically and emotionally, which is why it should be taken seriously.

BASELINE DATA & GOAL

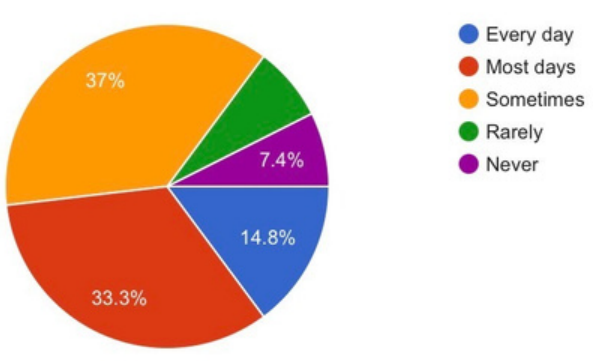
According to the CDC, about 42% of high school students reported feeling persistently sad or hopeless. This shows that teen mental health is a serious issue affecting many students today. 42% of high school students felt persistently sad or hopeless in 2021. This number shows how common mental health struggles are among teenagers. My goal is to increase access to therapists and psychiatrists in schools and lower the percentage of students struggling without support. I want students to have easier access to professional mental health care before their struggles become worse.

CYCP GOAL & STRATEGIC AREA

Physical, Mental, and Behavioral health

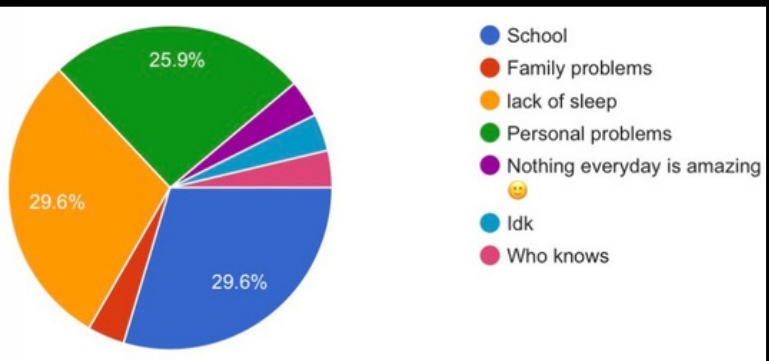
This issue fits this CVCP goal because mental health directly affects students’ overall well-being, school performance, relationships, and safety. Students who struggle emotionally may have difficulty focusing in school or managing everyday responsibilities. Improving mental health support can help students feel safer, healthier, and more supported in school and in the community.

WHAT IS HAPPENING RIGHT NOW?



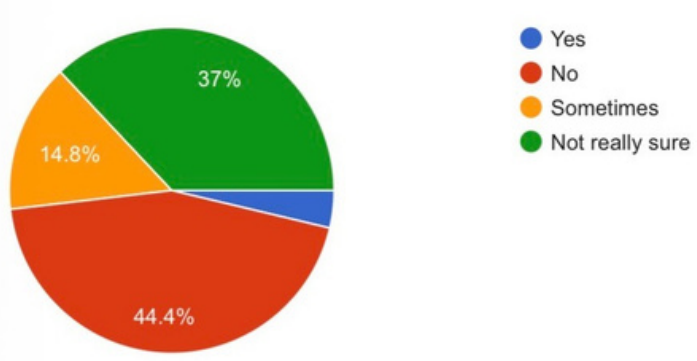
The data shows that many teenagers feel mentally drained often because of stress from school, responsibilities, social media, lack of sleep, family problems, and personal struggles. A large number of students report feeling emotionally exhausted multiple times a week or even every day.

This matters because constantly feeling mentally drained can affect students’ motivation, focus, mental health, sleep and overall well-being. When students feel emotionally exhausted for long periods of time, it can lead to anxiety, burnout, depression, and difficulty functioning at school and in everyday life.



The data shows that school pressure is one of the biggest causes of stress for teenagers. Homework, grades, tests, and future expectations affect many students mentally.

This matters because students can become emotionally exhausted and burned out from constant pressure.



The data shows that many schools don’t have enough mental health resources for students. Counselors are often responsible for too many students at once, and they’re more prioritized into the academic.

This matters because students may not receive enough support before their mental health struggles become more serious.

Schools in Alexandria have counselors, wellness programs, mental health awareness events, and anti-bullying campaigns. Some schools also provide psychologists or social workers for students.

These strategies help some students, but many students still feel supported because schools often don’t have enough mental health professionals available.



WHAT DOES THIS DATA SHOW?

WHAT HAS ALREADY BEEN TRIED?

Schools and communities have tried using school counselors, support groups, wellness programs, mental health awareness campaigns, and suicide prevention programs.

WHO CAN HELP?

1. School therapists/Psychiatrists
-They're trained mental health professionals who help people manage emotional and mental health struggles.
-They can provide therapy, coping strategies, emotional support, and treatment for students struggling mentally.
2. School Administration (Principal/ Counselors)
-They're school leaders and staff members who help support students academically and emotionally.
- They can improve mental health programs, hire more mental health professionals, and create safer environments for students to ask for help.



WHAT HAS BEEN DONE SO FAR?

Quantity: What actions have been taken?

Schools have added counseling services, mental health awareness events, anti-bullying programs, and emotional wellness activities for students.

Quality: How well are those actions working?

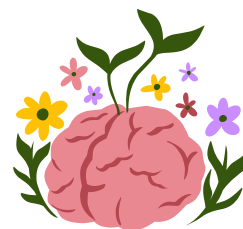
These actions help raise awareness, but they're not fully solving the problem because many students still struggle emotionally and feel like they don't have enough support.

Use Titan Changemaker Data!

IS IT ACTUALLY HELPING?

Some students are better off because mental health is discussed more openly now, but many students still struggle with stress, anxiety, and depression.

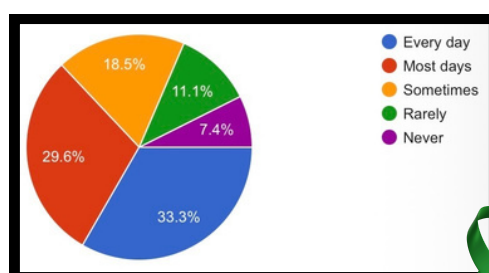
The problem is still getting worse because more teenagers are reporting emotional stress, burnout, and mental health struggles every year.



WHAT SHOULD CHANGE? (YOUR SOLUTION)

Schools should provide more therapists and psychiatrists for students instead of relying mostly on school counselors. Mental health support should be easier to access and taken more seriously.

Many students report feeling overwhelmed, stressed, emotionally exhausted, or unsupported. This shows there is a need for stronger mental health support systems in schools.



WHAT WILL HAPPEN NEXT?

Students could receive professional mental health support earlier before their struggles become more severe.
Students' emotional well-being, focus, attendance, motivation, relationships, and school performance could improve.
Students, families, teachers, and schools would benefit because healthier students are more likely to succeed academically and emotionally.
Improving teen mental health support could help students feel safer, supported, understood, and less alone while creating a healthier school community overall.

LEARN MORE

-[National Alliance on Mental Illness \(NAMI\)](#)
This resource provides information about mental health, emotional support, warning signs, and resources for teenagers and families.

-[Mental health America](#)
This resource helps educate people about anxiety, depression, stress, and mental health support while providing Tools and information for teens and communities.

CITATIONS

1. Centers for Disease Control and Prevention. (2023). Youth Risk Behavior Survey Data Summary & Trends Report: 2013–2023. Centers for Disease Control and Prevention. [CDC Youth Mental Health Report](#)
2. National Alliance on Mental Illness. (2024). Mental Health By the Numbers. National Alliance on Mental Illness. [NAMI Official Website](#)
3. Mental Health America. (2024). Mental Health Information for Young People. Mental Health America. [Mental Health America](#)
4. [Pew Research Center](#). (2023). [Teens and Social Media Fact Sheet](#). Pew Research Center. [Pew Research Center](#)
5. [American Psychological Association](#). (2023). [Stress in America™ Survey](#). [American Psychological Association](#). [American Psychological Association](#)