

MENTAL HEALTH COPING STRATEGIES OF WISCONSIN YOUTH

What is something you do to feel better when you are feeling anxious, depressed, or alone?

“Listen to music, play guitar.”



How does it make you feel?

**“Calm. Happy. Relaxed. Comforted.
Understood. Stops anxious thoughts.”**

Wisconsin high school youth shared these thoughts at the Mental Wellness Student Leadership Summit hosted by the Office of Children’s Mental Health on April 12, 2024 in Madison, WI. Learn more about [school-based peer-led wellness programs](#) in Wisconsin.



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