

# What do young people need from their communities to support their mental health?

CRISIS TEXT LINE |



## Executive Summary

Crisis Text Line partnered with Common Good Labs to analyze the resources mentioned by young people in over 87,000 anonymized conversations.

**This revealed six resources that youth in crisis say they need from their communities to help them cope:**



Communities have been cutting programs that provide the resources youth in crisis need.



7 in 10 children do not participate in clubs.

5 in 10 adolescents with depression do not receive treatment.

**Opportunities for social connection**

**Engagement in music, writing, visual, and performing arts**

**Mental health services**

**Exercise and sports programs**

**Books and audiobooks**

**Outdoor spaces and nature**



Depression and suicide among young people have increased significantly since 2010.



5 in 10 high schoolers do not play sports.

4 in 10 children do not live near a library.

**Contact us to learn more:**



Website

**Courtney Hunter,**  
Vice President of Public Policy & Advocacy  
chunter@crisistextline.org

**Jana French,**  
Director of Community Partnerships  
jfrench@crisistextline.org



Report