

# YOUTH SHARE THEIR ADVICE ON MENTAL HEALTH WITH OTHER YOUTH



"Surround yourself with good people!"

"Never give up, it gets easier. Don't worry what others think about you, try your best."

"Don't be afraid to ask for help if you're struggling."

"Don't be afraid to feel. Emotions are okay, the more you try to hide them, the more stress you will feel."

"Don't let judgement affect you."

"Find friends you feel comfortable around and don't be afraid to talk about mental health, it's not a weakness."

"Communicate in person more than online."

"Reflect on your strengths and use them to bounce back from a difficult moment."

"Take time for yourself when you are feeling over-whelmed."

"You are not alone, ask people for help!"

"It's OK to not be OK, and when you don't feel OK, it's OK to be kind to yourself and give yourself grace."

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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