

Teen Mental Health Survey

Data Summary Spring 2024

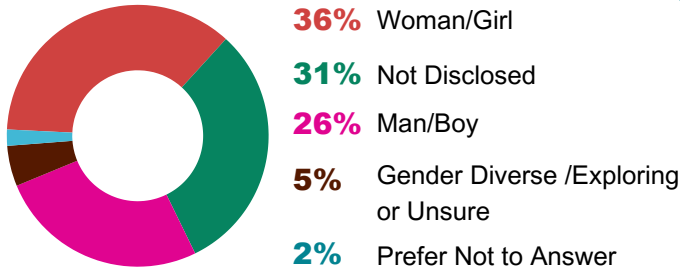
The Teen Mental Health Survey is a city-wide survey created by youth, for youth ages 12 to 19. The survey aims to give insight into the state of teen mental health in our city. Annual results help our youth leaders make recommendations to improve mental health in our teenage population, based on real teen participant responses from across the city.

The survey was created by the San Antonio Youth Commission (SAYC) and Project Worth Teen Ambassadors (PWTA). The SAYC is comprised of high school students from around the city, while the PWTA are youth from 7th – 12th grade who support teen health in the community by volunteering and sharing their voices, creativity, and ideas.

Young adults throughout San Antonio continue to face significant mental health challenges. LGBTQ+ and gender diverse youth in the city show disproportionately higher percentages of mental health challenges compared to their peers. Incremental Improvements in some key indicators, however, demonstrate the American Rescue Plan Act funding dedicated to bolstering teen mental health in the city needs to continue, along with a strong, stable focus on mental health support for youth as that funding comes to a close.

1,455 surveys collected with valid responses

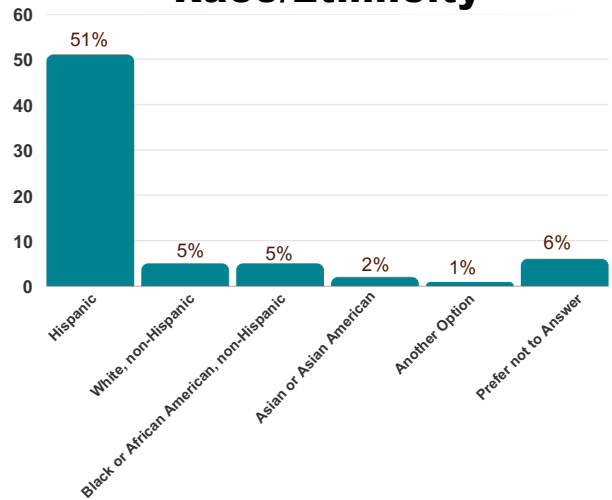
Gender



Gender Diverse: An umbrella term used to describe gender identities that demonstrate a diversity of expression beyond the cisgender and/or binary framework.

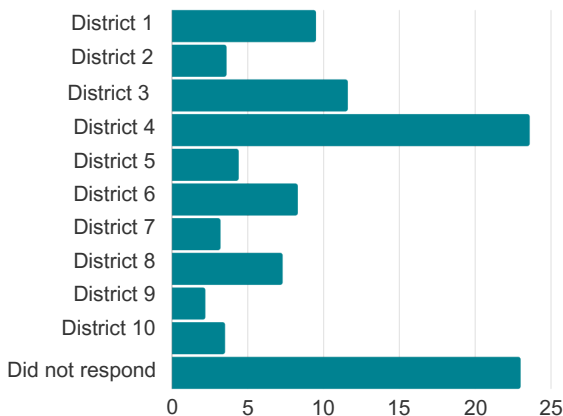
Exploring or Unsure: If this option was selected with other gender identities, it prevailed over the other selections as gender is not clearly defined for the respondent.

Race/Ethnicity



Note 449 participants left the race/ethnicity question blank, however they are retained for the questions they did respond to (such as overall mental health, gender, etc.)

City Council District



Sexual Orientation

51% Heterosexual
33% LGBTQ+
16% Not Disclosed



Participants were able to select more than one option for all identity questions.

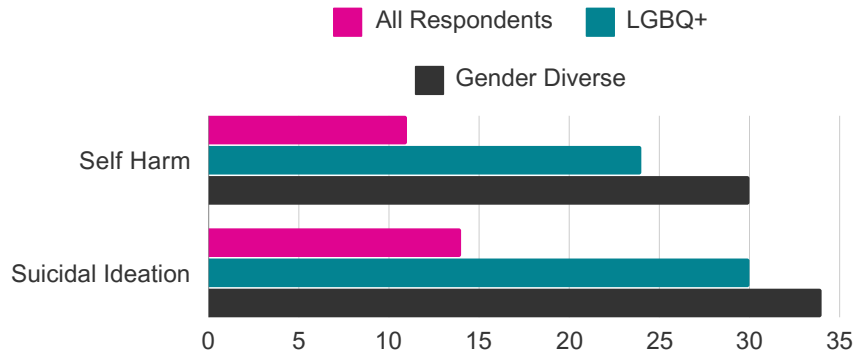
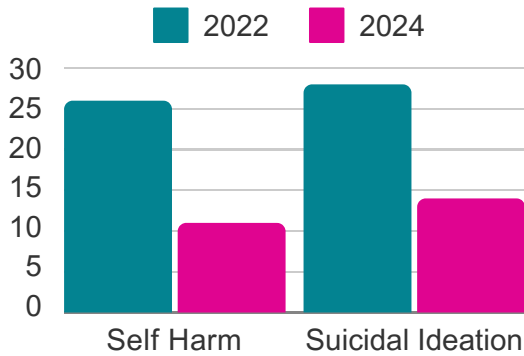
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Teen Mental Health Status 2022 Vs 2024

Depressive Trait	2022	2024	Change
Inability to complete tasks	37%	25%	-12%
Feeling helpless, hopeless, or numb, like nothing matters	49%	36%	-13%
Smoking, vaping, drinking, alcohol, or using drugs	24%	10%	-14%

Suicidal Ideation And Self Harm



1 in 6

Teens don't feel comfortable talking with anyone about their mental health challenges.



1 in 4

Teens said "My family struggles to cover our basic needs" either sometimes or frequently.

Negative Affects On Mental Health

