

**YOU ARE NOT ALONE**

Our community is responding to how young people are feeling

**DO YOU FEEL SAD OR HOPELESS?**

**44%**

Of youth felt sad or hopeless almost every day and stopped doing some usual activities

**DO YOU HAVE TROUBLE SLEEPING?**

LESS THAN

**25%**

Of youth got at LEAST 8 hours of sleep on school nights

**DO YOU STRUGGLE TO CONCENTRATE, REMEMBER THINGS, OR MAKE DECISIONS?**

**45%**

Of youth experienced these struggles because of physical, mental, or emotional distress

**YOU ARE NOT ALONE**



**1 in 3**

Young people felt their mental health was not good (most of the time or always)