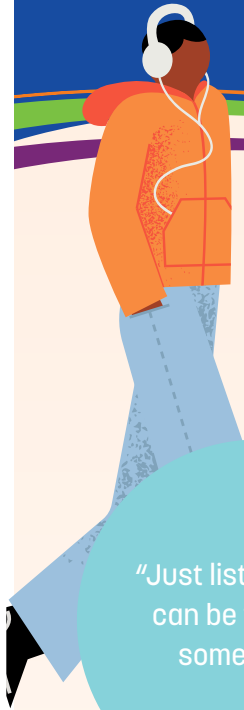


YOUTH SHARE WHAT THEY WANT ADULTS TO KNOW ABOUT YOUTH MENTAL HEALTH



"Sometimes I don't want a solution, just someone to listen. Sometimes I also just need alone time/space."

"Talk to us not at us."

"We are trying our best, please try your best too. Empathy and connections can go a longer way than one might realize."

"Just listen. Advice can be too much sometimes."



"Where I am doesn't define who I am."

"It's not a choice to feel anxious, depressed, etc. There's not one solution."

"No two people are the same, and everyone experiences things in different ways."

"Sometimes we like to act fine but sometimes it's not how we are really feeling."

"Our youth are struggling and learning to be vocal and advocate for themselves. This generation is not more depressed or anxious than yours. We're more proactive."

"Crying, expressing emotions isn't overreacting. Feelings are valid and deserve to be heard."



"There are different levels of mental health and everyone copes and/or hides it differently. Making a point to form strong connections makes it easier for a youth to reach out and ask for help."

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.