



## TOPLINE & METHODOLOGY

National Alliance on Mental Illness (NAMI) Teen Survey conducted by Ipsos

Conducted by Ipsos using KnowledgePanel®  
A survey of U.S. teenagers age 12-17 recruited through their parents

Interview dates: July 15-August 1, 2022  
Number of interviews: 1,015

Margin of error: +/-3.5 percentage points at the 95% confidence level

NOTE: All results show percentages among all respondents, unless otherwise labeled. Reduced bases are unweighted values.

NOTE: \* = less than 0.5%, - = no respondents

### Annotated Questionnaire:

1. To start off, which of the following words or phrases best describes how are you feeling today? You can choose all that apply.

	Teens (N=1,015)
Happy	58%
Social/Friendly	30%
Motivated/Energized	20%
Hopeful	16%
Anxious/Worried	11%
Anti-social/Do not want to be around people	10%
Overwhelmed	9%
Curious	9%
Stressed out	9%
Numb/Not feeling much of anything	9%
Frustrated	8%
Sad	3%
Angry	2%
Other/Something else	6%
Skipped	1%

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2. How often, if at all, would you say that you feel each of the emotions listed below?

Total All the time/Often Summary	Teens
Have tons of energy	44%
Anti-social/Do not want to be around people	17%
Have trouble concentrating	17%
Anxious or worried	16%
Easily frustrated	16%
Stressed out	16%
Overwhelmed	14%
Numb or just don't feel anything	9%
Angry	7%
Sad	7%

Angry	Teens
All the time	1%
Often	5%
Sometimes	43%
Rarely	38%
Never	11%
Prefer not to answer	1%
Skipped	1%
<i>All the time/Often (net)</i>	<i>7%</i>
<i>Rarely/Never (net)</i>	<i>49%</i>

Anti-social/Do not want to be around people	Teens
All the time	4%
Often	14%
Sometimes	32%
Rarely	30%
Never	19%
Prefer not to answer	1%
Skipped	1%
<i>All the time/Often (net)</i>	<i>17%</i>
<i>Rarely/Never (net)</i>	<i>50%</i>

Anxious or worried	Teens
All the time	3%
Often	13%
Sometimes	38%
Rarely	31%
Never	13%
Prefer not to answer	1%
Skipped	1%
<i>All the time/Often (net)</i>	<i>16%</i>
<i>Rarely/Never (net)</i>	<i>44%</i>

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2. How often, if at all, would you say that you feel each of the emotions listed below?  
(Continued)

<b>Have trouble concentrating</b>	<b>Teens</b>
All the time	5%
Often	13%
Sometimes	39%
Rarely	29%
Never	13%
Prefer not to answer	1%
Skipped	1%
<i>All the time/Often (net)</i>	<i>17%</i>
<i>Rarely/Never (net)</i>	<i>42%</i>

<b>Easily frustrated</b>	<b>Teens</b>
All the time	3%
Often	13%
Sometimes	42%
Rarely	28%
Never	11%
Prefer not to answer	1%
Skipped	1%
<i>All the time/Often (net)</i>	<i>16%</i>
<i>Rarely/Never (net)</i>	<i>40%</i>

<b>Have tons of energy</b>	<b>Teens</b>
All the time	10%
Often	35%
Sometimes	36%
Rarely	15%
Never	3%
Prefer not to answer	1%
Skipped	1%
<i>All the time/Often (net)</i>	<i>44%</i>
<i>Rarely/Never (net)</i>	<i>18%</i>

<b>Numb or just don't feel anything</b>	<b>Teens</b>
All the time	1%
Often	8%
Sometimes	18%
Rarely	28%
Never	43%
Prefer not to answer	2%
Skipped	1%
<i>All the time/Often (net)</i>	<i>9%</i>
<i>Rarely/Never (net)</i>	<i>71%</i>



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2. How often, if at all, would you say that you feel each of the emotions listed below?  
(Continued)

<b>Overwhelmed</b>	<b>Teens</b>
All the time	3%
Often	11%
Sometimes	41%
Rarely	29%
Never	15%
Prefer not to answer	1%
Skipped	1%
<i>All the time/Often (net)</i>	<i>14%</i>
<i>Rarely/Never (net)</i>	<i>44%</i>

<b>Sad</b>	<b>Teens</b>
All the time	1%
Often	5%
Sometimes	35%
Rarely	45%
Never	11%
Prefer not to answer	1%
Skipped	1%
<i>All the time/Often (net)</i>	<i>7%</i>
<i>Rarely/Never (net)</i>	<i>56%</i>

<b>Stressed out</b>	<b>Teens</b>
All the time	3%
Often	13%
Sometimes	42%
Rarely	28%
Never	12%
Prefer not to answer	1%
Skipped	1%
<i>All the time/Often (net)</i>	<i>16%</i>
<i>Rarely/Never (net)</i>	<i>40%</i>

3. Over the last month or so, how would you describe your mental health?

	<b>Teens</b>
Very good	51%
Somewhat good	39%
Somewhat poor	8%
Very poor	1%
Skipped	*
<i>Very/Somewhat good (net)</i>	<i>90%</i>
<i>Somewhat/Very poor (net)</i>	<i>9%</i>

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4. When you're feeling upset, how do you handle it?

*Verbatim responses provided separately. Coded open-ends forthcoming.*

5. How much do you agree or disagree with the following statements?

Total Strongly/Somewhat Agree Summary	Teens
I don't feel like I need mental health treatment right now	70%
I feel comfortable talking about my mental health with those closest to me	65%
I would feel comfortable telling my parent(s)/guardian(s) that I'd like to get mental health treatment	63%
If I needed it, I could fit mental health treatment into my school/afterschool schedule	62%
I talk regularly with my parent(s)/guardian(s) about my mental health	48%
I could easily find a therapist, counselor or mental health provider that understands my background and experiences	47%
I don't feel like mental health treatment would help me	23%
I have looked for information on how to improve my mental health	21%
I'm worried that my family couldn't afford mental health treatment for me	17%

I feel comfortable talking about my mental health with those closest to me	Teens
Strongly agree	30%
Somewhat agree	35%
Don't really disagree or agree	16%
Somewhat disagree	12%
Strongly disagree	5%
Prefer not to answer	1%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>65%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>17%</i>

I talk regularly with my parent(s)/guardian(s) about my mental health	Teens
Strongly agree	20%
Somewhat agree	28%
Don't really disagree or agree	21%
Somewhat disagree	17%
Strongly disagree	13%
Prefer not to answer	2%
Skipped	*
<i>Strongly/Somewhat agree (net)</i>	<i>48%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>29%</i>

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5. How much do you agree or disagree with the following statements? (Continued)

<b>I would feel comfortable telling my parent(s)/guardian(s) that I'd like to get mental health treatment</b>	<b>Teens</b>
Strongly agree	31%
Somewhat agree	33%
Don't really disagree or agree	18%
Somewhat disagree	9%
Strongly disagree	6%
Prefer not to answer	3%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>63%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>15%</i>

<b>If I needed it, I could fit mental health treatment into my school/afterschool schedule</b>	<b>Teens</b>
Strongly agree	29%
Somewhat agree	33%
Don't really disagree or agree	22%
Somewhat disagree	7%
Strongly disagree	6%
Prefer not to answer	2%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>62%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>13%</i>

<b>I'm worried that my family couldn't afford mental health treatment for me</b>	<b>Teens</b>
Strongly agree	4%
Somewhat agree	12%
Don't really disagree or agree	21%
Somewhat disagree	15%
Strongly disagree	44%
Prefer not to answer	3%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>17%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>59%</i>



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5. How much do you agree or disagree with the following statements? (Continued)

<b>I don't feel like I need mental health treatment right now</b>	<b>Teens</b>
Strongly agree	50%
Somewhat agree	21%
Don't really disagree or agree	13%
Somewhat disagree	7%
Strongly disagree	6%
Prefer not to answer	2%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>70%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>14%</i>

<b>I could easily find a therapist, counselor or mental health provider that understands my background and experiences</b>	<b>Teens</b>
Strongly agree	21%
Somewhat agree	26%
Don't really disagree or agree	34%
Somewhat disagree	10%
Strongly disagree	6%
Prefer not to answer	3%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>47%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>16%</i>

<b>I don't feel like mental health treatment would help me</b>	<b>Teens</b>
Strongly agree	11%
Somewhat agree	12%
Don't really disagree or agree	42%
Somewhat disagree	16%
Strongly disagree	13%
Prefer not to answer	4%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>23%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>29%</i>

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5. How much do you agree or disagree with the following statements? *(Continued)*

<b>I have looked for information on how to improve my mental health</b>	<b>Teens</b>
Strongly agree	6%
Somewhat agree	15%
Don't really disagree or agree	26%
Somewhat disagree	15%
Strongly disagree	35%
Prefer not to answer	2%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>21%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>50%</i>

6. How often, if at all, do you go to the following for information about mental health?

<b>Total All the time/Often Summary</b>	<b>Teens</b>
Your parent(s)/guardian(s)	34%
Your friends	18%
Other family members besides your parent(s)/guardian(s), like a grandparent or sibling	10%
Your doctor	9%
The internet, websites, or online articles	8%
Teachers and/or other adults at your school (guidance counselor, teacher's aide, nurse, etc.)	7%
Other adults in your life besides your family members or teachers (a coach, pastor, a friend's parent, etc.)	7%
Social media (Instagram, TikTok, Snapchat, etc.)	6%
Mental health/wellness apps	3%

<b>Your parent(s)/guardian(s)</b>	<b>Teens</b>
All the time	13%
Often	22%
Sometimes	29%
Rarely	17%
Never	19%
Skipped	1%
<i>All the time/Often (net)</i>	<i>34%</i>
<i>Rarely/Never (net)</i>	<i>35%</i>





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6. How often, if at all, do you go to the following for information about mental health?  
(Continued)

<b>Other family members besides your parent(s)/guardian(s), like a grandparent or sibling</b>	<b>Teens</b>
All the time	3%
Often	7%
Sometimes	27%
Rarely	23%
Never	39%
Skipped	1%
<i>All the time/Often (net)</i>	<i>10%</i>
<i>Rarely/Never (net)</i>	<i>62%</i>

<b>Teachers and/or other adults at your school (guidance counselor, teacher's aide, nurse, etc.)</b>	<b>Teens</b>
All the time	1%
Often	5%
Sometimes	19%
Rarely	28%
Never	46%
Skipped	1%
<i>All the time/Often (net)</i>	<i>7%</i>
<i>Rarely/Never (net)</i>	<i>73%</i>

<b>Your doctor</b>	<b>Teens</b>
All the time	3%
Often	6%
Sometimes	19%
Rarely	23%
Never	48%
Skipped	1%
<i>All the time/Often (net)</i>	<i>9%</i>
<i>Rarely/Never (net)</i>	<i>71%</i>

<b>Other adults in your life besides your family members or teachers (a coach, pastor, a friend's parent, etc.)</b>	<b>Teens</b>
All the time	2%
Often	4%
Sometimes	19%
Rarely	24%
Never	49%
Skipped	1%
<i>All the time/Often (net)</i>	<i>7%</i>
<i>Rarely/Never (net)</i>	<i>73%</i>



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6. How often, if at all, do you go to the following for information about mental health?  
(Continued)

<b>Your friends</b>	<b>Teens</b>
All the time	5%
Often	13%
Sometimes	31%
Rarely	20%
Never	30%
Skipped	1%
<i>All the time/Often (net)</i>	<i>18%</i>
<i>Rarely/Never (net)</i>	<i>51%</i>

<b>Social media (Instagram, TikTok, Snapchat, etc.)</b>	<b>Teens</b>
All the time	1%
Often	5%
Sometimes	15%
Rarely	21%
Never	58%
Skipped	1%
<i>All the time/Often (net)</i>	<i>6%</i>
<i>Rarely/Never (net)</i>	<i>78%</i>

<b>The internet, websites, or online articles</b>	<b>Teens</b>
All the time	2%
Often	6%
Sometimes	22%
Rarely	22%
Never	47%
Skipped	1%
<i>All the time/Often (net)</i>	<i>8%</i>
<i>Rarely/Never (net)</i>	<i>69%</i>

<b>Mental health/wellness apps</b>	<b>Teens</b>
All the time	1%
Often	2%
Sometimes	11%
Rarely	18%
Never	66%
Skipped	1%
<i>All the time/Often (net)</i>	<i>3%</i>
<i>Rarely/Never (net)</i>	<i>85%</i>

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7. Do you have any other sources of information about mental health? Please write them in the box below. If not, just click ">>" to go to the next question.

*Open-ended responses provided separately.*

8. **[Base: Goes to source for information on mental health at least rarely; varies per source]** Now for each of the below, think about how much you TRUST them as sources of information about mental health.

<b>Your parent(s)/guardian(s)</b>	<b>Teens (N=828)</b>
A lot	74%
A fair amount	21%
Not very much	2%
Not at all	*
Not sure	2%
Skipped	*
<i>A lot/A fair amount (net)</i>	<b>95%</b>
<i>Not very much/Not at all (net)</i>	<b>3%</b>

<b>Other family members besides your parent(s)/guardian(s), like a grandparent or sibling</b>	<b>Teens (N=627)</b>
A lot	38%
A fair amount	45%
Not very much	11%
Not at all	2%
Not sure	4%
Skipped	*
<i>A lot/A fair amount (net)</i>	<b>83%</b>
<i>Not very much/Not at all (net)</i>	<b>13%</b>

<b>Teachers and/or other adults at your school (guidance counselor, teacher's aide, nurse, etc.)</b>	<b>Teens (N=542)</b>
A lot	29%
A fair amount	52%
Not very much	15%
Not at all	1%
Not sure	4%
Skipped	*
<i>A lot/A fair amount (net)</i>	<b>81%</b>
<i>Not very much/Not at all (net)</i>	<b>15%</b>



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8. Now for each of the below, think about how much you TRUST them as sources of information about mental health. *(Continued)*

<b>Your doctor</b>	<b>Teens (N=519)</b>
A lot	53%
A fair amount	37%
Not very much	6%
Not at all	1%
Not sure	3%
Skipped	1%
<i>A lot/A fair amount (net)</i>	<i>90%</i>
<i>Not very much/Not at all (net)</i>	<i>6%</i>

<b>Other adults in your life besides your family members or teachers (a coach, pastor, a friend's parent, etc.)</b>	<b>Teens (N=516)</b>
A lot	24%
A fair amount	52%
Not very much	15%
Not at all	2%
Not sure	6%
Skipped	1%
<i>A lot/A fair amount (net)</i>	<i>76%</i>
<i>Not very much/Not at all (net)</i>	<i>17%</i>

<b>Your friends</b>	<b>Teens (N=714)</b>
A lot	24%
A fair amount	54%
Not very much	16%
Not at all	1%
Not sure	5%
Skipped	*
<i>A lot/A fair amount (net)</i>	<i>78%</i>
<i>Not very much/Not at all (net)</i>	<i>17%</i>

<b>Social media (Instagram, TikTok, Snapchat, etc.)</b>	<b>Teens (N=439)</b>
A lot	7%
A fair amount	26%
Not very much	50%
Not at all	11%
Not sure	6%
Skipped	*
<i>A lot/A fair amount (net)</i>	<i>33%</i>
<i>Not very much/Not at all (net)</i>	<i>61%</i>



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8. Now for each of the below, think about how much you TRUST them as sources of information about mental health. *(Continued)*

<b>The internet, websites, or online articles</b>	<b>Teens (N=553)</b>
A lot	8%
A fair amount	43%
Not very much	37%
Not at all	5%
Not sure	7%
Skipped	*
<i>A lot/A fair amount (net)</i>	<i>51%</i>
<i>Not very much/Not at all (net)</i>	<i>41%</i>

<b>Mental health/wellness apps</b>	<b>Teens (N=341)</b>
A lot	12%
A fair amount	45%
Not very much	30%
Not at all	4%
Not sure	9%
Skipped	*
<i>A lot/A fair amount (net)</i>	<i>57%</i>
<i>Not very much/Not at all (net)</i>	<i>33%</i>

9. Do you have any other trusted sources of information you turn to for information about mental health? Please write them in the box below. If not, just click ">>" to go to the next question.

*Open-ended responses provided separately.*

10. How much do you agree or disagree with the following statements?

<b>Total Strongly/Somewhat Agree Summary</b>	<b>Teens (N=1,015)</b>
I know how to help a friend who's upset or depressed	64%
I know how to help a friend who seems stressed out or anxious	64%
My friends would be supportive if I told them I was getting mental health treatment	59%
I know how to help a friend who's talking about hurting themselves	52%
I am comfortable talking to my friends about mental health	46%
In general, I worry about my friends judging me	36%
My friends and I talk regularly about our mental health	22%

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10. How much do you agree or disagree with the following statements? *(Continued)*

<b>I am comfortable talking to my friends about mental health</b>	<b>Teens</b>
Strongly agree	14%
Somewhat agree	31%
Don't really disagree or agree	28%
Somewhat disagree	13%
Strongly disagree	10%
Prefer not to answer	2%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>46%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>23%</i>

<b>My friends and I talk regularly about our mental health</b>	<b>Teens</b>
Strongly agree	5%
Somewhat agree	17%
Don't really disagree or agree	27%
Somewhat disagree	22%
Strongly disagree	27%
Prefer not to answer	2%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>22%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>49%</i>

<b>My friends would be supportive if I told them I was getting mental health treatment</b>	<b>Teens</b>
Strongly agree	28%
Somewhat agree	31%
Don't really disagree or agree	30%
Somewhat disagree	4%
Strongly disagree	4%
Prefer not to answer	3%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>59%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>7%</i>

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10. How much do you agree or disagree with the following statements? (Continued)

<b>I know how to help a friend who's upset or depressed</b>	<b>Teens</b>
Strongly agree	15%
Somewhat agree	49%
Don't really disagree or agree	21%
Somewhat disagree	9%
Strongly disagree	4%
Prefer not to answer	1%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>64%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>13%</i>

<b>I know how to help a friend who seems stressed out or anxious</b>	<b>Teens</b>
Strongly agree	16%
Somewhat agree	48%
Don't really disagree or agree	21%
Somewhat disagree	9%
Strongly disagree	4%
Prefer not to answer	1%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>64%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>13%</i>

<b>I know how to help a friend who's talking about hurting themselves</b>	<b>Teens</b>
Strongly agree	14%
Somewhat agree	38%
Don't really disagree or agree	25%
Somewhat disagree	14%
Strongly disagree	6%
Prefer not to answer	2%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>52%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>20%</i>

<b>In general, I worry about my friends judging me</b>	<b>Teens</b>
Strongly agree	11%
Somewhat agree	25%
Don't really disagree or agree	24%
Somewhat disagree	19%
Strongly disagree	19%
Prefer not to answer	2%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>36%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>38%</i>



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11. How much do you agree or disagree with the following statements?

<b>Total Strongly/Somewhat Agree Summary</b>	<b>Teens</b>
The world is more stressful now than it was when my parent(s)/guardian(s) were my age	64%
More kids my age struggle with mental health issues than kids in the past did	58%
I felt more lonely when we were attending school virtually because of COVID-19	53%
I have seen, heard, or read something recently about the mental health of teens and young people	43%
I felt more depressed when we were attending school virtually because of COVID-19	41%
I have a hard time staying off of social media	40%
Social media has a negative impact on my mental health	29%
I want to see more characters in movie or TV shows that deal with mental health issues	26%
Movies and TV shows do a good job of showing what mental health issues are like for kids my age	22%

<b>I have seen, heard, or read something recently about the mental health of teens and young people</b>	<b>Teens</b>
Strongly agree	10%
Somewhat agree	33%
Don't really disagree or agree	29%
Somewhat disagree	13%
Strongly disagree	14%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>43%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>27%</i>

<b>More kids my age struggle with mental health issues than kids in the past did</b>	<b>Teens</b>
Strongly agree	22%
Somewhat agree	36%
Don't really disagree or agree	35%
Somewhat disagree	3%
Strongly disagree	3%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>58%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>6%</i>





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11. How much do you agree or disagree with the following statements? (Continued)

<b>Movies and TV shows do a good job of showing what mental health issues are like for kids my age</b>	<b>Teens</b>
Strongly agree	3%
Somewhat agree	19%
Don't really disagree or agree	47%
Somewhat disagree	18%
Strongly disagree	13%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>22%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>30%</i>

<b>I want to see more characters in movie or TV shows that deal with mental health issues</b>	<b>Teens</b>
Strongly agree	7%
Somewhat agree	20%
Don't really disagree or agree	46%
Somewhat disagree	12%
Strongly disagree	16%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>26%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>27%</i>

<b>Social media has a negative impact on my mental health</b>	<b>Teens</b>
Strongly agree	7%
Somewhat agree	22%
Don't really disagree or agree	41%
Somewhat disagree	13%
Strongly disagree	16%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>29%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>29%</i>

<b>I felt more lonely when we were attending school virtually because of COVID-19</b>	<b>Teens</b>
Strongly agree	21%
Somewhat agree	32%
Don't really disagree or agree	22%
Somewhat disagree	10%
Strongly disagree	14%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>53%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>24%</i>



## TOPLINE & METHODOLOGY

11. How much do you agree or disagree with the following statements? (Continued)

<b>I felt more depressed when we were attending school virtually because of COVID-19</b>	<b>Teens</b>
Strongly agree	16%
Somewhat agree	26%
Don't really disagree or agree	25%
Somewhat disagree	13%
Strongly disagree	20%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>41%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>33%</i>

<b>I have a hard time staying off of social media</b>	<b>Teens</b>
Strongly agree	14%
Somewhat agree	26%
Don't really disagree or agree	21%
Somewhat disagree	16%
Strongly disagree	21%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>40%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>38%</i>

<b>The world is more stressful now than it was when my parent(s)/guardian(s) were my age</b>	<b>Teens</b>
Strongly agree	28%
Somewhat agree	36%
Don't really disagree or agree	29%
Somewhat disagree	3%
Strongly disagree	4%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>64%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>6%</i>

12. Thinking about your experiences at school, how much do you agree or disagree with the following statements?

<b>Total Strongly/Somewhat Agree Summary</b>	<b>Teens</b>
My school should teach us about what mental health is	70%
My school should share information on mental health treatment with students	68%
Schools should allow students to take days off to support and/or treat their mental health	67%
My school thinks that mental health matters	56%
My school has a specific program or resources to help improve the mental health of its students	40%
I would join a club at school that focuses on mental health awareness and support.	26%

## TOPLINE & METHODOLOGY

12. Thinking about your experiences at school, how much do you agree or disagree with the following statements? *(Continued)*

<b>My school thinks that mental health matters</b>	<b>Teens</b>
Strongly agree	19%
Somewhat agree	37%
Don't really disagree or agree	33%
Somewhat disagree	6%
Strongly disagree	4%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>56%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>10%</i>

<b>My school has a specific program or resources to help improve the mental health of its students</b>	<b>Teens</b>
Strongly agree	11%
Somewhat agree	29%
Don't really disagree or agree	42%
Somewhat disagree	9%
Strongly disagree	8%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>40%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>17%</i>

<b>Schools should allow students to take days off to support and/or treat their mental health</b>	<b>Teens</b>
Strongly agree	35%
Somewhat agree	31%
Don't really disagree or agree	22%
Somewhat disagree	6%
Strongly disagree	4%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>67%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>11%</i>

<b>My school should teach us about what mental health is</b>	<b>Teens</b>
Strongly agree	33%
Somewhat agree	37%
Don't really disagree or agree	23%
Somewhat disagree	4%
Strongly disagree	2%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>70%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>7%</i>



## TOPLINE & METHODOLOGY

12. Thinking about your experiences at school, how much do you agree or disagree with the following statements? *(Continued)*

<b>My school should share information on mental health treatment with students</b>	<b>Teens</b>
Strongly agree	26%
Somewhat agree	42%
Don't really disagree or agree	24%
Somewhat disagree	4%
Strongly disagree	3%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>68%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>7%</i>

<b>I would join a club at school that focuses on mental health awareness and support.</b>	<b>Teens</b>
Strongly agree	7%
Somewhat agree	19%
Don't really disagree or agree	36%
Somewhat disagree	18%
Strongly disagree	20%
Skipped	1%
<i>Strongly/Somewhat agree (net)</i>	<i>26%</i>
<i>Somewhat/Strongly disagree (net)</i>	<i>38%</i>

13. Have you ever gotten mental health treatment from a therapist, counselor, doctor, or other mental health professional?

	<b>Teens</b>
Yes	28%
No	67%
Prefer not to answer	4%
Skipped	1%



## TOPLINE & METHODOLOGY

14. Have you ever been diagnosed by a doctor with a mental health condition? (Check all that apply)

	<b>Teens</b>
ADHD	12%
Anxiety	12%
Depression	6%
Bipolar Disorder	1%
Dissociative Disorder	1%
Eating Disorder	1%
Obsessive Compulsive Disorder	1%
Posttraumatic Stress Disorder	1%
Borderline Personality Disorder	*
Psychosis	*
Schizophrenia	*
Other	3%
No	72%
Prefer not to answer	2%
Skipped	2%



## TOPLINE & METHODOLOGY

### About the Study

This poll was conducted July 15-August 1, 2022, by Ipsos on behalf of the National Alliance on Mental Illness (NAMI) using the KnowledgePanel®. This poll is based on a representative sample of 1,015 U.S. Teens (ages 12 - 17), who were recruited through their parents.

The study was conducted in English and Spanish. The data were weighted to adjust for gender by age, race/ethnicity, census region, metropolitan status, household income, and language dominance. The demographic benchmarks came from the 2021 March Supplement of the Current Population Survey (CPS) while language dominance benchmarks were obtained from the 2019 American Community Survey (ACS). The weighting categories were as follows:

- Gender (Male, Female, A different gender identity) by Age (12, 13, 14, 15, 16, 17)
- Race/Hispanic Ethnicity (White Non-Hispanic, Black Non-Hispanic, Other Non-Hispanic, Hispanic, 2+ races Non-Hispanic)
- Census Region (Northeast, Midwest, South, West)
- Metropolitan Status (Metro, Non-Metro)
- Household Income (Less than \$25,000, \$25,000-\$49,999, \$50,000-\$74,999, \$75,000-\$99,999, \$100,000-\$149,000, \$150,000 and above)
- Language Dominance (Non-Hispanic, English Dominant Hispanic, Bilingual Hispanic, Spanish Dominant Hispanic)

The margin of sampling error is plus or minus 3.5 percentage points at the 95% confidence level, for results based on the entire sample of teenagers. The margin of error takes into account the design effect, which was 1.31. In our reporting of the findings, percentage points are rounded off to the nearest whole number. As a result, percentages in a given table column may total slightly higher or lower than 100%. In questions that permit multiple responses, columns may total substantially more than 100%, depending on the number of different responses offered by each respondent.



## TOPLINE & METHODOLOGY

### About Ipsos

Ipsos is the world's third largest Insights and Analytics company, present in 90 markets and employing more than 18,000 people.

Our passionately curious research professionals, analysts and scientists have built unique multi-specialist capabilities that provide true understanding and powerful insights into the actions, opinions and motivations of citizens, consumers, patients, customers or employees. We serve more than 5000 clients across the world with 75 business solutions.

Founded in France in 1975, Ipsos is listed on the Euronext Paris since July 1st, 1999. The company is part of the SBF 120 and the Mid-60 index and is eligible for the Deferred Settlement Service (SRD).

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