

SEWA DTL LA Mental Health Among Teens

About Stress in High School

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Key Insights from Research:

There are many main causes of mental health issues among teens, some of which include:

1. Decreased access to mental health
2. Substance Abuse (addiction)
3. Fear of Medication
4. PTSD relating to trauma from internal factors
5. Social isolation or loneliness
6. Social disadvantage, poverty or debt
7. Severe or long-term stress
 - a. Pressure to keep doing well in school
 - b. Grades
8. Parents are either too permissive of their child or they neglect their child.
9. Lack of communication (adolescents do not feel comfortable openly talking about their struggles with their parents or therapists).

What is a problem in our community regarding mental health?

After interviewing psychologist Dr. Dharmesh Sheth, he stressed that when someone is struggling with mental health, trying to find help is difficult as it nearly takes around 3 weeks to book an appointment with a psychologist and over 4 months to book an appointment with a therapist. This is because of the lack of therapists in a world where, due to COVID, mental health problems have become ever so much more apparent in society. Unfortunately, nothing can be done in the immediate present to solve this issue.



Need Statement

- A way to address teens and young adults facing substance abuse-related problems and inform them of the negative effects of continued addiction in order to improve their mental health.
- A way to address the rise in mental health issues in high schoolers following COVID in order to increase psychological health.