



"Free Your Feels" is a youth mental health awareness campaign encouraging Georgia's young people to explore their real feelings and share them fearlessly.

## WHY ARE WE DOING THIS?

Data shows that a significant number of young people today are facing a mental health crisis and are unable to get the support they need.

Anxiety, depression, trauma, and suicidal ideation affect an extraordinary number of the **2.5 million** kids in our state.

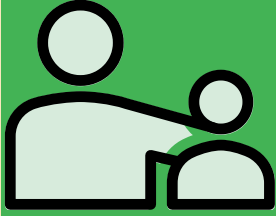
### ACCORDING TO THE 2023 GEORGIA DEPARTMENT OF EDUCATION STUDENT HEALTH SURVEY:

- **Over half** of all middle and high school students surveyed reported feeling depressed, sad, or withdrawn.
- **More than 44,000** reported intentionally harming themselves.
- **Over 24,000** said they had attempted suicide, with **nearly 47,000** kids reported having seriously considered it.

### ALSO, IN GEORGIA:

- Suicide was the **second leading cause** of death in children aged 10-17 in 2021.
- Roughly **one-third** of the youth under the supervision of the Georgia Department of Juvenile Justice qualify for a PTSD, trauma, or stress diagnosis.
- **45% of children** ages 3-17 had difficulty accessing or are unable to access needed mental health treatment and counseling.

# WHO ARE WE TRYING TO REACH?



## ADULTS CARING FOR YOUTH

Supporting educators, parents, faith leaders, childcare providers, etc. in their support of youth.



## YOUTH AND TEENS

Teen-developed content delivered peer-to-peer.

# WHAT CAN YOU DO?

## JOIN THE MENTAL HEALTH MOVEMENT!

The goal is to reach as many youth and adults as possible. The Free Your Feels website houses a collection of resources from different organizations and agencies, including ready-to-use editable graphics to easily promote and share messaging, resources if you or someone you know needs help, and a "Blueprint" guide to implementing the campaign in your own community!

[FREEYOURFEELS.ORG](http://FREEYOURFEELS.ORG)

# WHAT ARE THE GOALS OF THE CAMPAIGN?

## SPEAK

We want to empower youth to speak out and express their real feelings,

## LISTEN

To encourage adults and peers to check-in with each other and listen judgment-free,

## CONNECT

And to connect everyone to resources for further guidance or help.

DOWNLOAD A PDF OF THE FREE YOUR FEELS BLUEPRINT HERE:



SIGN UP FOR OUR NEWSLETTER, & FOR MORE INFORMATION ABOUT THE CAMPAIGN:



@freeyourfeelsga

