



Youth mental health needs our attention



78%

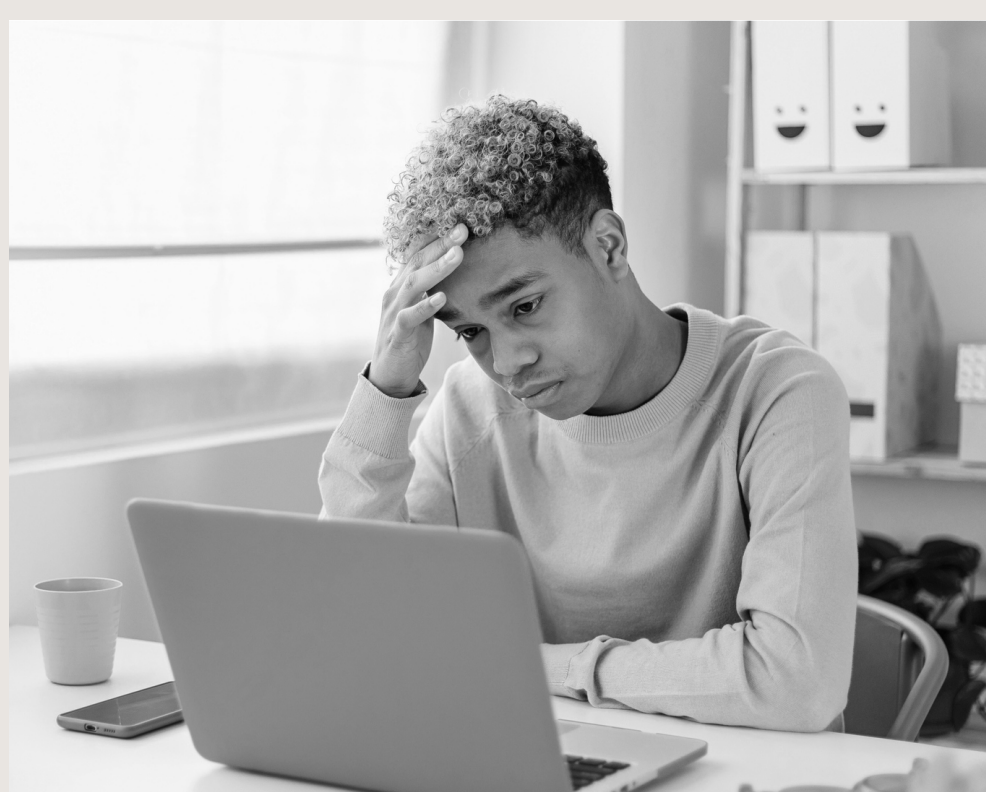
of Gen Z youth are
talking with others
about mental health

87%

of Gen Z youth are experiencing
mental health challenges

58%

experience anxiety on
a regular basis



Gen Z feels weighed down by socio-political issues

Top concerns

69%

Gun
violence

54%

Racial and
social injustice

44%

Climate
change

26%

rely on social media
to help address
their mental health

