

# Mental Wellness

## Students Spoke, We Listened



Youth share their thoughts on what is needed for a strong foundation in mental wellness...



### Balance

- "Finding a balance between friends, home, school, work, etc."
- "Finding a balance between feeling in control and knowing how to handle your specific struggles. It's OK to not be Okay!"



### Support

- "Having people who are there for me and will support me – people who will have my back when I am struggling."
- "Having people to celebrate the good times with."
- "Being together as a group and helping out when you can."
- "Supporting others and understanding. Spreading kindness."



### Talk

- "Be able to talk freely about my mental health, without judgement. Knowing that others feel the same."
- "Making sure people know that mental health isn't something to be ashamed of."
- "Starting early! Having a better understanding of mental health earlier!"



### Safety

- "Having a safe place, free of embarrassment and stigma."
- "A sense of community and creating a positive and safe environment."
- "Accepting everyone, recognizing every wellness."

Wisconsin high school youth shared these thoughts at the Mental Wellness Student Leadership Summit 2025 hosted by the Wisconsin Office of Children's Mental Health on April 11, 2025 in Madison.



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