

Starting Early



Students Spoke, We Listened



Youth agree that addressing mental wellness should start earlier and share how to do so...

Starting in middle school:

- "I wish I was taught more about how to express feelings."
- "Start talking about mental health sooner and validate it!"
- "Mental health is important and something we all have."
- "We need someone to talk to."
- "Be able to talk to a trusted adult."
- "We need information! I really just didn't know anything about mental health."

Ideas on what school should do:

- "Tell students how to meet with their school counselor."
- "Have dedicated mental health days with activities for kids."
- "Students need a deeper connection to teachers."
- "Have a mental health student club."
- "No cell phones or social media."
- "More connection with high schools. Provide positive high school role models for middle schoolers to look up to."
- "Provide more mental health support in the middle school level."
- "Teach youth how to properly cope with stress and other mental struggles, what to do if you're feeling hopeless."
- "Stop bullying."



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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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