



# ACCESS TO MENTAL HEALTH

## WHAT YOU SEE

What I would want to see changed is access to mental health and the education part of it. I think it's not talked about a lot and a lot of people are very uneducated about mental health and they think it's like a bad thing but it's really not. For educational purposes it should be more OK to talk about it. Kids in the classroom is where a lot of this can be taught.

## WHAT IT SYMBOLIZES

People are scared to speak out about it and educated about it because it's not a normal thing that we talk about.

## HOW IT IMPACTS YOUTH

The importance of normalizing this is that it could potentially help the suicide rates go down if people were more open to talk about how they feel and how their mental health is and they might not lean towards ending their own life but lean towards getting help because it's normalized to reach out and ask for help in a situation. It would also help younger kids understand that everyone goes through something like this, everyone has their moments of their mental health not being healthy and then they will be more likely to reach out and get the help that they need instead of just bundling it up and not talking about it.

## PROPOSED SOLUTION

When I was in High School, we had a curriculum called SHOP (Students Helping Other People). We were there for other students, we talked a lot about mental health. We had the choice to take that class, but I think it should be a requirement in schools like for you to graduate high school you need to take this class for a semester, or a year. That way everyone gets to take this class and gets the education that they need on mental health and everything else that goes into it. Making that a requirement for people to take is important. So, in High School, the older people if they have taken that core class, then they are the people that can continue to help everyone even after leaving elementary and middle school and going into high school. If they're taught it and must talk about it at such a young age, that the older that they get, the more normalized it would be to really reach out for help.

# MENTAL HEALTH SERVICES

## WHAT YOU SEE

A cry for help and a sense of confusion. It's hard to pick certain areas because I think all of it is so important, maybe focusing more on that transition area. Holding these programs more accountable to make sure the youth aging out have viable options and obtainable options. Even if they can't assist them-self to make sure that assistance that is coming from other places that they're not going to just be held high and dry because mental health is just so delicate.

## WHAT IT SYMBOLIZES

The struggle of finding support and resources. When I was transitioning out I was dealing with being a teen mom and being pregnant and my partner committed suicide so that was really dark for me. I don't feel likes that's typical for a transitional youth. I was on my own and left to my own devices so I wasn't even part of any mental health things at the time or even thinking about it, that took a few years, so I can't even think of something that I was a part of at that time.

## HOW IT IMPACTS YOUTH

It impacts me by the lack of resources and the struggle of knowing that I need to help myself and advocate for myself with my mental health but the struggle of not being able to do so because the resources that I know I need to obtain to move forward healthy are not presentable to me at the time.



## PROPOSED SOLUTION

Things that we are already doing, getting in touch with local programs and outreaches, definitely the school board to implement some programs free at cost for the school and for students so that these are things that are being dealt with early on with intervention stages to make transitions easier to adulthood and resources more known and easier to obtain into adulthood like for myself, all of the research and things I have come across have been from my own doing such as transitioning out of foster care and out of school-hood.



# Creativity **BENEFITS** Youth



## What You See:

*You are looking at the basic materials that aid creativity. While these things seem like they would be commonplace, we are not being provided these things this year at Trinity Highschool.*

## What It Symbolizes:

*It symbolizes the classes that were cut from our highschools available classes. I may not be artistically inclined, but I know many who are bummed that they cannot create in their classes, excluding essays.*

## How It Impacts Youth:

*These outlets of expression are positive ways of relieving stress and expressing emotions. Without them, teenagers who create are being taken away from. The things they create can add much needed self-esteem to an age demographic that can struggle with their image.*

*"One of the reasons why I started writing music in the first place was to address some of these big questions. It helped me" -Tyler Joseph*



## Proposed Solutions

- The creation of youth-led art clubs
- The creation of other creative clubs, such as writing clubs. Our school has a poetry club.
- Creativity doesn't stop at creation: bonding with peers in team-based activities can also strengthen mental health. Our study hall periods could be (optionally, of course) be used for activities like this.



# TEXT COUNSELING



## WHAT YOU SEE

Surviving from domestic violence and depression after that.

## WHAT IT SYMBOLIZES

The internal struggle and the pain that we mask, the stuff that we see going on behind the scenes and how that might come out in different ways.

## HOW IT IMPACTS YOUTH

It's something that so many people have to deal with on a daily basis. Each person that you speak to can relate to that in one aspect or another from a partnership, from a family member, from a friend, it something that is so prevalent in our society. Whoever you talk to about it can relate to it.

## PROPOSED SOLUTION

More awareness and acceptance about it. What I notice about it from my experience personally and what I have noticed from other people who have dealt with it is that I always see a lot of nonchalant Oh, it's not my problem, I don't want to get involved, that's their business, like that kind of thing. It's a very ugly part of society and if we just pretend it's not happening, it's just going to keep happening. We need to bring more awareness for it and offer more support. If we don't have resources for that, even just having someone to speak to about it that should be enough to give someone the strength to leave or to keep persevering. I know suicide is very prevalent with that kind of issue as well, even if it's just a friend to be there to speak to as well that could be all the difference. Bringing awareness and support in any way you can offer in that moment whether you are a resource manager or just someone to be a fellow human being, you just offer some kindness and empathy. We could offer more tech support because a lot of people are nervous and not in the right space to place at home to speak over the phone. If there was a hotline where someone could text with these issues because it is quiet and free and you could actually speak to somebody and get hope when you can't really use your voice, you can still use your voice. You could use students who are studying to become counselors or people who want to volunteer, or even certified counselors, just as long as there is a willing person on the other end to listen.