

What youth are saying about MENTAL HEALTH

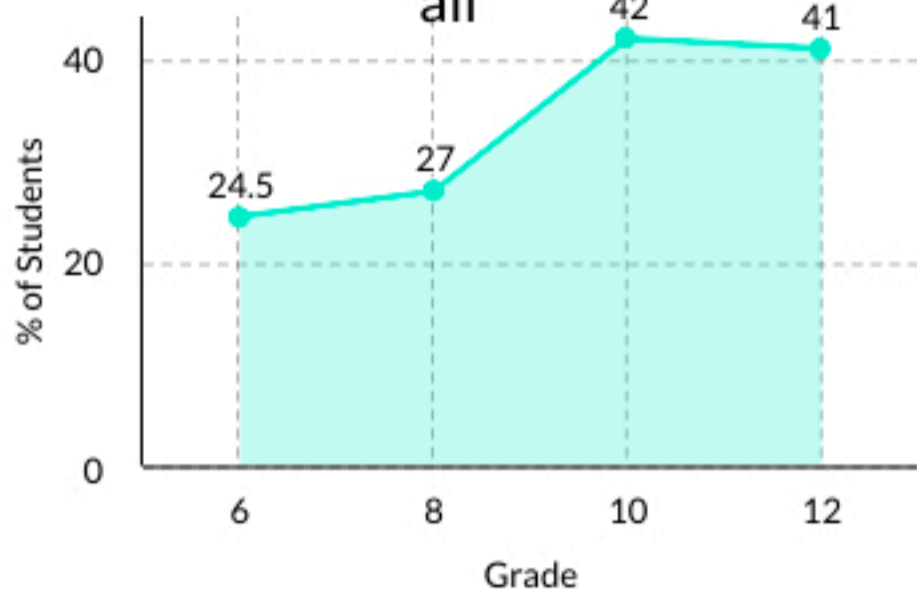
PAYS 2019 DATA

What is PAYS?

The [Pennsylvania Youth Survey \(PAYS\)](#) is a student survey administered in odd-numbered years (e.g., 2015, 2017, 2019) to youth in 6th, 8th, 10th, and 12th grades in participating schools throughout the state. The questions asked in the survey cover many types of **attitudes, knowledge, behaviors, and experiences.**

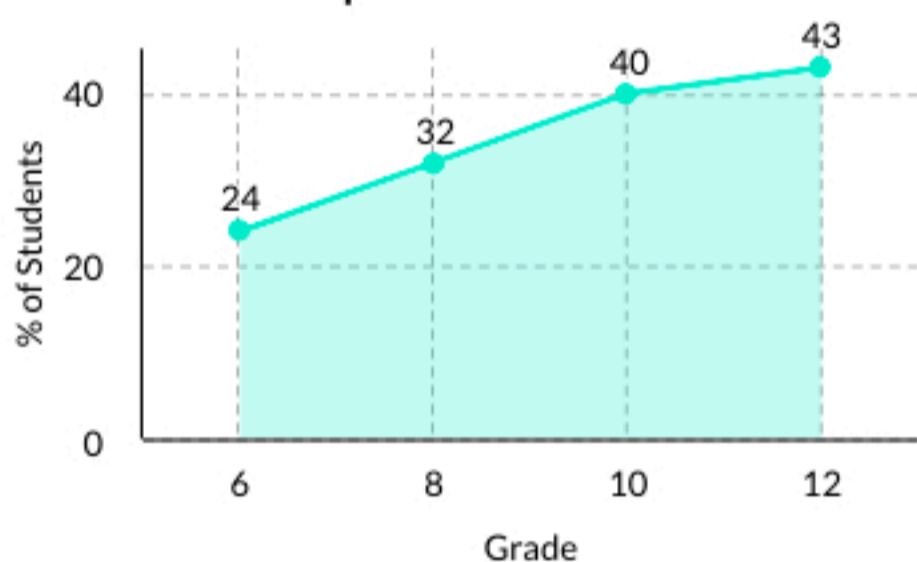
DASD youth reported they:

"At times I think I am no good at all"



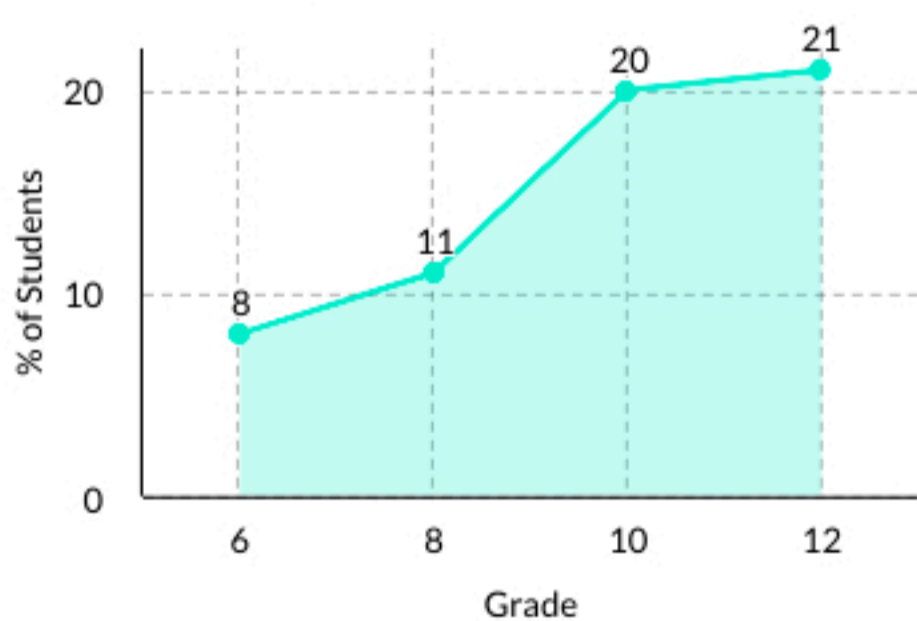
Have decreasing self-worth from 6th to 12th grade.

Felt depressed or sad MOST days in the past 12 months



Feel sad most days, and this increases from 6th to 12th grade.

Seriously considered suicide



May be struggling with their mental health.

For resources to learn how to support youth mental health and links to professional help click [HERE!](#)



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