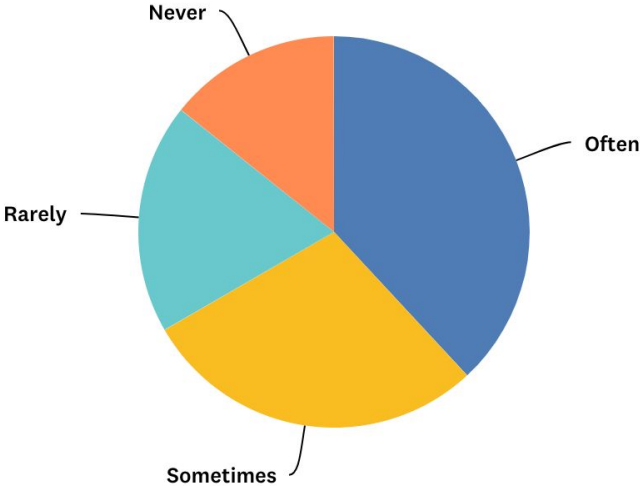


TEEN MENTAL HEALTH SURVEY RESULTS MAY 2020 - WASHTENAW COUNTY, MICHIGAN

My name is Lillian Botsford-Rhodes and in May of 2020 I created a survey about teen mental health. I sent the survey link out through social media and asked all my friends (ages 13-18 year old) to fill it out. These are the survey results.

In the past 4-6 weeks how often have you been depressed and/or anxious

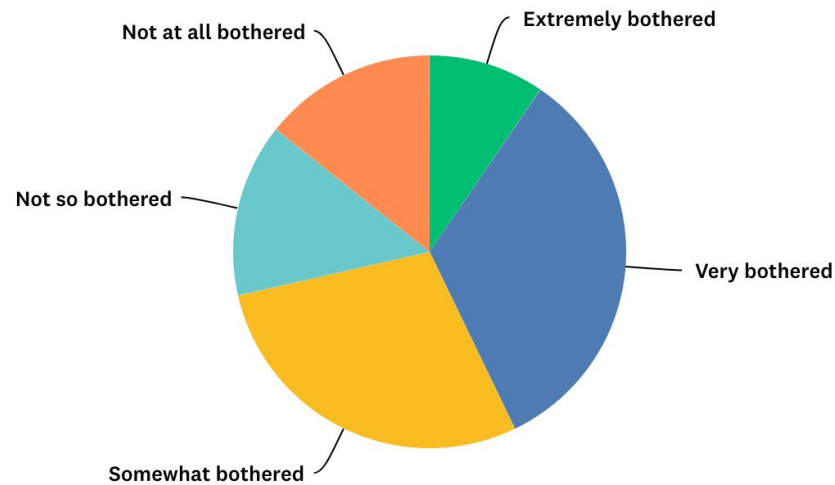
Answered: 21 Skipped: 0



ANSWER CHOICES	RESPONSES	
All the time	0.00%	0
Often	38.10%	8
Sometimes	28.57%	6
Rarely	19.05%	4
Never	14.29%	3
TOTAL		21

During the past 4-6 weeks, how bothered did you feel by emotional problems such as feeling anxious, depressed, irritable, or sad?

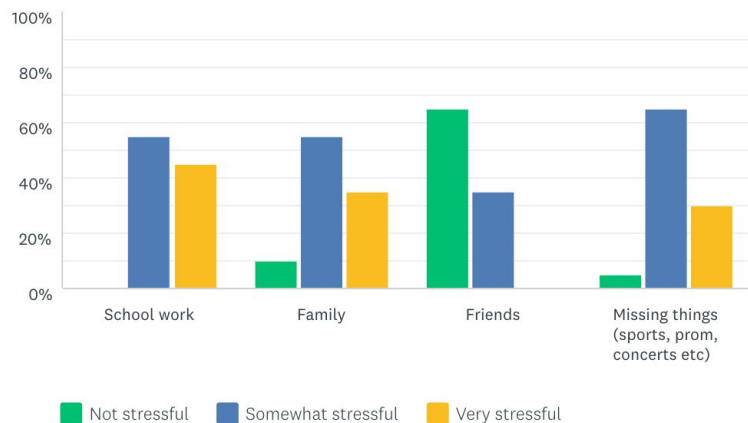
Answered: 21 Skipped: 0



ANSWER CHOICES	RESPONSES	
Extremely bothered	9.52%	2
Very bothered	33.33%	7
Somewhat bothered	28.57%	6
Not so bothered	14.29%	3
Not at all bothered	14.29%	3
TOTAL		21

During the past 4-6 weeks rank which of the following things have caused you the most stress

Answered: 20 Skipped: 1

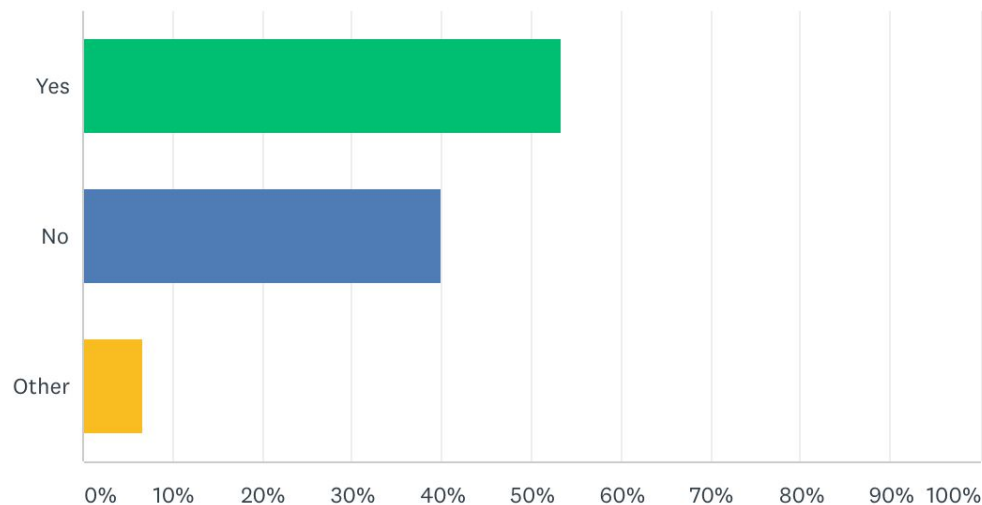


	NOT STRESSFUL	SOMEWHAT STRESSFUL	VERY STRESSFUL	TOTAL	WEIGHTED AVERAGE
▼ School work	0.00% 0	55.00% 11	45.00% 9	20	2.45
▼ Family	10.00% 2	55.00% 11	35.00% 7	20	2.25
▼ Friends	65.00% 13	35.00% 7	0.00% 0	20	1.35
▼ Missing things (sports, prom, concerts etc)	5.00% 1	65.00% 13	30.00% 6	20	2.25

Comments (0)

When you wake up in the morning do you feel upset about the idea of doing schoolwork?

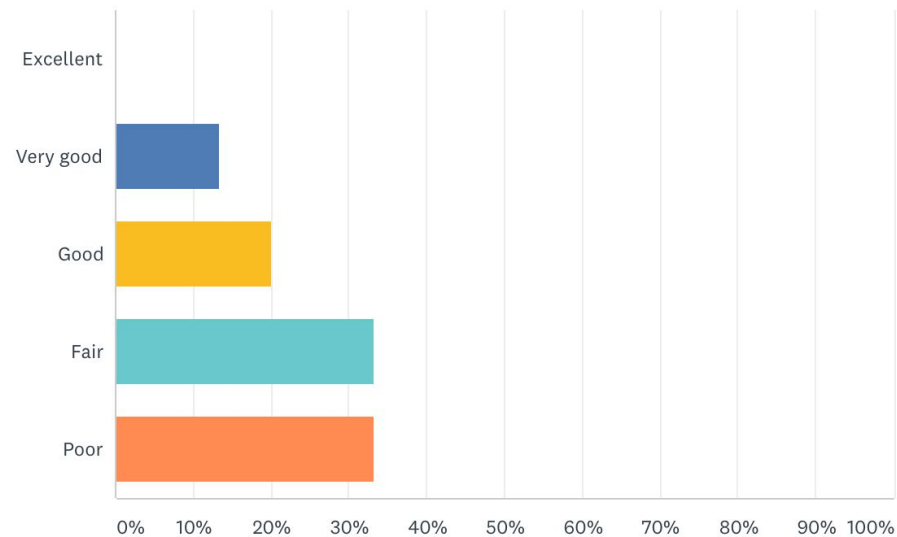
Answered: 15 Skipped: 6



ANSWER CHOICES	RESPONSES	
Yes	53.33%	8
No	40.00%	6
Other	6.67%	1
TOTAL		15

In general, how would you rate your overall mental or emotional health?

Answered: 15 Skipped: 6



ANSWER CHOICES	RESPONSES	
▼ Excellent	0.00%	0
▼ Very good	13.33%	2
▼ Good	20.00%	3
▼ Fair	33.33%	5
▼ Poor	33.33%	5
TOTAL		15

WHAT WOULD YOU CHANGE TO MAKE LIFE LESS STRESSFUL?

"The situation of the world/society's expectations."

"A lot of things"

"Be well prepared"

"Drugs"

"I would try to get rid of the things that cause me extra stress"

"Less emails from teachers"

"My parents to be easier on me and my friends to show they cared more"

"Less after school activities"

"People would be more considerate of other's feelings"

"Being w friendzzzzzzzzz"

"Get rid of homework and try to do more self care"

"Not over think so much"

"I would lift the quarantine for a day so I could say goodbye to my Grandma."

"Go back to normal life"

The 4HChangemakers is a group of Washtenaw County students (ages 13-18) whose goal is to raise student awareness and help educate their peers about what they can do (for themselves and others) regarding youth mental health in their communities. The students have hosted education/outreach events and trainings.

Teens use digital storytelling to increase awareness and destigmatize mental health through social media and (now virtual) public exhibits. Local and online experts share knowledge of tools to help tell stories: photography, graphic arts, videography, podcasting, interview techniques, meme making, and more. The group continues to explore innovative ways to humanize stories and share information with their peers.

This 4H Changemakers 2020 Digital Exhibit – **STOMP OUT STIGMA** - is made possible thanks to generous funding from 4H, Microsoft, and University of Michigan Community Health Services.

Contact **Washtenaw County 4H** for more information about this and other teen mental health initiatives at **(734) 222-3900**
https://www.canr.msu.edu/washtenaw/washtenaw_county_4_h/



COMMUNITY HEALTH SERVICES

