



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

WHY IS THIS CAMPAIGN IMPORTANT?

Data show 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 a significant number of the **2.5 million** kids in our state.

IMPACT IN GEORGIA

According to the 2024 Georgia Student Health Survey*

NEARLY 1/2 OF ALL MIDDLE AND HIGH SCHOOL STUDENTS SURVEYED REPORTED FEELING DEPRESSED, SAD, OR WITHDRAWN.¹

MORE THAN **73,000** KIDS REPORTED HAVING **SERIOUSLY CONSIDERED** SUICIDE, WITH OVER **38,000** SAYING THEY HAD **ATTEMPTED SUICIDE**.²

MORE THAN **116,000** REPORTED HAVING **SERIOUSLY CONSIDERED** HARMING THEMSELVES.³

*As of the 2024-2025 school year, the Georgia Student Health Survey will be known as: the Georgia School Climate Surveys (GSCS).

THE NUMBER OF CHILDREN AGED 0-17 IN GEORGIA WHO VISITED **EMERGENCY ROOMS** FOR REASONS RELATED TO SUICIDE MORE THAN **DOUBLED** BETWEEN 2010 AND 2023.⁴

SUICIDE REMAINS A **LEADING CAUSE OF DEATH** IN YOUTH UNDER THE AGE OF **18**.⁵

57% OF CHILDREN AGES 3-17 HAD DIFFICULTY ACCESSING OR ARE **UNABLE TO ACCESS** NEEDED MENTAL HEALTH TREATMENT AND COUNSELING.⁶

Scan for
sources &
citation



If you or someone you know needs emotional support or are in a mental health crisis, **Call or text 988** — support is available 24/7. Visit 988lifeline.org for more information.

988 SUICIDE & CRISIS LIFELINE | GA

WHO DOES THE CAMPAIGN SUPPORT?



YOUTH AND TEENS AGES 12-19

Teen-developed content delivered peer-to-peer



ADULTS CARING FOR YOUTH

Supporting adults who care for youth, including educators, parents, faith leaders, childcare providers, etc

WHAT ARE THE GOALS OF THIS CAMPAIGN?

To empower youth and the adults in their lives to:

SPEAK

out and express their real feelings.

LISTEN

judgment-free.

CONNECT

everyone to resources for further guidance or help.

TAKE ACTION!

Share Free Your Feels with your community by utilizing our curated resources, following our Blueprint to implement the campaign across settings, or creating a peer-to-peer wellness program for a targeted group of youth. If you provide youth support services, join our Resource Village — a network of partners who collaborate with us at events and supply materials to help address the needs of Georgia's youth.

WHERE CAN I LEARN MORE?

Stay up to date on the campaign with our monthly newsletters.



FREEYOURFEELS.ORG

@freeyourfeelsga



Download the Free Your Feels Blueprint.





REFERENCES FOR FREE YOUR FEELS FLYER:

1. Georgia Department of Education. Georgia Student Health Survey, Statewide, 2023-2024. Accessed July 15, 2025 from <https://apps.gadoe.org/GSHSSurveyResults/Pages/default.aspx>.
2. Ibid.
3. Ibid.
4. Georgia Department of Public Health, Office of Health Indicators for Planning. (2023). Online analytical statistical information system: Emergency Room Visits Web Query, ER Visits by Residents, Intentional Self-Harm (Suicide), 0-17 Years of Age. Accessed July 15, 2025 from <https://oasis.state.ga.us/oasis/webquery/qryER.aspx>.
5. Georgia Bureau of Investigation. Annual Report (2023). Accessed July 15, 2025 from <https://dofs-gbi.georgia.gov/document/document/2023-cfr-annual-report/download>.
6. Child and Adolescent Health Measurement Initiative. (2023). "Indicator 4.4a: Difficulties obtaining mental health care, age 3-17 years." National Survey of Children's Health Interactive Data Query. Data Resource Center for Child and Adolescent Health. Accessed July 15, 2025 from <https://www.childhealthdata.org/browse/survey/results?q=11525&r=12>.