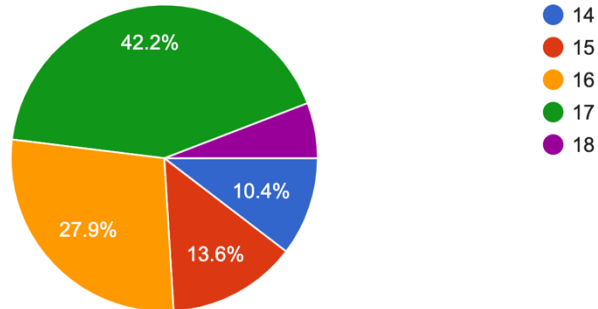


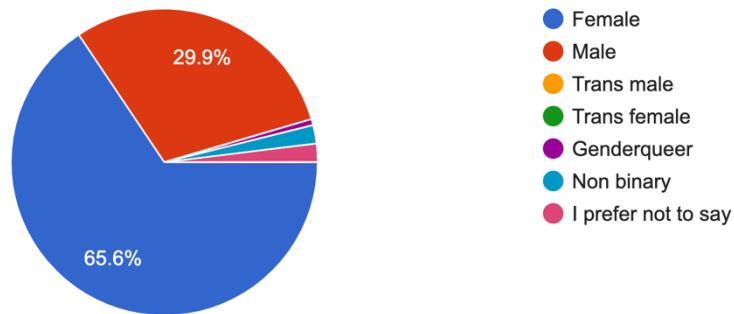
## What is your age?

154 responses



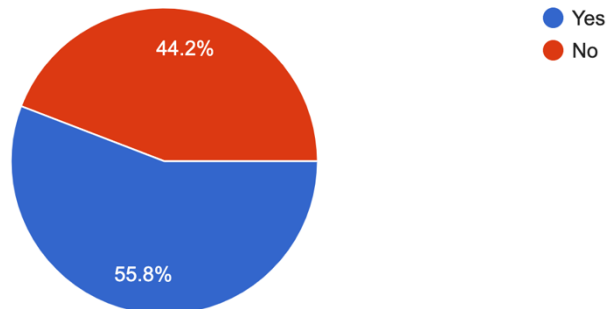
## How do you identify?

154 responses



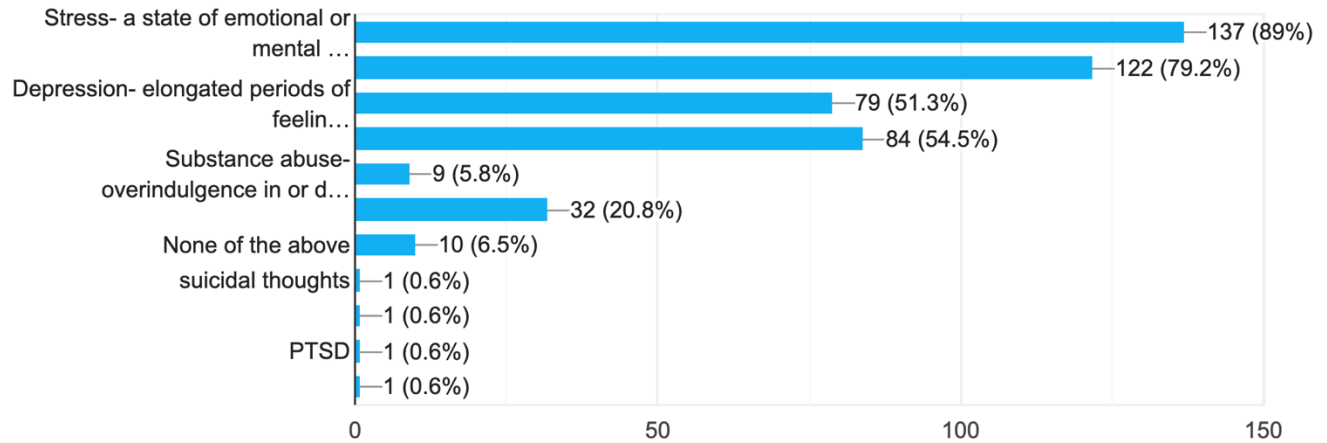
## Do you attend a Jewish day school?

154 responses



Please select any of the following you have experienced within the last six months.

154 responses



Question response options:

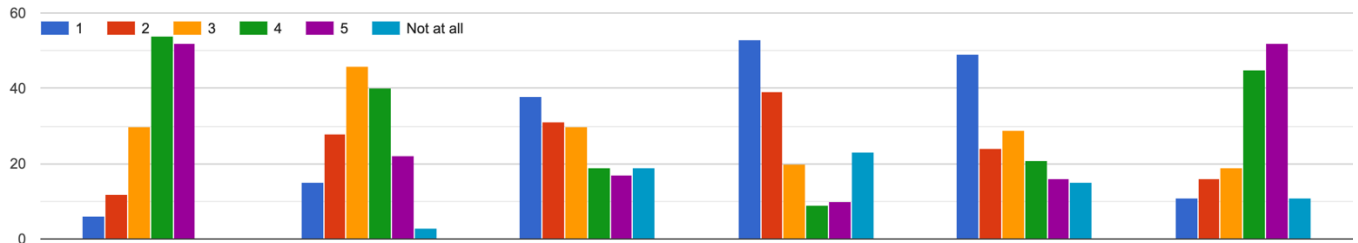
- Stress- a state of emotional or mental strain – 137 (89%)
- Anxiety- excessive feelings of uneasiness and nervousness that interfere with usual daily activities – 122 (79.2%)
- Depression- elongated periods of feeling hopeless and/or intense sadness – 79 (51.3%)
- Mood swings- an abrupt and unpredictable change of mood – 84 (54.5%)
- Substance abuse- overindulgence in or dependency upon an addictive substances – 9 (5.8%)
- Eating disorder- a range of different psychological disorders characterized by abnormal or disturbed eating habits – 32 (20.8%)
- None of the above – 10 (6.5%)
- Other

Other responses shared:

- Feeling included by my friends at a BBYO functions, but they exclude me outside of functions. I also have autism, and when I post something about it on my social media, or something about trying to get my friends to include me, few people acknowledge me.
- Suicidal thoughts
- PTSD
- insomnia, dermatillomania, Trichotillomania

## Jewish Teen Atlanta Mental Health Survey Results

On a scale from 1-5 (1 being the least and 5 being the most), how much do the following cause you emotional and/or mental strain?



School - Keeping up my grades, fitting in, extra curriculars, etc.

Environmental and/or societal issues  
- COVID, protests, political issues,  
etc.

Family dynamics - Divorce,  
relationships with your parents and/or  
siblings

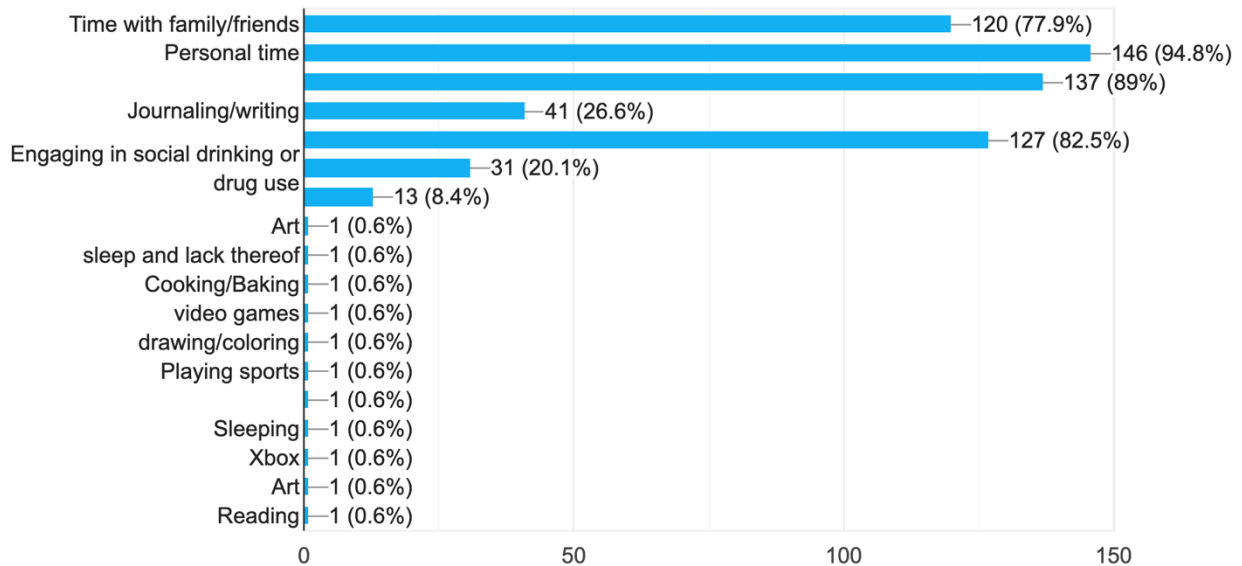
Financial concerns - Paying for things,  
balancing a job and life

Social pressures - Peer pressure,  
alcohol, drugs, sex, romantic  
relationships

The future - College, balancing  
activities for college, internships,  
summer programs, applications

Select the activities you participate in that help you alleviate your stress, anxiety, and/or depression. Select as many that apply.

154 responses



Response options:

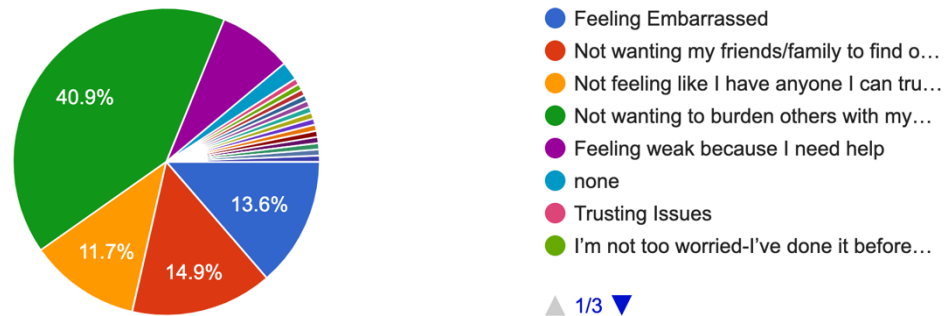
- Time with family/friends – 120 (77.9%)
- Personal time – 146 (94.8%)
- Using electronics - your phone, watching Netflix, distracting yourself with social media – 137 (89%)
- Journaling/writing – 41 (26.6%)
- Doing an activity/hobby you love - working out, running, practicing sports, meditating or doing yoga – 127 (82.5%)
- Engaging in social drinking or drug use – 31 (20.1%)
- Engaging in solo drinking or drug use – 13 (8.4%)

Other responses shared:

- Video games
- playing competitive Valorant and getting better at the game trying to become the best in the game
- 1 response
- Playing sports
- Reading
- Art
- Cooking/baking
- Drawing/coloring
- sleep and lack thereof
- sleeping
- Xbox

What would worry you the MOST about reaching out to someone for emotional support?

154 responses



### Response Options:

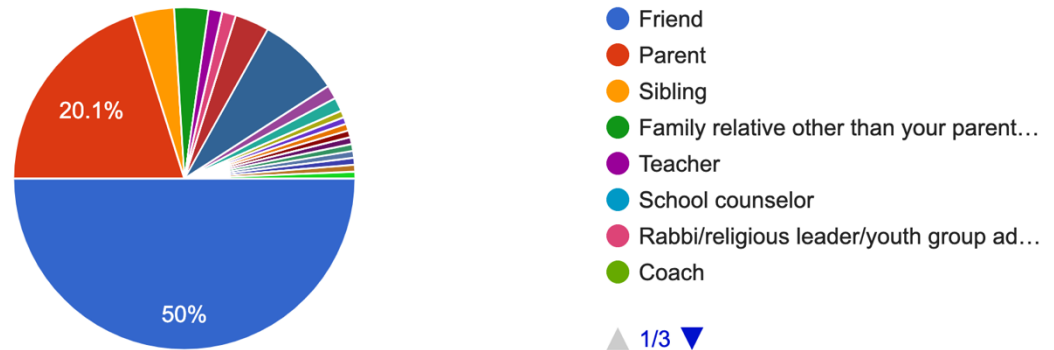
- Feeling Embarrassed – 21 (13.6%)
- Not wanting my friends/family to find out I'm struggling – 23 (14.9%)
- Not feeling like I have anyone I can trust to respect my privacy – 18 (11.7%)
- Not wanting to burden others with my problems – 64 (40.9%)
- Feeling weak because I need help – 12 (7.8%)
- Other

### Other responses shared:

- I'm not too worried-I've done it before and I can do it again
- Trusting Issues
- I don't need emotional support
- Not being able to express myself clearly and get the help i need
- nothing, i feel comfortable reaching out to certain people that i know can help me and will be willing to listen and be mature about it
- I don't reach out because I always feel that its something I have to figure out myself. My mind is my own problem and nobody can fix it but me.
- My parents didn't take me seriously when I opened up. I don't want to be met with that kind of emotional neglect again
- Them not fully understanding me
- none. I would always reach out for help

Who would you trust MOST when talking about your mental health?

154 responses



Response options:

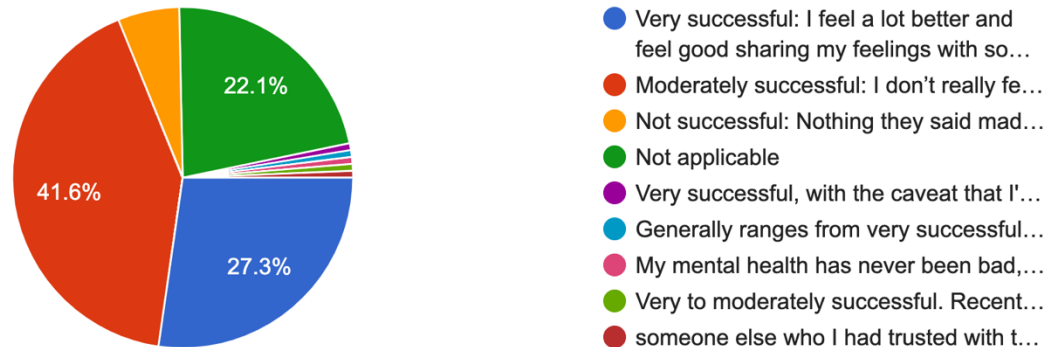
- Friend – 77 (50%)
- Parent – 31 (20.1%)
- Sibling – 6 (3.9%)
- Family relative other than your parents or a sibling – 5 (3.2%)
- Teacher – 2 (1.3%)
- Therapist/School counselor – 1 (0.6%)
- Rabbi/religious leader/ youth group advisor – 2 (1.3%)
- Coach
- Doctor – 5 (3.2%)
- Nobody – I'd search for information online – 12 (7.8%)

Other responses shared:

- Girlfriend
- I feel scared to tell anyone
- Boyfriend
- Another counselor/therapist
- School counselor

If you have reached out to someone about your mental health, what was the outcome of that conversation?

154 responses



Response options:

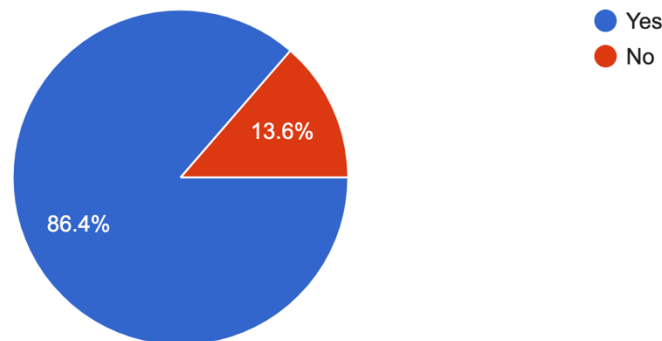
- Very successful: I feel a lot better and feel good sharing my feelings with someone – 42 (27.3%)
- Moderately successful: I don't really feel much different about my situation but it was nice knowing someone cares – 64 (41.6%)
- Not successful: Nothing they said made me feel better and I am still feeling the same way – 9 (5.8%)
- Not applicable – 34 (22.1%)
- Other

Other responses shared:

- Generally ranges from very successful to moderately successful but it won't let me pick both.
- Very successful, with the caveat that I'm still working and struggling on it. I'm a million times better thanks to help, care, and some medicine.
- My mental health has never been bad, beside the usual stress that people get and stuff, but when I have been stressed, talking it out has always helped me
- Very to moderately successful. Recently more moderate.
- Someone else who I had trusted with that information told everyone. Since then I have had some relief but mostly I have had no success

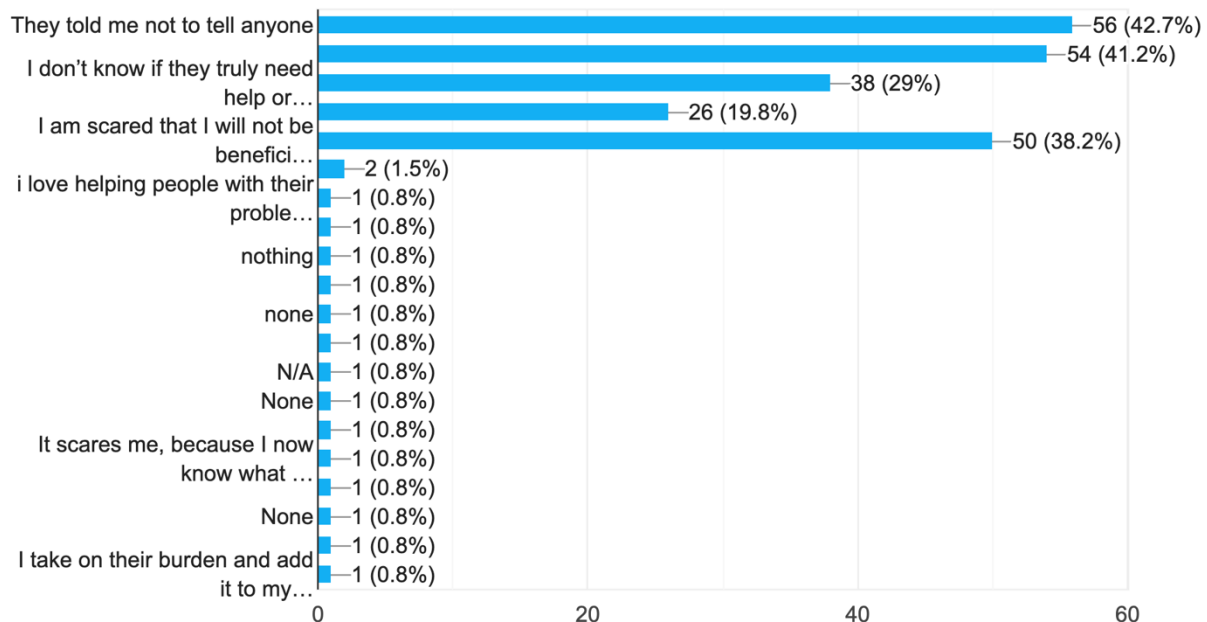
Has a friend ever confided in you about their own mental health?

154 responses



If yes, what are some of the difficulties you come in contact with after someone shares information about their mental health with you?

131 responses



23 responses left blank as it was an optional question based on the previous question.

Response options:

- They told me not to tell anyone – 56 (42.7%)
- I don't know how to help because I have never been taught how to help someone with mental health difficulties – 54 (41.2%)
- I don't know if they truly need help or just want others' attention – 38 (29%)
- I am scared they will harm themselves or me if I try to confide in an adult – 26 (19.8%)
- I am scared that I will not be beneficial to helping them and if they do hurt themselves, it will be my fault – 50 (38.2%)
- Other

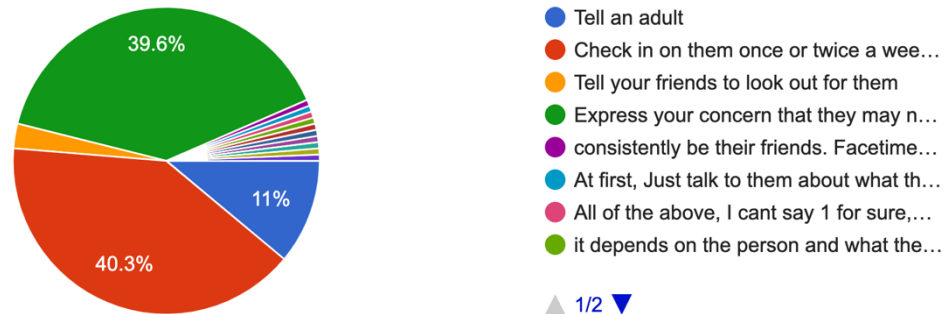


Other responses shared:

- I can't tell people because their parents are abusive
- None, I feel confident in myself to help them since I am very caring and loving and mature in these kinds of situations
- I have been through more if not the same amount of mental health issues than my friends, so I almost always know how to help them
- I love helping people with their problems
- I don't see difficulties. I just try to give helpful advice and make them feel comfortable.
- I am scared nothing I am saying is helpful and only makes it worse.
- I know when it is appropriate to tell an adult. Like suicide or self harm.
- It scares me, because I now know what they've been dealing with. Although I try my best to see them the same, it makes me worried about them and stresses me out.
- I take on their burden and add it to my own. I put their health in front of mine. I make sure to check in on them and help them as much as I can but in doing so I forget to take care of myself.
- They told me not to tell anyone

What do you think is the BEST method in which one should respond to a person confiding in them about their mental health?

154 responses



### Response options:

- Tell an adult – 17 (11%)
- Check on them once or twice a week to be supportive – 62 (40.3%)
- Tell your friends to look out for them – 4 (2.6%)
- Express your concern that they may need to see a professional or contact an adult – 61 (39.6%)
- Other

### Other responses shared:

- consistently be their friends. Facetime them. text them. be there for them
- ask if there is any way you can help, if they say yes try following their request as well as you can. if they say no, keep an eye on them and try not to treat them different. ask what you shouldn't do/say to them. but overall treat them how you treated them before, they confided in you for a reason.
- I think the second and last choice are equally important
- At first, Just talk to them about what they're struggling with. No judgement. Then maybe a bit later down the line you can set them up with a therapist or professional help.
- Ask them what they need from you and try your best to deliver it
- Depends
- It depends on the person and what they're comfortable with
- All of the above, I cant say 1 for sure, but staying in contact with them and telling them that if they need help, they should not be afraid to get professional help or even tell their parents if not already done
- As all adults are not trained to help people with mental health issues, help them to whatever extent you can, and find a professional that they can contact
- Check in on them daily and recommend seeing a professional

How much do you agree with this statement: I believe that my school's faculty understands the importance of mental health awareness and actively promotes a healthy lifestyle.

154 responses

