

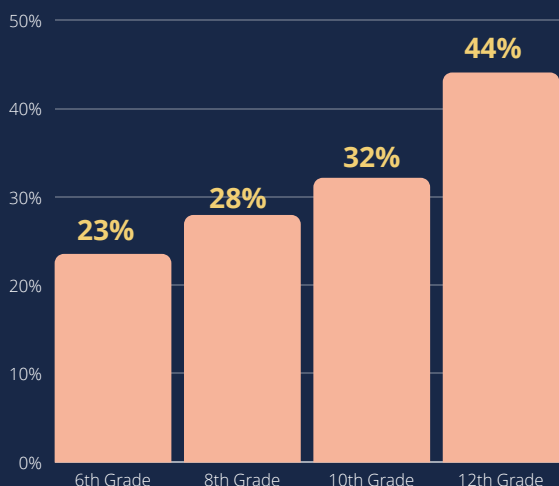
What Youth Are Saying About MENTAL HEALTH

PAYS 2021 Data

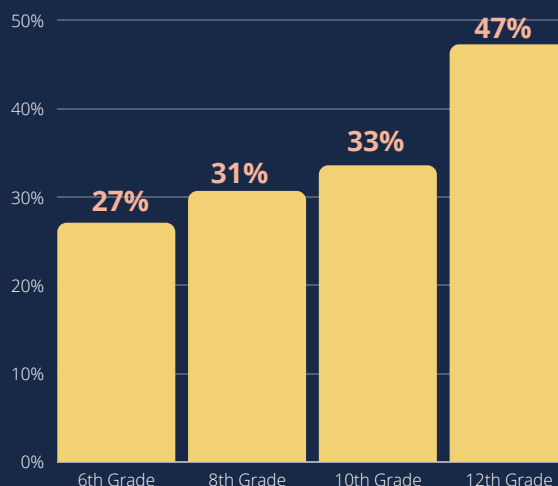
What is PAYS?

The Pennsylvania Youth Survey (PAYS) is a student survey administered in odd-numbered years (e.g. 2017, 2019, 2021) to youth in 6th, 8th, 10th, and 12th grades in participating schools throughout the state. The questions asked in the survey cover many types of attitudes, knowledge, behaviors, and experiences.

DASD Youth Reported They:



Felt depressed or sad MOST days in the past 12 months.



At times, think that they are no good at all.

Approximately one out of five adolescents has a diagnosable mental health disorder, and nearly one third show symptoms of depression. Effective treatments for mental health disorders, especially if they begin soon after symptoms appear, can help reduce its impact on an adolescent's life.

Warning Signs:



Social
Withdrawal



Major Change in
Sleeping Habits



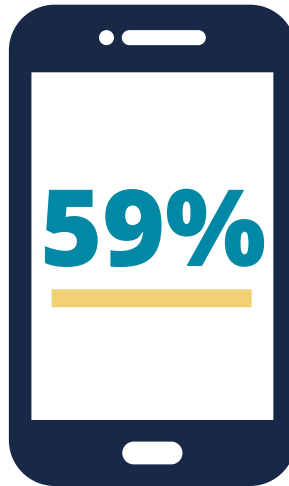
Persistent irritability
or anger



Major Change in
Eating Habits

DASD Youth Reported:

Of students that reported being bullied through texting/social media in the past year,



felt so sad or hopeless almost every day for at least 2 weeks in the past year that they stopped doing usual activities.

Of students that reported skipping school due to bullying fears in the past year,

76.5%



reported they felt so sad or hopeless almost every day for at least 2 weeks in the past year that they stopped doing usual activities.

“Resilient” adolescents are those who have managed to cope effectively, even in the face of stress and other difficult circumstances, and are poised to enter adulthood with a good chance of positive mental health.

Effective Coping Strategies:



Regular
Exercise



Asking for
Help



Caring
Relationships



Positive
Self Talk



Listening to
Music

Learn more about youth mental health on our website (www.dtownctc.org - scan QR) & follow us on social media:



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