

MENTAL HEALTH MATTERS

National High School Student Survey

December 2023



Champions
of Change

At InnerView, we firmly believe that students are essential agents of positive real-world change, contributing both in thought and action. Our primary role in this transformative ecosystem is to empower students, facilitating the discovery of opportunities, managing personal progress, and connecting skills and passions to meaningful impact.

In collaboration with our social impact partner, Creative Visions, we proudly support the #CreateConnectCare campaign, leveraging the power of creativity to foster mental health awareness, connection, and support.

As advocates for student empowerment, our initial endeavor involves collaborating with students to capture the current perspectives on high school mental health and well-being. We are excited to contribute to this campaign, sharing aggregated information that will benefit all stakeholders involved in the well-being of high school students. In the dynamic high school environment, understanding student perspectives on mental health is vital for shaping effective strategies, programs and support systems.

We are thrilled to present the findings of the Mental Health Matters survey, aiming to improve our collective understanding of the perspectives of high school students.



Kristine Sturgeon
InnerView CEO

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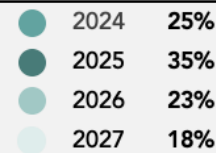
Information shared in this summary was collected and analyzed by InnerView through a digital survey of high school students. Aggregate participant profile information is as follows:



1,500

US High School Students

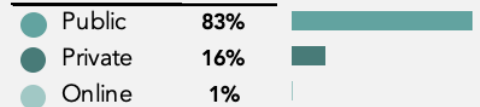
Graduation Year



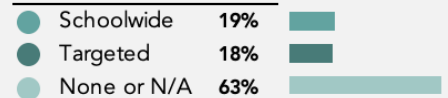
257 Schools

340,000 Full HS Enrollment

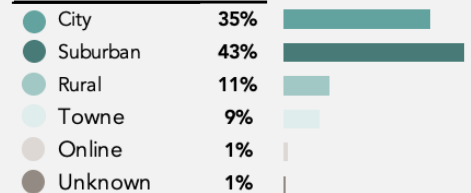
School Type



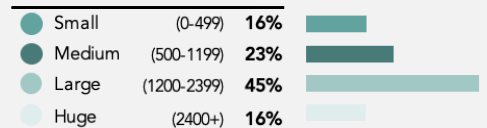
Title1



Locale



School Enrollment



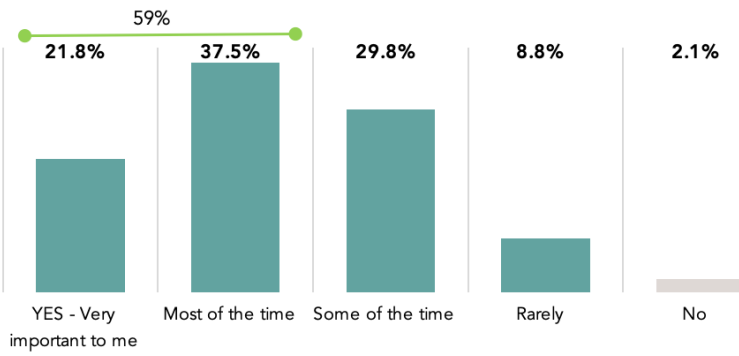
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SECTION ONE

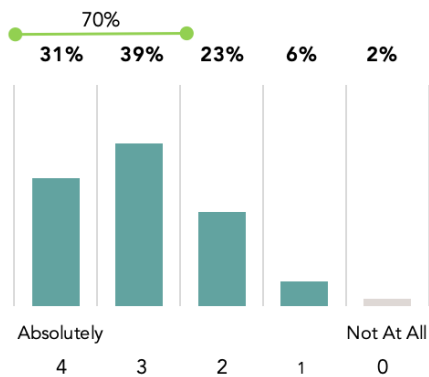
Focus: SELF & SOCIAL CIRCLES

A set of inquiries designed to assess the present condition of respondents and their immediate circle of friends by delving into perceptions, observations, and everyday conversations regarding mental health and well-being.

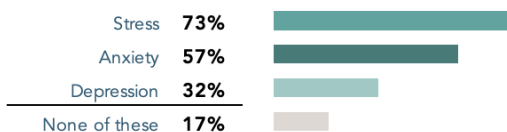
Do you make time to prioritize your own mental health and well-being?



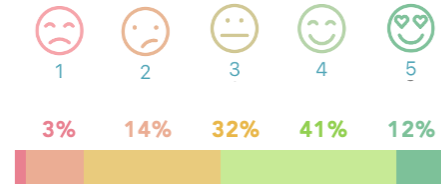
In your opinion, does the stigma surrounding mental health affect students' willingness to seek help or talk openly about their struggles?



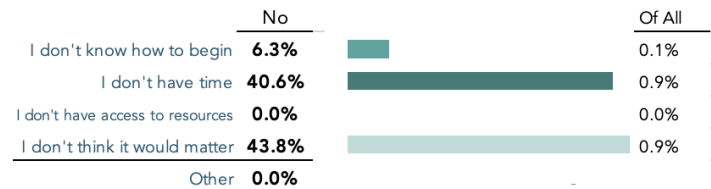
Have you noticed an increase in any of these challenges within your friend group:



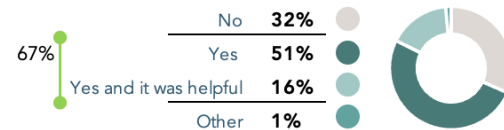
How would you say you are feeling about your mental health currently?



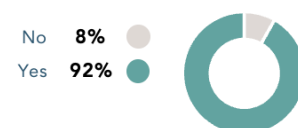
Why not? If "no" to: Do you make time to prioritize your own mental health and well-being?



Has mental health ever been a topic in your friend group?



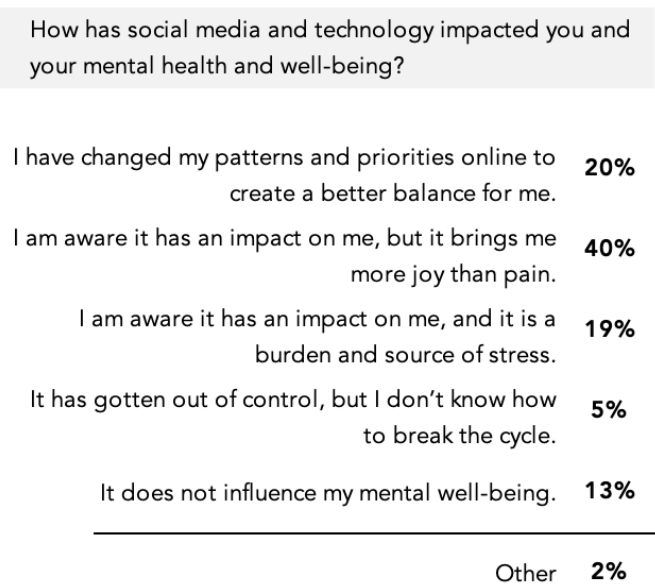
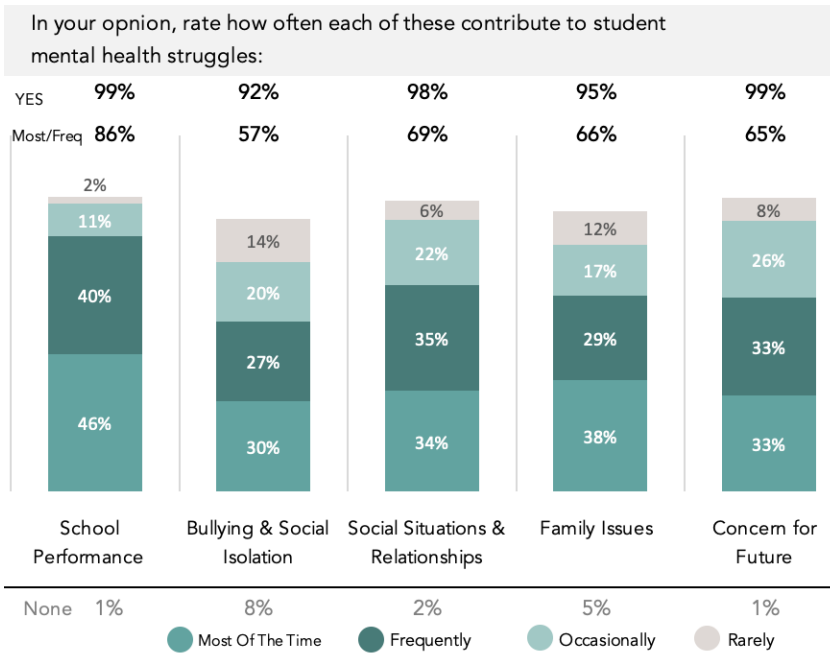
Do you believe friends are a good path of support for you?



SECTION TWO

Focus: MENTAL HEALTH INFLUENCES

Three inquiries aimed at gauging the impact of frequently cited categories and inputs on mental well-being.



When you are feeling stressed or anxious, do you find comfort in creative content?



SECTION THREE

Focus: ENVIRONMENT & SUPPORT

This series of questions was crafted to elicit opinions on access, personal inclination to provide support, positive initiatives, and the availability of existing resources.

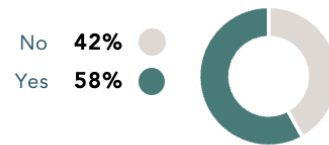
Which of these would you consider doing to support the issue of **High School Student Mental Health**?

Select all that apply

Mental Health

Support anonymously	64%
Visible social support	36%
Participate in an event / activity	62%
Create awareness & education materials	46%
Advocate – speak up!	32%
Connect like-minded groups & people for impact	32%
Lead and host events/programs	23%
Other	1%
This is not an issue I would support with personal action	4%

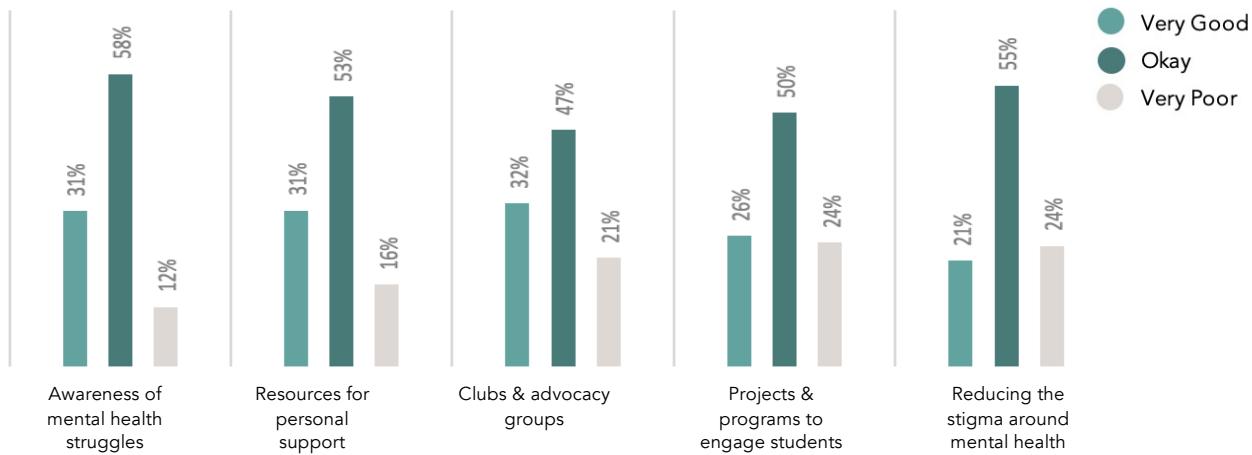
Have you observed any positive initiatives or projects that your school or students have started to support mental health?



YES key themes:

- Peer Mediation; Student to Student
- Mental Health Week, Awareness Days & Events
- Mental Health Clubs – Grassroots & Organized
- Visible Messages, Motivations, Posters & Notes
- Accessible Safe Spaces Dedicated to Mental Health
- Meditation & Mindfulness Practices
- Guest Speakers & Class Topics (Health Predominantly)
- Service Animals in School Around Exams
- Resources Printed on the Back of IDs

What do you think of your current school resources to support students dealing with mental health issues?



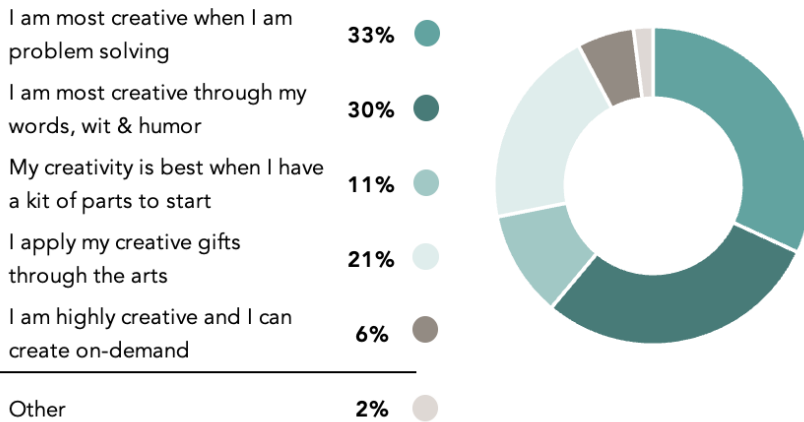
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SECTION FOUR

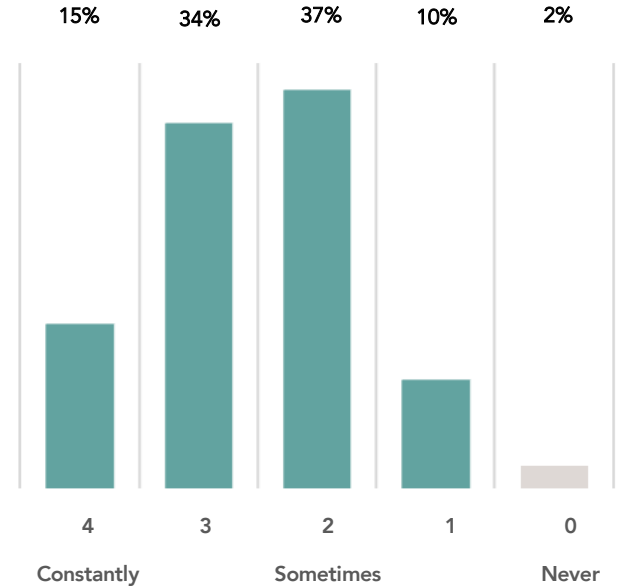
Focus: **CREATIVE PATHWAYS**

Research has established a link between engaging in creative activities and reaping health benefits. Students were surveyed using a set of prompts that explored their creative style, frequency of creative pursuits, preferred activities, and their consumption of creative works.

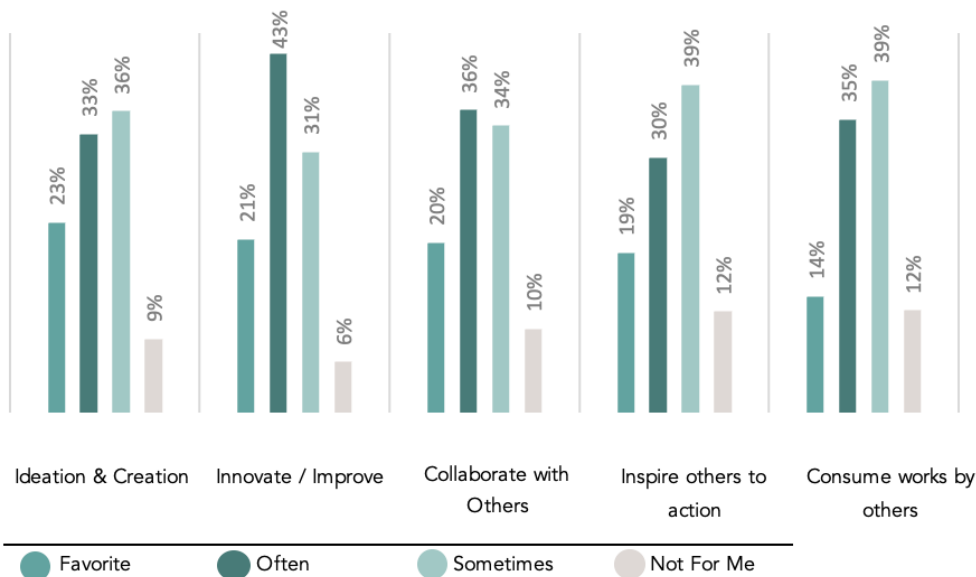
Which of these best describe your creative skills?



Outside of school, how frequently do you apply or make time for your creative talents?



How interested are you in each of these activities:



Think of the content you have come across or sought out in the last few weeks. Did you feel emotionally engaged by any of the following:

