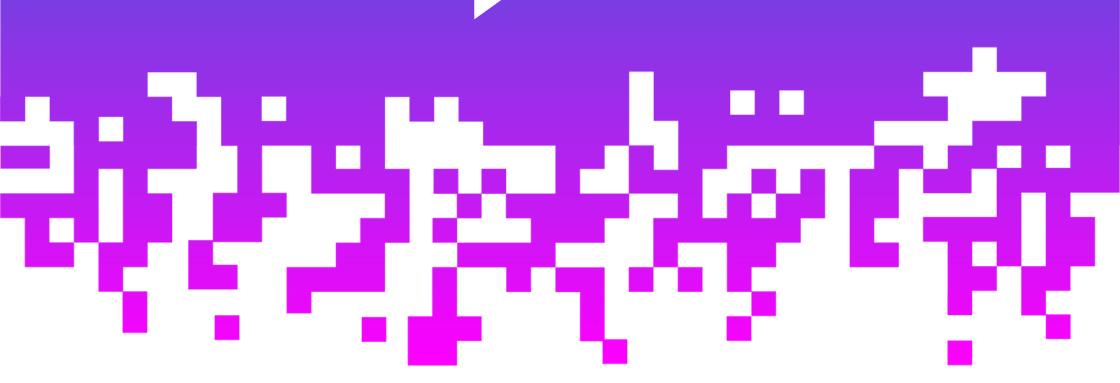
YOU ARE NOT **ALONE**

Our community is responding to how young people are feeling



DO YOU **FEEL SAD OR HOPELESS?**

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

DO YOU HAVE TROUBLE SLEEPING?

LESS THAN

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

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

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

YOU ARE NOT **ALONE**

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