

It PAYS to ASK...
It PAYS to KNOW

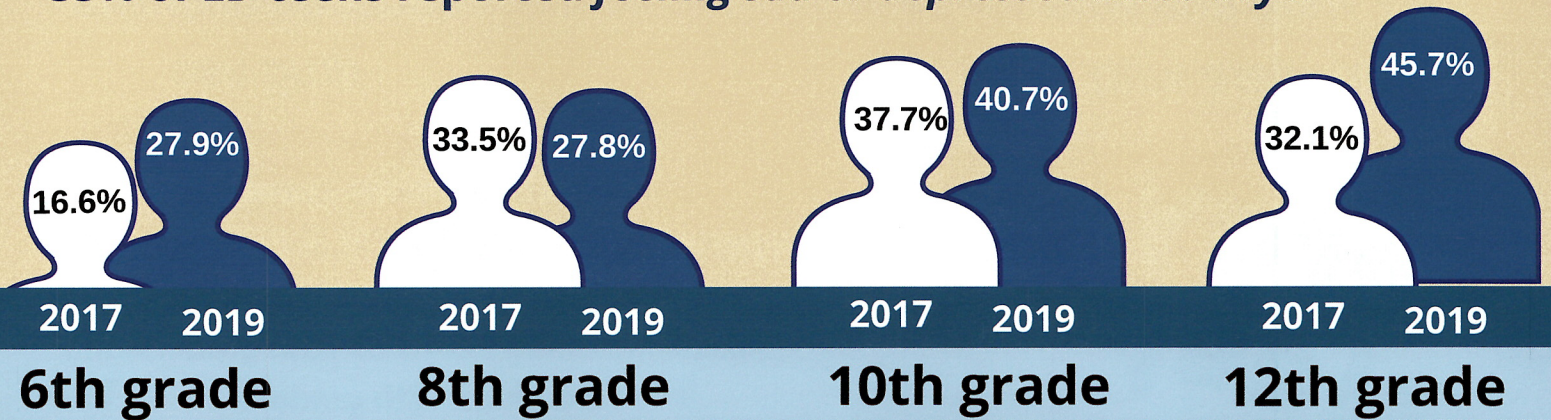


LOWER DAUPHIN
Communities That Care

TEENS & MENTAL WELLNESS

The Pennsylvania Youth Survey (PAYS) is an anonymous student survey administered biannually to youth in grades 6-8-10-12 to learn about their behavior, attitudes, and knowledge concerning alcohol; tobacco and other drugs; school climate and safety; depression; and violence. The last survey was administered in October 2019.

35% of LD teens reported *feeling sad or depressed most days.*

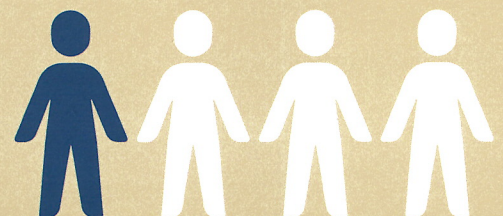


MENTAL HEALTH WARNING SIGNS

- *Withdrawal from friends and social activities
- *Difficulty concentrating
- *Sadness, anxiety or feeling of hopelessness
- *Irresponsible or rebellious behavior
- *Changes in eating habits
- *Use of alcohol or drugs and/or promiscuous sexual behavior
- *Headaches, stomachache, fatigue
- *Hurting oneself or talking about it
- *Sudden drop in grades



1 in 4 students surveyed said they *sometimes think that life is not worth it.*



Of the LD students surveyed...

67%

reported engaging in school-sponsored activities

95%

reported their parents knew where they were and who they were with

88%

reported that there are clear family rules about alcohol and drug use

energy + sleep



69.7% of students surveyed

reported *FEELING TIRED OR SLEEPY* during the day every day or several times during the past two weeks, including 84.4% of 10th graders and 84.3% of 12th graders.

34.9% of students surveyed

reported sleeping *LESS THAN 7 HOURS* a night on school nights, including 48.2% of 10th graders and 50.3% of 12th graders.

If you are concerned about your child's mental health, help ensure they:

- Practice healthy habits (sleep, exercise, diet)
- Communicate and socialize with others
- Avoid smoking and alcohol
- Develop a support system
- Find a new hobby
- Visit your school nurse, counselor or family physician



Start a conversation with your child.

To learn more about mental health & wellness, visit nami.org or childmind.org