

Exploring Youth Mental Health in Lynn: Delving into Stressors, Destressing Activities, and Youth Needs

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INTRODUCTION

This project was completed through an internship at **Lynn City Hall**, where the Public Health Division provides resources and support to the city of Lynn.

Adolescent mental health is an important public health concern, as many youth experience stress related to school, social relationships, and family responsibilities. Despite these challenges, some adolescents may face barriers to support, such as stigma or not knowing where to find help.

OBJECTIVE

The objective of this project was to assess adolescent mental health in the community by identifying common stressors, coping strategies, and barriers to accessing resources through a survey.

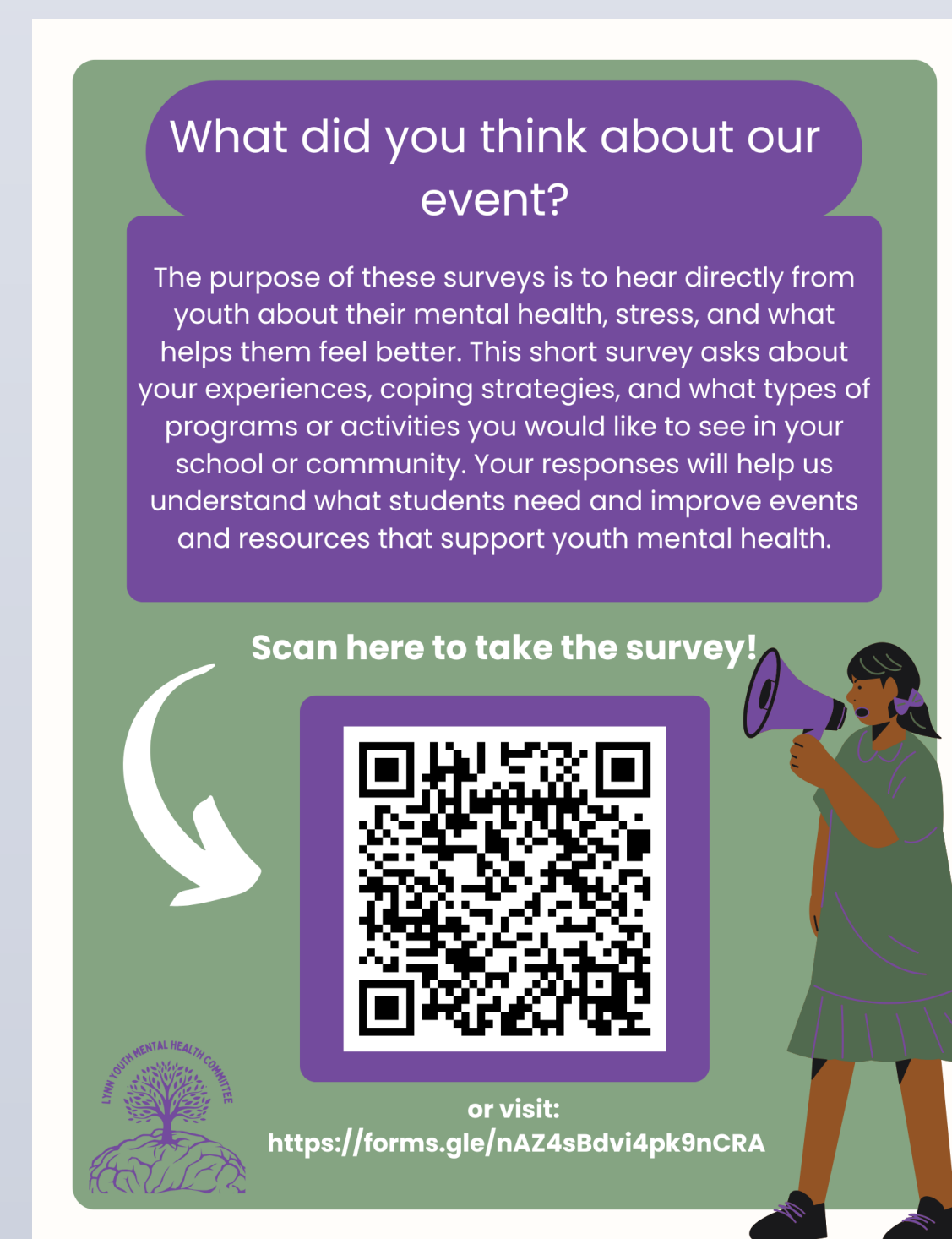
RELATED LITERATURE

- Ringle, et. al. (2024) asked adolescents about barriers to getting mental health support, including not knowing where to go, fear of judgment, parent-related concerns, and cost. The study highlights the importance of listening to youth perspectives when creating surveys and improving support systems.
- Van den Toren, et. al. (2020) explored how teens feel about asking for mental health support and found barriers such as embarrassment, fear of judgment, and not recognizing the seriousness of their feelings. It also showed that support from trusted adults and peers plays an important role in encouraging youth to seek help.

MATERIALS AND METHODS

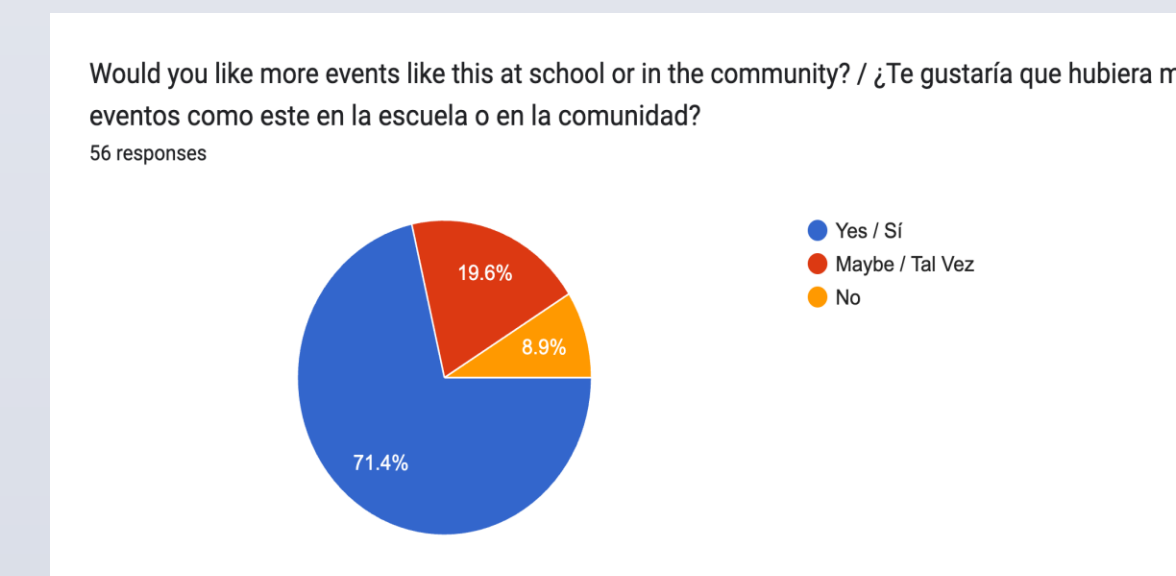
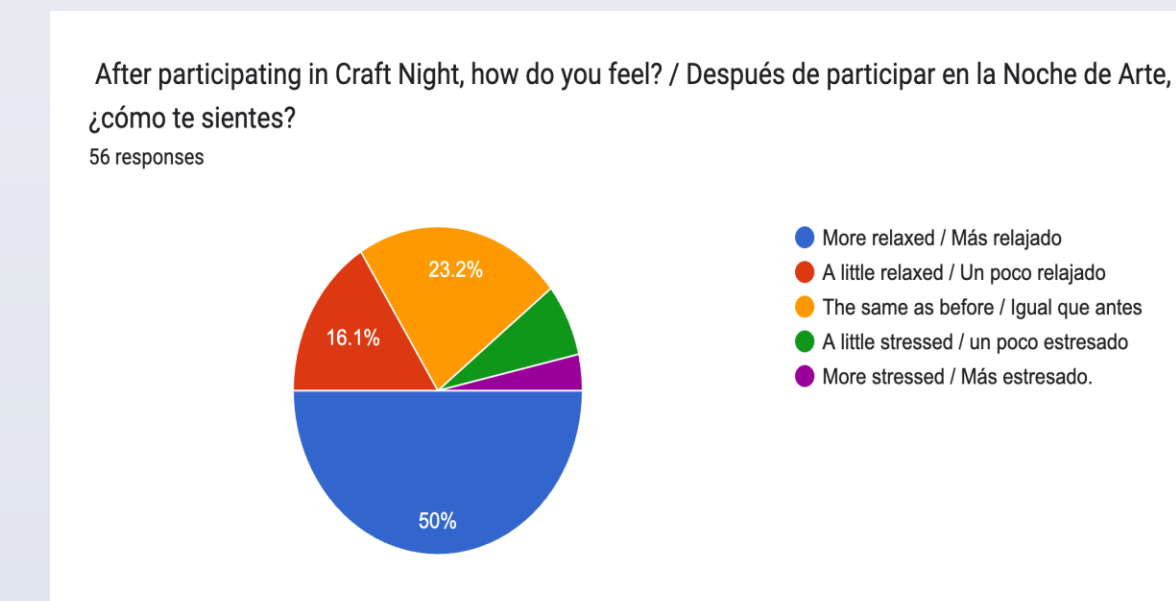
The craft night event supported this goal by providing a safe space for youth to engage in creative activities and share their experiences. The data collected helped inform future mental health programs and community events.

- Created a Google Forms survey on youth mental health
- Topics: stressors, coping strategies, support, resources
- Participants: 56 middle school students (grades 6–8)
- 3% of the replies were deleted due to inappropriate responses
- Survey shared via QR code at a craft night event
- Students completed survey during creative activities
- Arts and Crafts (painting, decorating polaroids, clay)
- Goodie bags as incentives (snacks, resources, Chapstick and socks)
- Data analyzed using charts



RESULTS

- The majority of students felt neutral (51.8%) or happy (25%) before the event
- After the event, 50% felt more relaxed and 16.1% felt a little more relaxed
- Main stressor: schoolwork 58.9%
- Tied stressors were feeling sad (depressed) and family/friend/relationship problems both with 19.6%
- Common coping: sports, music, sleep, art
- 71.4% want more events like this



CONCLUSIONS

The findings show that many adolescents experience stress, especially related to school and personal challenges. Creative activities, such as those offered during craft night, can help reduce stress and improve mood. The positive response from students and their interest in future events highlight the importance of providing safe and engaging spaces for youth. Overall, this project demonstrates that community-based activities can play an important role in supporting adolescent mental health. The findings will inform future public health efforts and improve access to mental health support and activities.

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