

YOUTH

SUPPORTING MENTAL HEALTH

THE PROBLEM:

From 2018 to 2022, suicide was consistently the 2nd highest cause of death for youth. In 2023, 1 in 4 Nebraska students reported feeling sad or hopeless almost

every day for two weeks or more in the past year. Female students were more likely to say that their mental health was not good most of the time or always than male students.

THE IMPACT:

Poor mental health can impact multiple areas of a young person's life, including thinking, mood, and behavior. Mental health problems often coexist with increased substance use, exposure to violence, and

risky sexual behaviors that can lead to HIV, STDs, and unintended pregnancy. In the most severe cases, poor mental health can result in death.

KEY PROPOSED STRATEGIES:

Offer Peer-to-Peer
Support Groups

Teach Youth Mental
Health First Aid

Build Social-Emotional
Skills via Teen Outreach
Program

