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