TEEN MENTAL HEALTH SURVEY

Participant Demographic Summary, Spring 2022

CREATED BY YOUTH FOR YOUTH FOR CHANGE

The Teen Mental Health Survey is a city-wide survey for young people ages 12 to 19. The survey was designed to give insight into the state of teen mental health in our city. Data collected will help our youth leaders make recommendations to improve mental health for young people in San Antonio.

The survey was created by the **San Antonio Youth Commission (SAYC)** and **Project Worth Teen Ambassadors (PWTA).** The SAYC is a group of high school students from around the city. PWTA are youth from 7th – 12th grade who support teen health in the community by volunteering and sharing their voices, creativity, and ideas.

GENDER



- 56% Woman/Girl
- 26% Man/Boy
- 8% Gender Diverse
- 5% Exploring or Unsure
- 4% Not Disclosed

Gender Diverse: An umbrella term used to describe gender identities that demonstrate a diversity of expression beyond the binary framework.

Exploring or Unsure: If this option was selected with other gender identities, it prevailed over the other selections as gender is not clearly defined for the respondent.

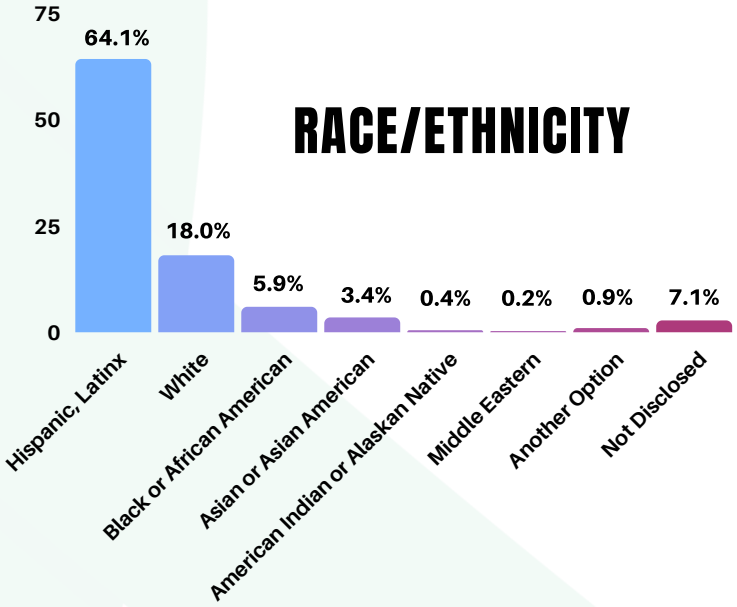
DETERMINING A VALID SAMPLE SIZE

1047 Surveys Collected

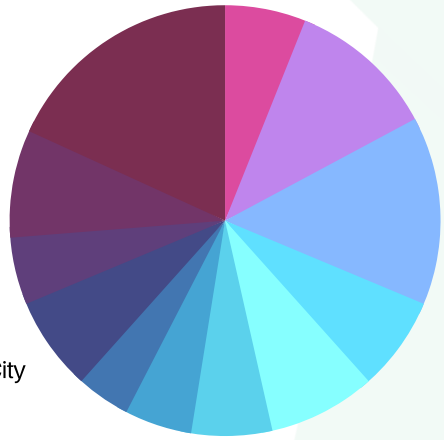
846 Surveys collected with valid responses

**Margin of Error at a 95% confidence interval is ± 4% for this number of valid responses.*

RACE/ETHNICITY



CITY COUNCIL DISTRICT



- 6% District 1
- 11% District 2
- 14% District 3
- 7% District 4
- 8% District 5
- 6% District 6
- 5% District 7
- 4% District 8
- 7% District 9
- 5% District 10
- 8% Outside of SA City Limits
- 18% Not Disclosed

AGE RANGE

77% HIGH SCHOOL AGED (15-19 YEAR OLDS)

23% MIDDLE SCHOOL AGED (12-14 YEAR OLDS)

SEXUAL ORIENTATION



- 51% Heterosexual
- 30% LGBQ+
- 3% Exploring or Unsure
- 16% Not Disclosed

Exploring or Unsure: If this option was selected with other sexual orientations, it prevailed over the other selections as orientation is not clearly defined for the respondent.

Participants were able to select more than one option for all identity questions.

CITY OF SAN ANTONIO DEPARTMENT OF HUMAN SERVICES

CITY OF SAN ANTONIO METROPOLITAN HEALTH DISTRICT

Prepared by the Department of Human Services June 20, 2022

TEEN MENTAL HEALTH SURVEY

DATA SUMMARY, SPRING 2022

CURRENT TEEN MENTAL HEALTH STATUS

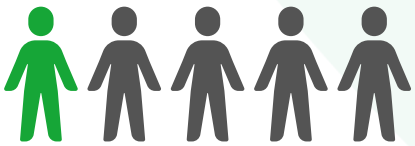
37% More good days than bad days

34% More bad days than good days

20% Not disclosed

10% Excellent

> "ONCE YOU FEEL SAD FOR SO LONG, IT'S WEIRD TO FEEL HAPPY. GIVE US TIME."

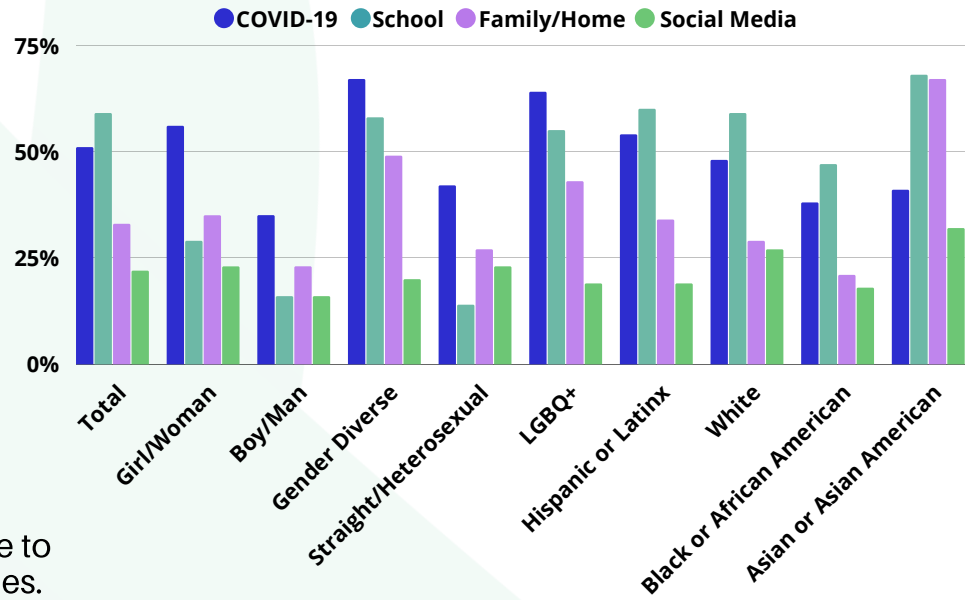


1 in 5

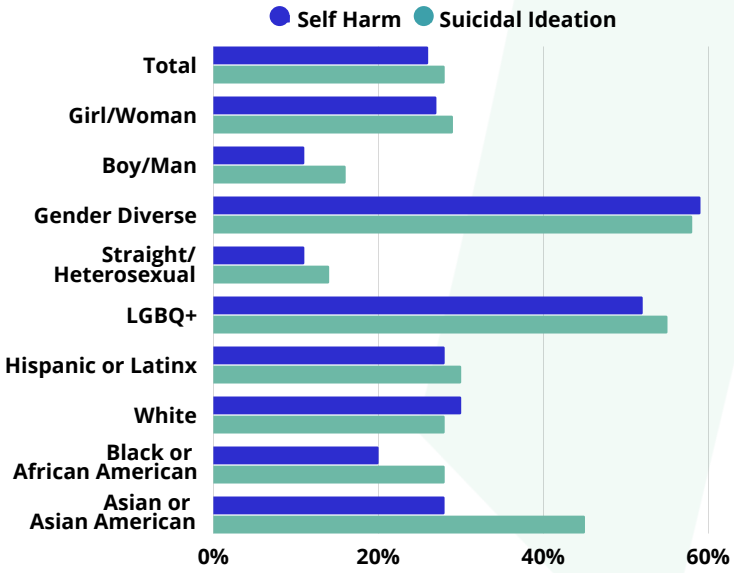
Teens feel like they don't have anyone to go to for their mental health challenges.

> "WHETHER IT'S HAVING STRESS IN SCHOOL OR PROBLEMS AT HOME, WE NEED HELP AND SOMEONE TO HEAR US OUT..."

TOP AFFECTS ON MENTAL HEALTH



SUICIDAL IDEATION & SELF HARM



> "MANY ADULTS LOOK AT MENTAL HEALTH AS A JOKE, BUT THEY NEED TO REALIZE THE IMPACT OF COVID-19 AND ONLINE SCHOOL HAVE HAD ON US."

TOP ISSUES EXPERIENCED BY TEENS



- Eating or sleeping too much or too little
- Having low or no energy
- Not interested in spending time with people or doing usual activities
- Feeling unusually confused, forgetful, angry, worried, or scared
- Feeling numb or nothing matters

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SAYC San Antonio Youth Commission

PROJECT WORTH TEEN AMBASSADORS

FIRST STOPS WHEN FACING MENTAL HEALTH CHALLENGES



- 41% Friends
- 27% Trusted adult family member
- 21% Not comfortable talking to anyone
- 18% Sibling(s) close in age
- 12% Internet Search

"Sometimes people don't talk about their problems because they don't know where to go. Knowing where to go can make an impact especially if that place is free. We don't have money to go see a counselor."

DO YOUTH KNOW WHERE TO GO WHEN NEEDING HELP?

52% 48%

"Lots of people just want someone who will understand that they are hurting and be there for them when their friends/family aren't."

DOES YOUR SCHOOL HAVE ADEQUATE SUPPORT FOR MENTAL HEALTH?

66%

TOP 3 WAYS TEENS WANT SUPPORT

1. More in-school resources with access to mental health professionals
2. More mental health programs
3. Confidential text services for support

TOP TEEN MENTAL HEALTH OUTLETS

Friends, Music, Sports, Gaming, Art

ACTIONS TAKEN BECAUSE OF THE RECOMMENDATIONS YOUNG PEOPLE SHARED!

1. Advocacy with City Leaders and Bexar County Superintendents to increase awareness of free and affordable resources available in communities and schools.

   ARPA funding recommendations based on youth voice.

2. Collaboration with mental health professionals in San Antonio to increase access to services and peer-to-peer support programs.

   Mucho Gusto
   Wellness Youth Summit
   Aug. 6th, 2022
   Free for all young people ages 12-19 and for adults interested in learning how to support the young people in our lives!

3. SAYC and PWTA will ensure that free and confidential text options are available for anyone who needs support. You can find options and links at idreamsa.com

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