

TEEN MENTAL HEALTH SURVEY



PARTICIPANT DEMOGRAPHIC SUMMARY, SPRING 2022



CREATED BY YOUTH FOR YOUTH FOR CHANGE

The Teen Mental Health Survey is a city-wide survey for young people ages 12 to 19. The survey was designed to give insight into the state of teen mental health in our city. Data collected will help our youth leaders make recommendations to improve mental health for young people in San Antonio.

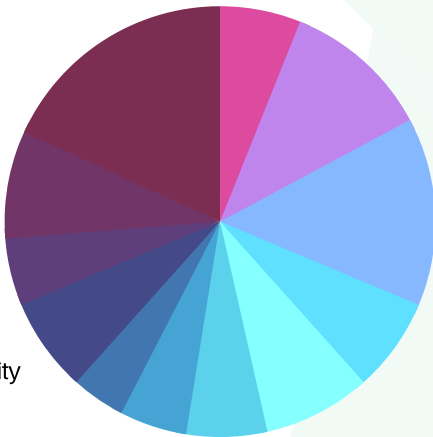
The survey was created by the **San Antonio Youth Commission (SAYC)** and **Project Worth Teen Ambassadors (PWTA)**. The SAYC is a group of high school students from around the city. PWTA are youth from 7th - 12th grade who support teen health in the community by volunteering and sharing their voices, creativity, and ideas.

DETERMINING A VALID SAMPLE SIZE

1047 Surveys Collected
846 Surveys collected with valid responses
*Margin of Error at a 95% confidence interval is ± 4% for this number of valid responses.

CITY COUNCIL DISTRICT

- 6% District 1
- 11% District 2
- 14% District 3
- 7% District 4
- 8% District 5
- 6% District 6
- 5% District 7
- 4% District 8
- 7% District 9
- 5% District 10
- 8% Outside of SA City Limits
- 18% Not Disclosed



AGE RANGE

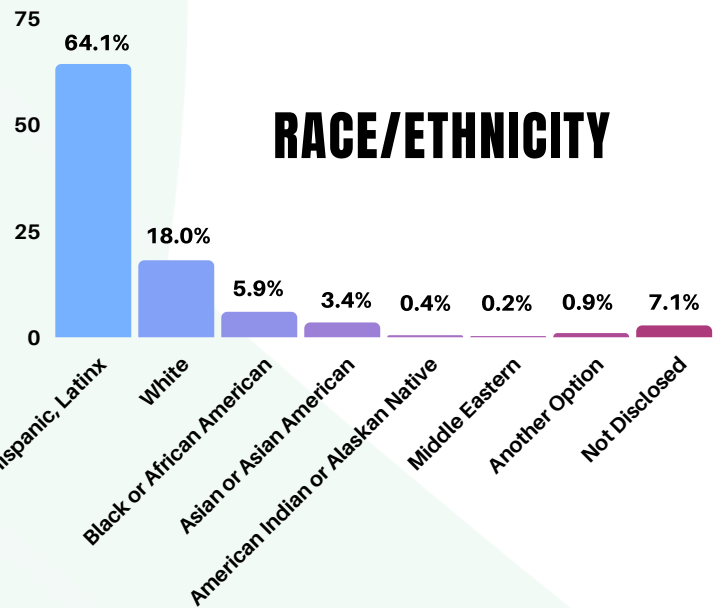
77% HIGH SCHOOL AGED (15-19 YEAR OLDS)
23% MIDDLE SCHOOL AGED (12-14 YEAR OLDS)



GENDER

- 56%** Woman/Girl
- 26%** Man/Boy
- 8%** Gender Diverse
- 5%** Exploring or Unsure
- 4%** Not Disclosed

Gender Diverse: An umbrella term used to describe gender identities that demonstrate a diversity of expression beyond the binary framework.
Exploring or Unsure: If this option was selected with other gender identities, it prevailed over the other selections as gender is not clearly defined for the respondent.



RACE/ETHNICITY

SEXUAL ORIENTATION

- 51%** Heterosexual
- 30%** LGBTQ+
- 3%** Exploring or Unsure
- 16%** Not Disclosed



Exploring or Unsure: If this option was selected with other sexual orientations, it prevailed over the other selections as orientation is not clearly defined for the respondent.

Participants were able to select more than one option for all identity questions.



TEEN MENTAL HEALTH SURVEY



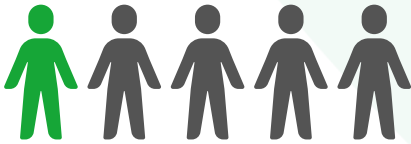
DATA SUMMARY, SPRING 2022



CURRENT TEEN MENTAL HEALTH STATUS

- 37%** More good days than bad days
- 34%** More bad days than good days
- 20%** Not disclosed
- 10%** Excellent

ONCE YOU FEEL SAD FOR SO LONG, IT'S WEIRD TO FEEL HAPPY. GIVE US TIME.

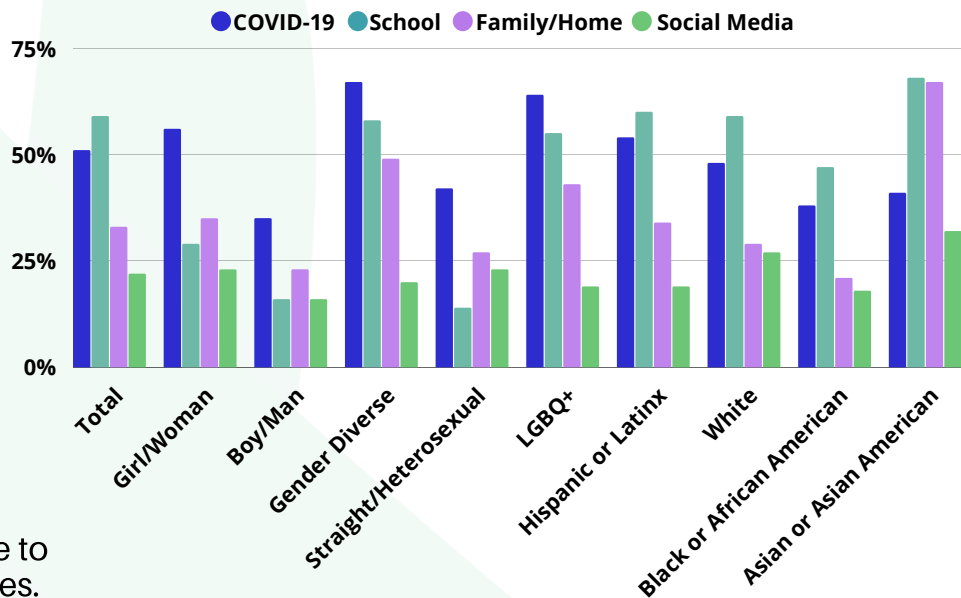


1 in 5

Teens feel like they don't have anyone to go to for their mental health challenges.

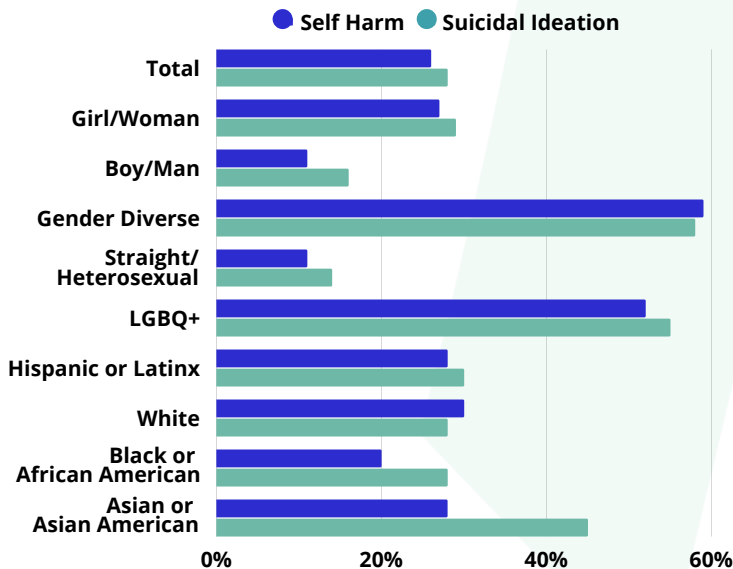
WHETHER IT'S HAVING STRESS IN SCHOOL OR PROBLEMS AT HOME, WE NEED HELP AND SOMEONE TO HEAR US OUT...

TOP AFFECTS ON MENTAL HEALTH



MANY ADULTS LOOK AT MENTAL HEALTH AS A JOKE, BUT THEY NEED TO REALIZE THE IMPACT OF COVID-19 AND ONLINE SCHOOL HAVE HAD ON US.

SUICIDAL IDEATION & SELF HARM



TOP ISSUES EXPERIENCED BY TEENS

- Eating or sleeping too much or too little
- Having low or no energy
- Not interested in spending time with people or doing usual activities
- Feeling unusually confused, forgetful, angry, worried, or scared
- Feeling numb or nothing matters

TEEN MENTAL HEALTH SURVEY



DATA SUMMARY, SPRING 2022



FIRST STOPS WHEN FACING MENTAL HEALTH CHALLENGES



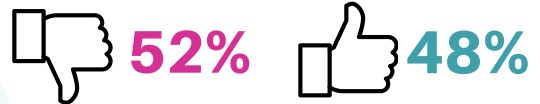
- 41% Friends
- 27% Trusted adult family member
- 21% Not comfortable talking to anyone
- 18% Sibling(s) close in age
- 12% Internet Search



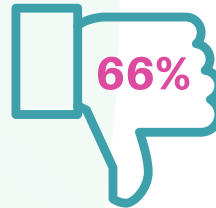
SOMETIMES PEOPLE DON'T TALK ABOUT THEIR PROBLEMS BECAUSE THEY DON'T KNOW WHERE TO GO. KNOWING WHERE TO GO CAN MAKE AN IMPACT ESPECIALLY IF THAT PLACE IS FREE. WE DON'T HAVE MONEY TO GO SEE A COUNSELOR.



DO YOUTH KNOW WHERE TO GO WHEN NEEDING HELP?



LOTS OF PEOPLE JUST WANT SOMEONE WHO WILL UNDERSTAND THAT THEY ARE HURTING AND BE THERE FOR THEM WHEN THEIR FRIENDS/FAMILY AREN'T.

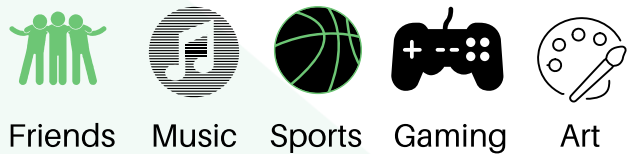


DOES YOUR SCHOOL HAVE ADEQUATE SUPPORT FOR MENTAL HEALTH?

TOP 3 WAYS TEENS WANT SUPPORT

- 1 More in-school resources with access to mental health professionals
- 2 More mental health programs
- 3 Confidential text services for support

TOP TEEN MENTAL HEALTH OUTLETS



ACTIONS TAKEN BECAUSE OF THE RECOMMENDATIONS YOUNG PEOPLE SHARED!

- 1 Advocacy with City Leaders and Bexar County Superintendents to increase awareness of free and affordable resources available in communities and schools.
- 2 Collaboration with mental health professionals in San Antonio to increase access to services and peer-to-peer support programs.
- 3 SAYC and PWTA will ensure that free and confidential text options are available for anyone who needs support. You can find options and links at idreamsa.com

ARPA funding recommendations based on youth voice.

Mucho Gusto
Wellness Youth Summit
Aug. 6th, 2022
Free for all young people ages 12-19 and for adults interested in learning how to support the young people in our lives!

