



# Mental Health Survey

By: Amrita Pal

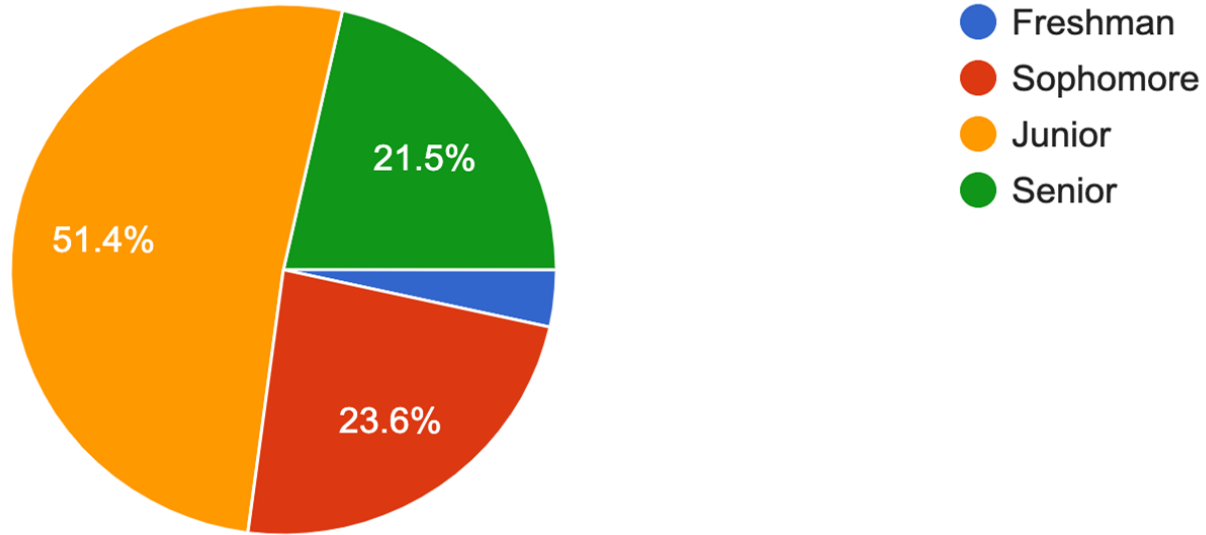
Montgomery High School Junior

Montgomery Township Board of Health Meeting  
Wednesday, January 8, 2020



# What grade are you in?

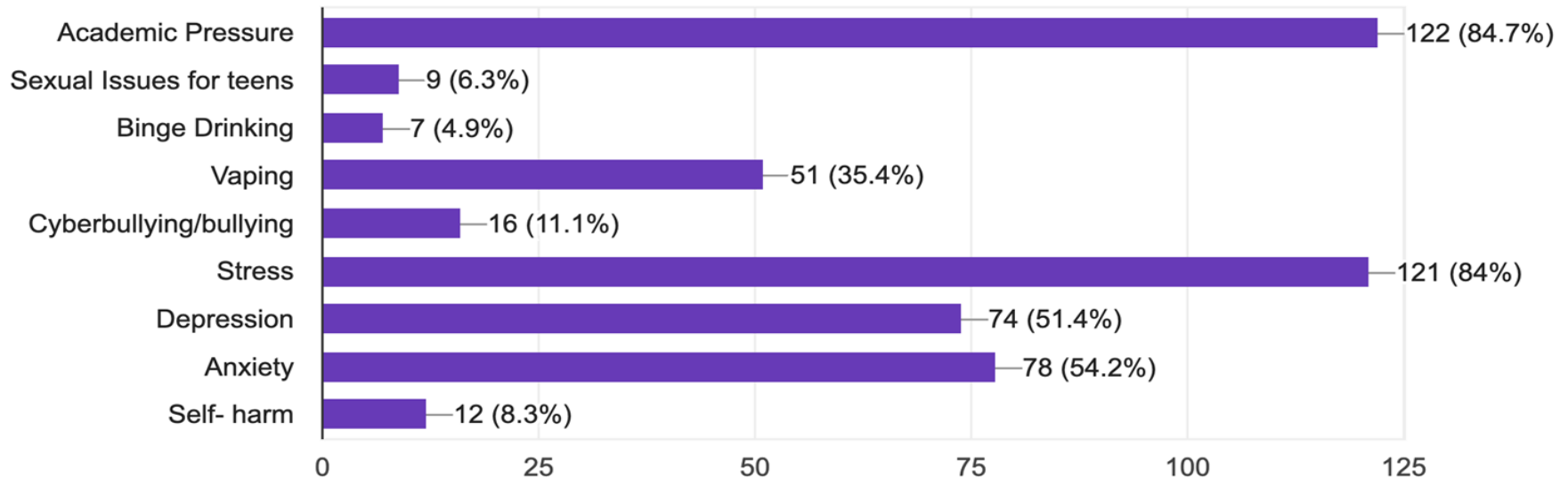
144 Responses





# What do you think are the top three mental health issues among the students in your school?

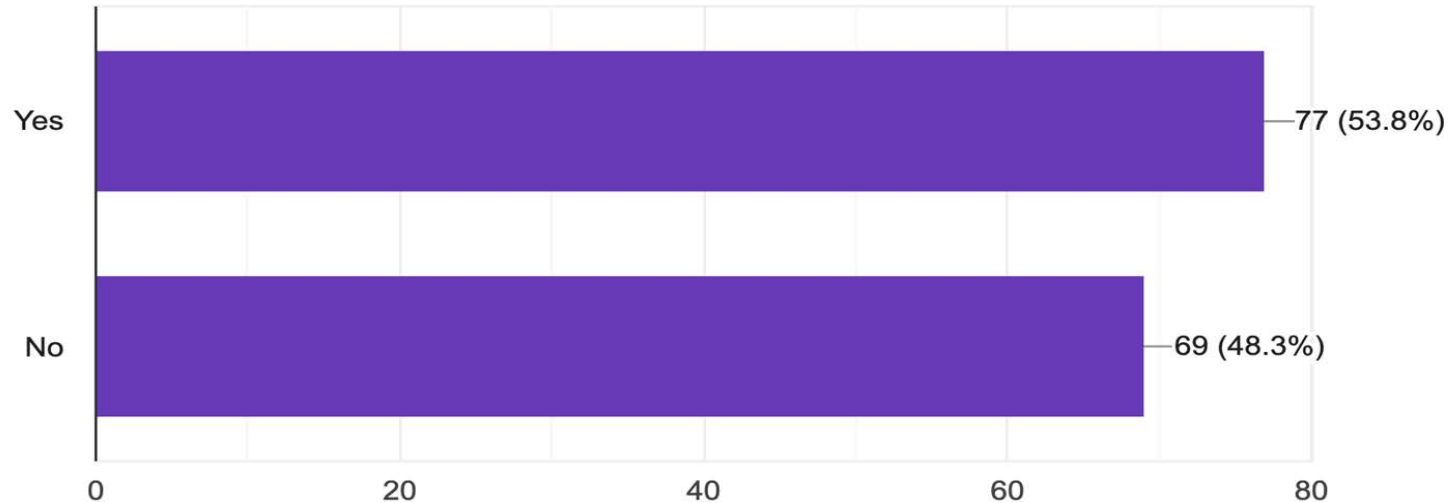
144 Responses





# Have you ever had a mental health issue that you needed to talk to someone about?

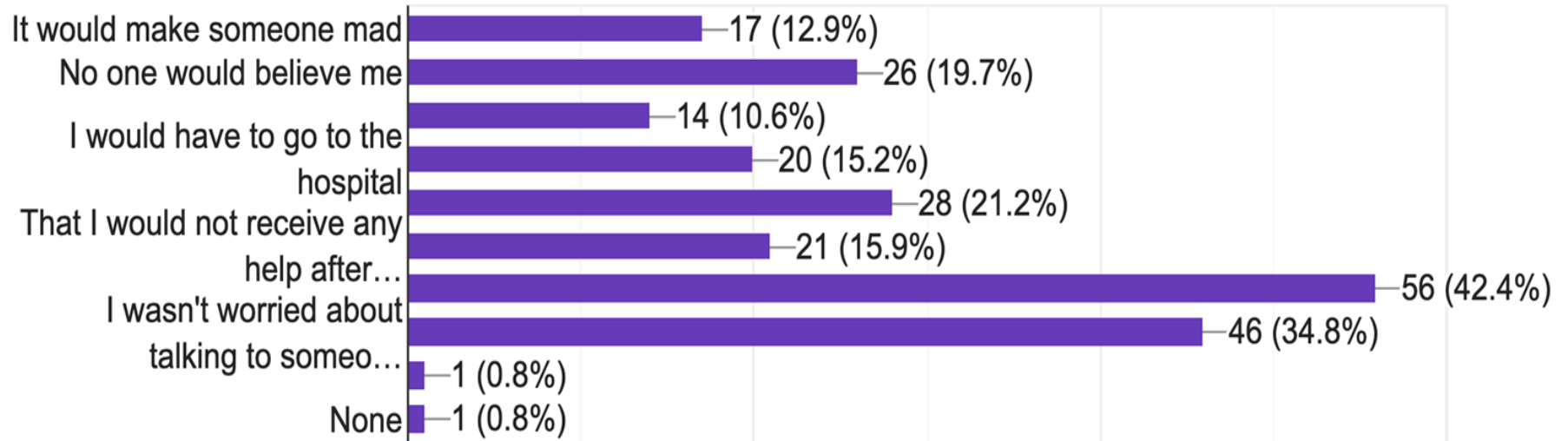
143 Responses





# What worried you the most about talking to someone?

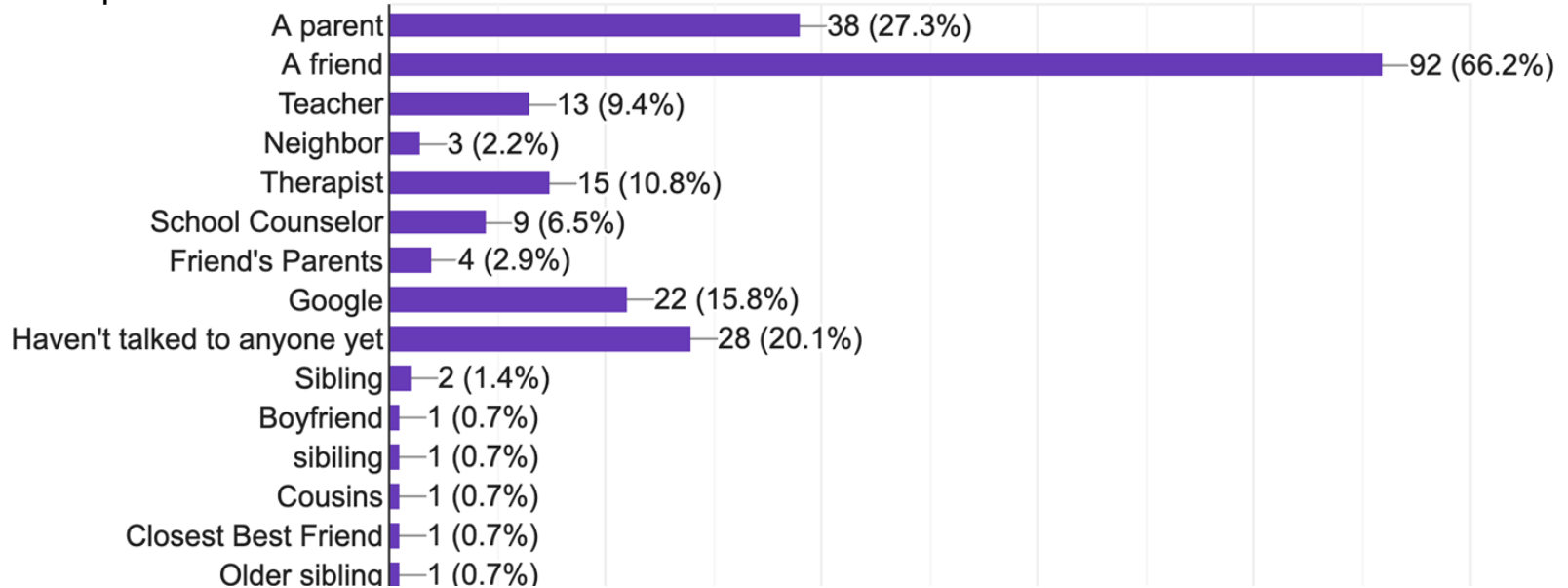
132 responses





# Who do you feel the most comfortable talking to about these issues?

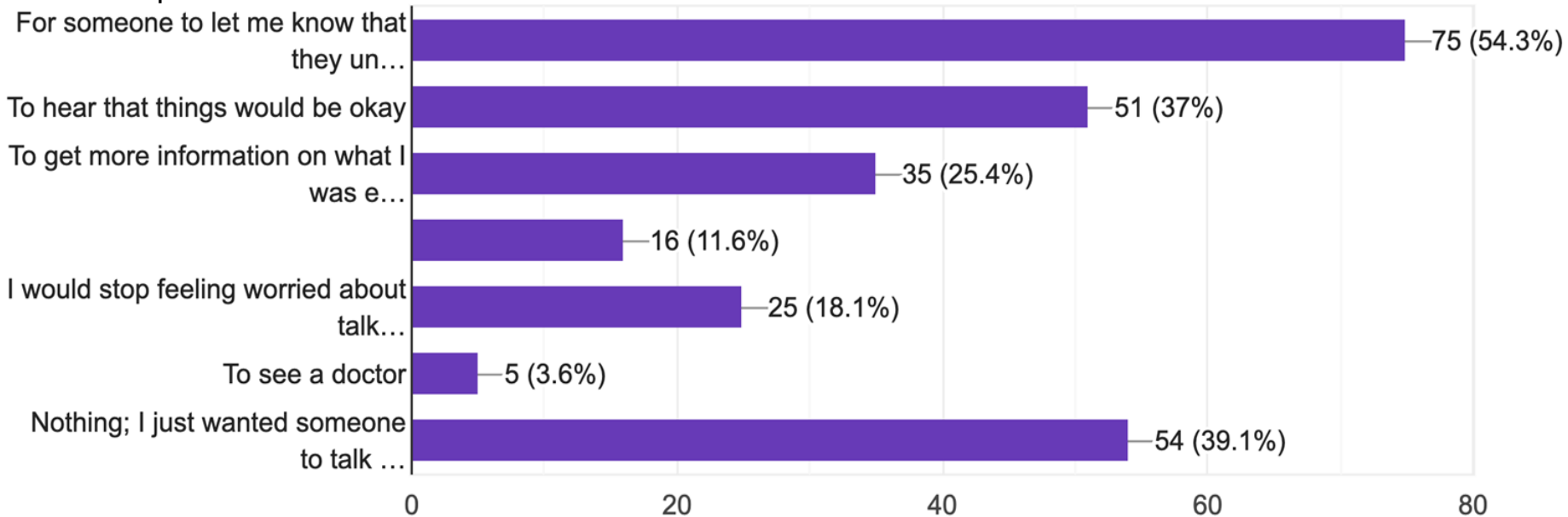
139 responses





# What did you most want to happen after talking to someone?

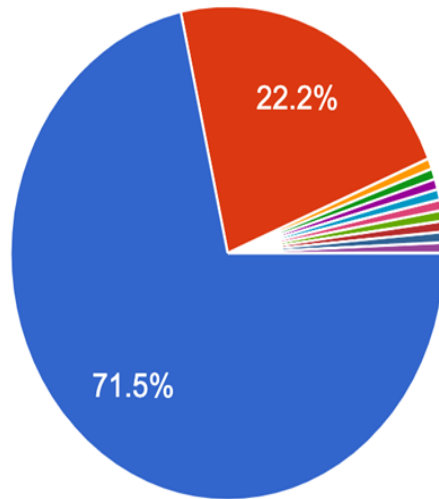
138 responses





# Are you concerned about the use of drugs and alcohol among the youth in this town?

144 Responses



- Yes
  - No
  - I'm about as concerned as I am with d...
  - Yes and no(bc I haven't personally se...
  - A little
  - I probably should be, but I haven't see...
  - Somewhat
  - Cocaine
- ▲ 1/2 ▼





# What types of substances used by teens worries you?

106 Responses

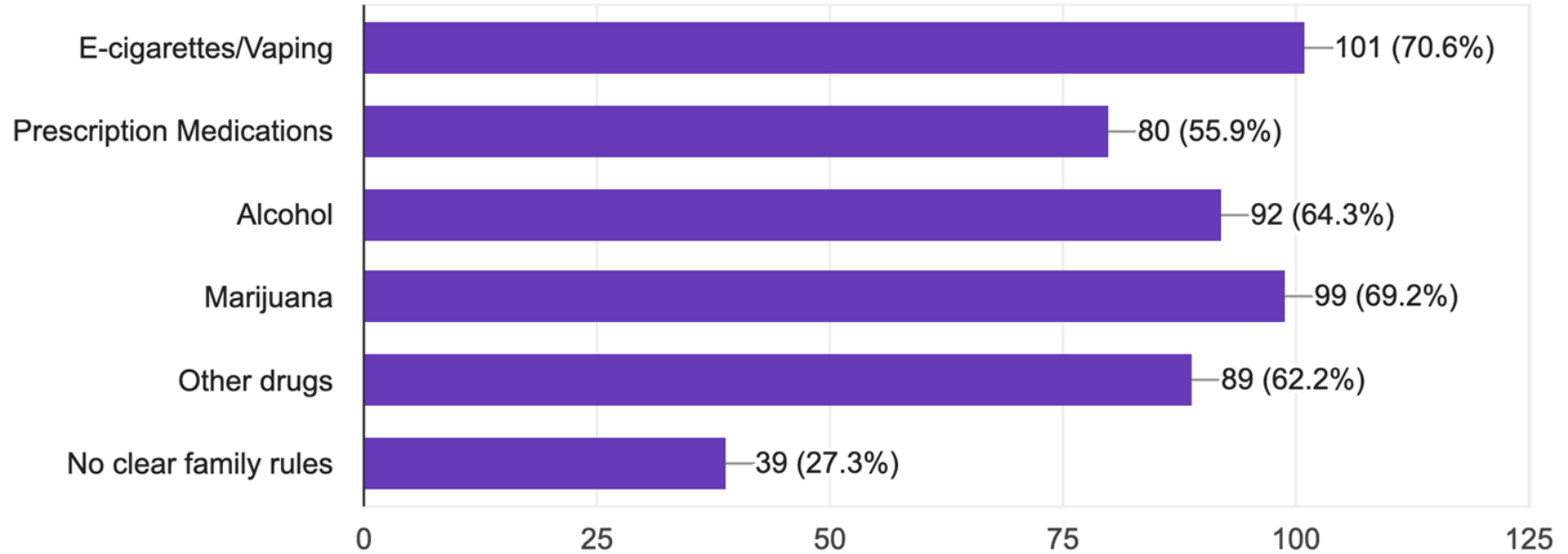
- Vaping: 30 Responses
- Juuling: 20 Responses
- Alcohol: 20 Responses
- E-cigarettes: 22 responses
- Marijuana: 28 responses
- Prescription Drugs: 16 responses





# Do you have clear family rules about the following (check all that apply):

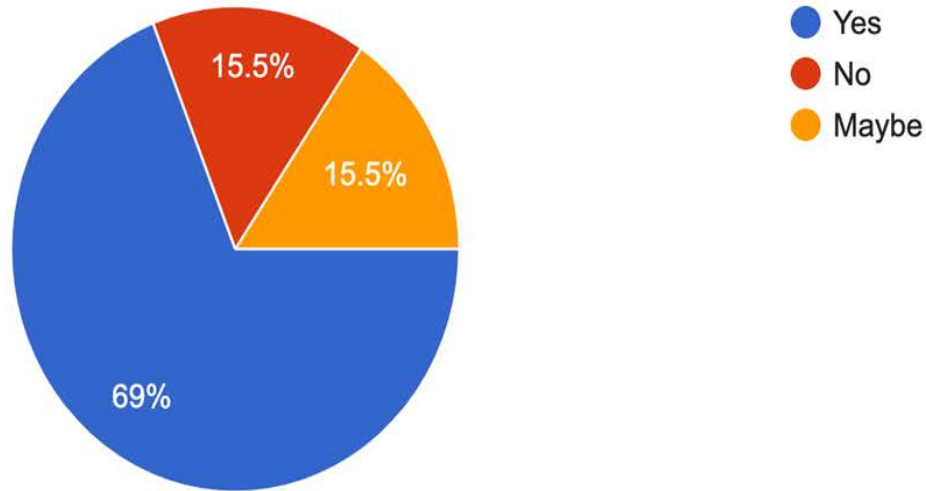
143 Responses





# Has anyone ever talked to you about a mental health issue?

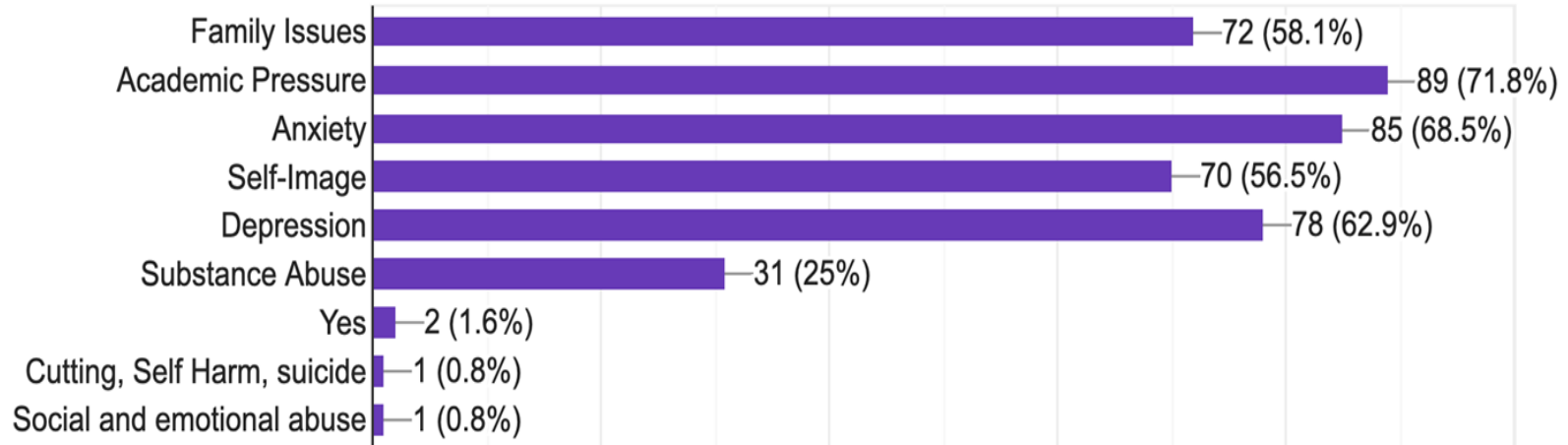
142 Responses





# What kind of problems did they talk to you about?

124 Responses





Based on what you see from your family, friends and peers what would you like to see your town do to address these issues?

Bring more awareness: 21 students

Educate Students/Staff/Parents: 21 students

Decrease Academic Pressure/ Change Environment: 23 Students

Bringing the Community Together: 7 students

Support/Licensed Professionals: 20 students

Destigmatize Mental Health: 18 students

# Conclusion

The top three mental health issues among students were:

- Academic pressure
- Stress
- Anxiety

Followed by

- Depression
- Vaping
- Cyberbullying/bullying