

**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

## 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

## How are teens 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

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

