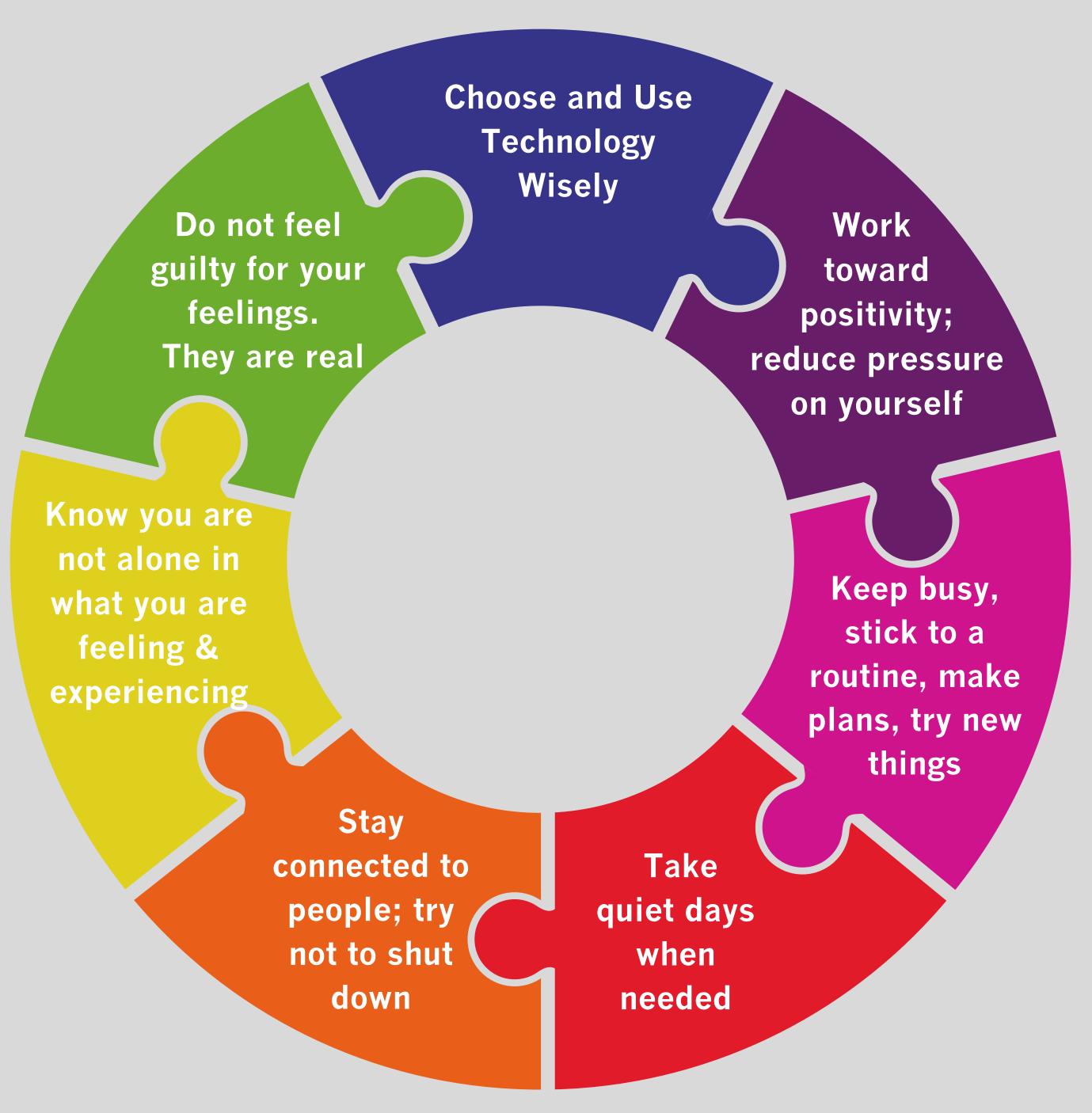
MENTAL HEALTH:

What youth are experiencing and what they can do

Many youth experience negative mental health, most of which stems from isolation, anxiety, stress, and missed opportunities. However, youth also show resilience by working on themselves and overcoming obstacles.









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