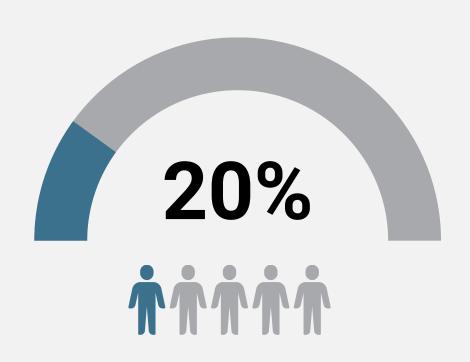
Voices of Hope: A Youth's Perspective on Mental Health Supports

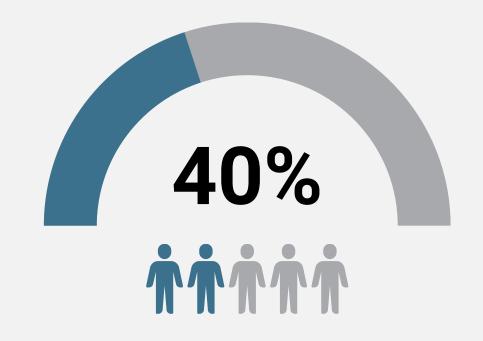


THE WHY in it is a second of the second of

According to National Institute of Mental Health, in 2021, nearly 1 in 5 adolescents experienced atleast one major depressive episode



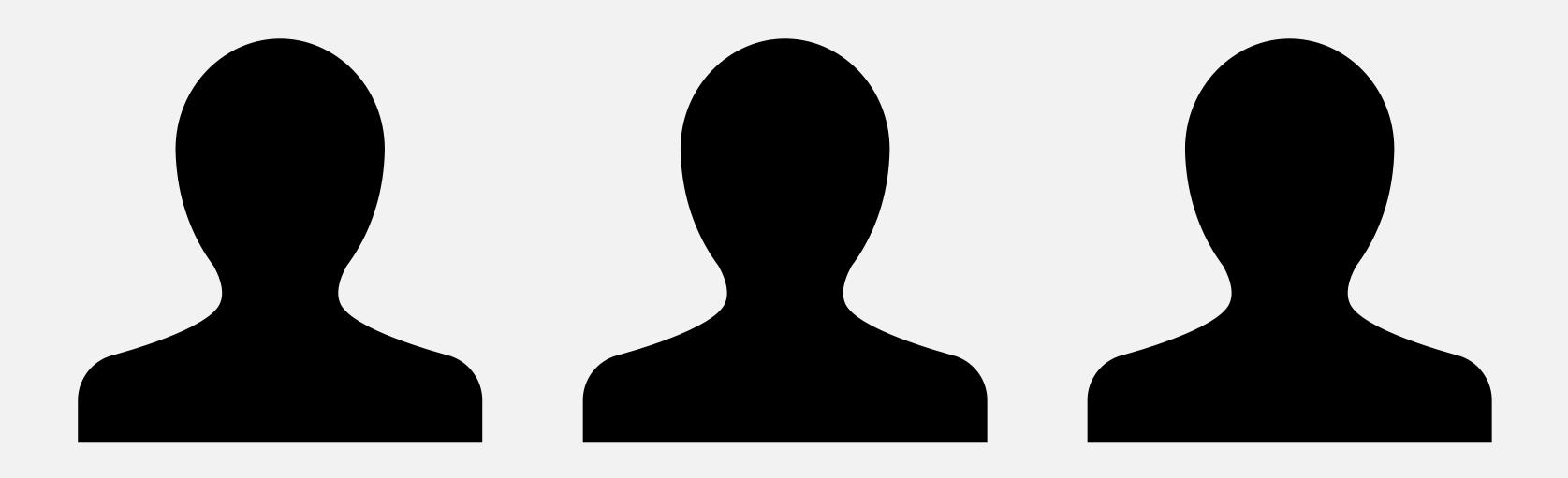
In 2021-2023, the CDC's Youth Risk Behavior Survey found that on average **1 in 5** U.S. high school students seriously considered suicide



In 2021-2023, the CDC's Youth Risk Behavior Survey found that on average **2 in 5** U.S. high school students reported feeling persistent sadness or hopelessness In Waukesha County, the 2021

Youth Risk Behavior Survey found
that nearly 1 in 6 (~15%) students
seriously considered suicide
and about 1 in 3 (~30%) students
reported feeling persistent
sadness or hopelessness

Local rates are slightly lower than national averages but reflect similar patterns



NAMI- ENDING THE SILENCE

Testimonial:

"I liked how they shared personal stories. Its inspiring and really helps spread awareness."

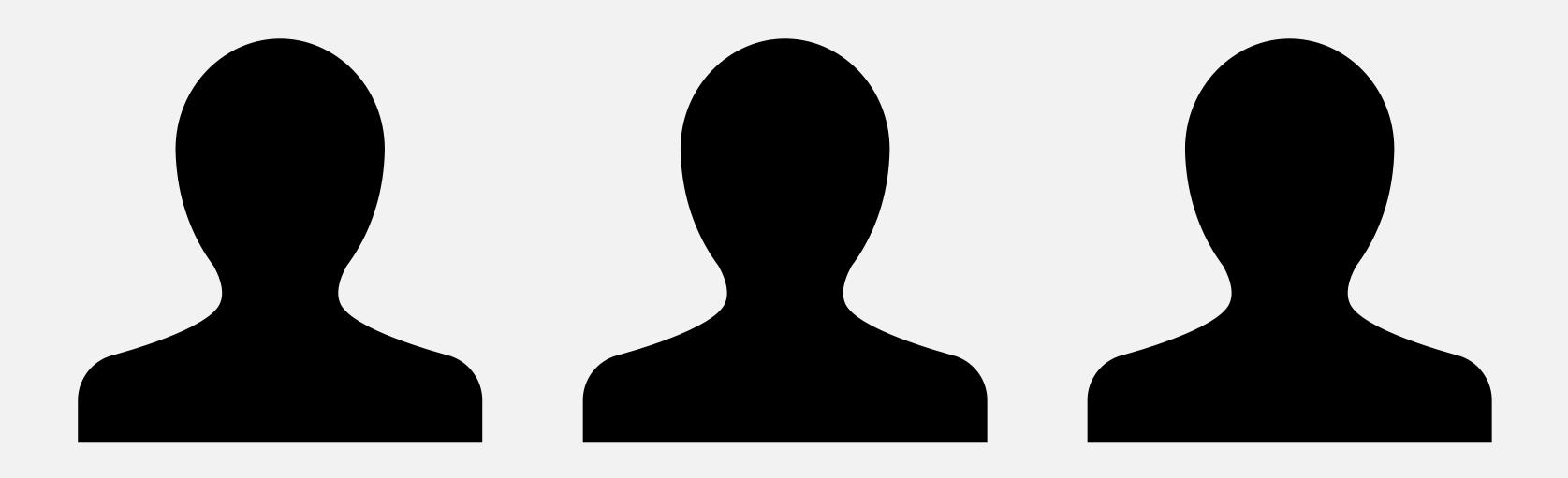
"Making sure you know that you're not alone."

"The personal experiences of the presenters made it seem like they were really a reliable source that proves things get better."

- 18 schools visited in Waukesha County.
- 2749 number of students surveyed.
- 130 Presentation given by people with lived experience.



Because stigma is silent but HOPE is loud.



SUICIDE & CRISIS LIFELINE

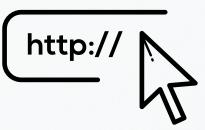
In 2024, almost 1million people reached out to 988. More than 99% of Wisconsin 988 contacts are resolved through the conversation itself.



Call



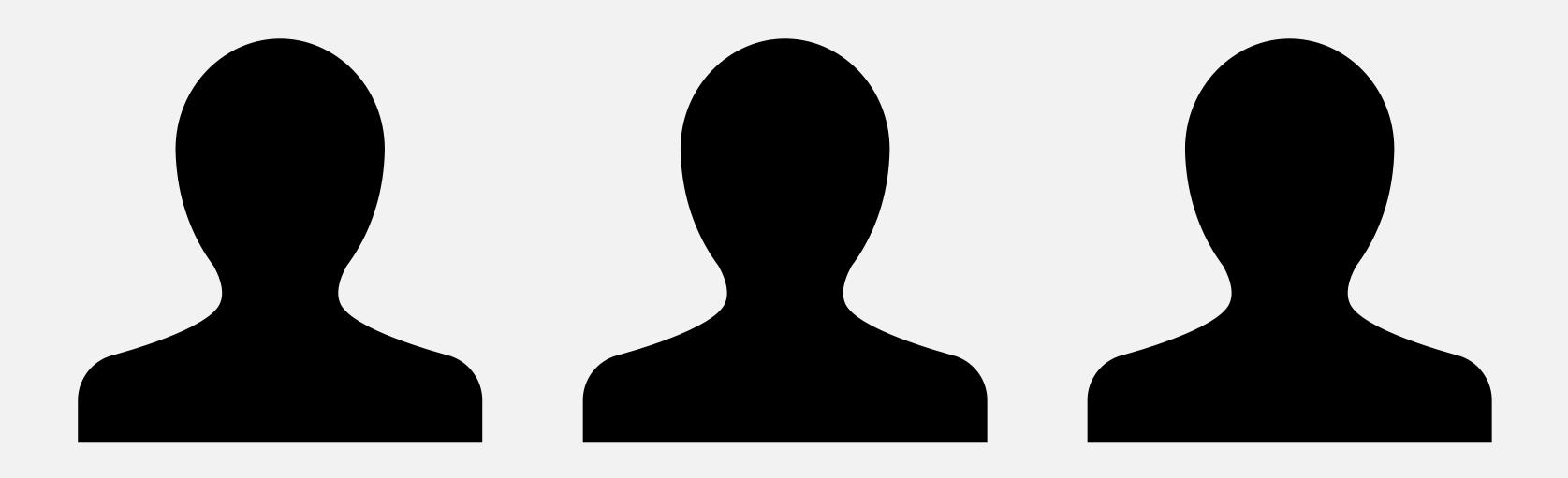
Text



Website www.988lifeline.org

Trained crisis counselors.

You are not alone.



NAMI- LIGHT HOUSE PROJECT

Personalized coordination:

the Outreach Coordinator assists in understanding early warning signs, connecting to early intervention, and providing ongoing follow-up.

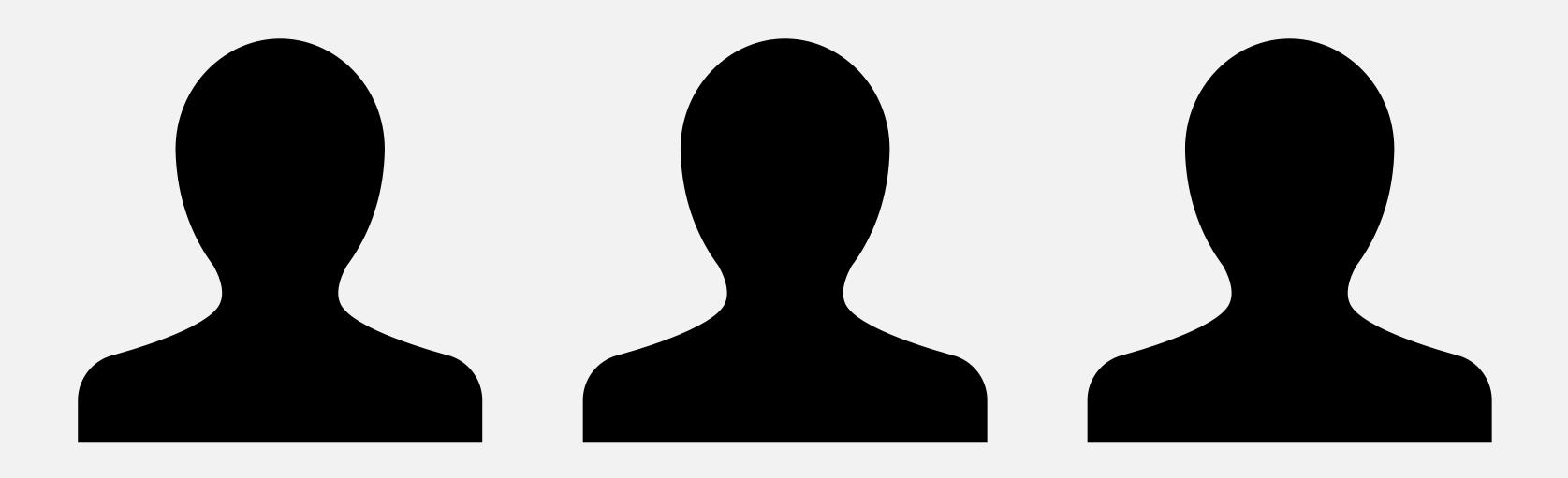
System navigation:

helping families understand and access school supports, mental-health services, substance-use resources, and community programs.

Empowering caregivers:

focusing on parental strengths, validating skills, and offering education around advocacy, culture, and individual family needs.





MENTAL HEALTH AND WELLNESS FAIR

Safe and welcoming

space to learn about mental health challenges, reduce stigma, and encourage open conversations about topics that are often difficult to discuss

Highlight the variety of programs

whether it's counseling, crisis support, peer groups, or wellness activities—so individuals can find resources that best fits their needs.

Recognize warning signs

Mental Health events help families, educators, and peers learn how to recognize warning signs, and offer support as well

You are not alone

For many teens and young adults, these events may be their first exposure to professional mental health support or a reminder that they are not alone in what they're experiencing.

