

**Mental health** is a significant issue for young people in the U.S. with

**7 in 10** teens experiencing struggles.

**64%** of teens believe that COVID-19 will have a lasting impact on their generation's mental health.

Even before COVID-19, **81%** of teens viewed mental health as a significant issue for youth in the U.S. The current crisis has only further magnified the issue.

**55%** of teens say they've experienced anxiety in their life

**45%** have experienced excessive stress

**43%** have experienced depression in their life

**61%** of teens said the COVID-19 pandemic has increased their feeling of loneliness

### What's making teens feel stressed?

**71%** say schoolwork

**67%** feel pressure to keep feelings to themselves

**65%** say uncertainty about the future makes them feel anxious or depressed

### How are teens are coping?

**67%** pretend to feel better to not worry anyone

**65%** deal with feelings on their own

**45%** try to ignore their feelings or spend more time alone

Teens are spending **75%** of their waking hours on screens during COVID-19

### Where do teens see opportunity?

**82%** of teens are calling on America to talk more openly and honestly about mental health issues

**70%** wish their school taught them more about mental health and coping mechanisms

**79%** of teens wish there was an inclusive environment or safe space for people in school to talk about mental health

The survey, which polled over 1,500 youth between the ages of 13-19 nationwide, was commissioned by National 4-H Council and conducted by The Harris Poll. 4-H, the nation's largest youth development organization, grows confident young people who are empowered for life today and prepared for career tomorrow.

