



"Free Your Feels" is a youth mental health awareness campaign encouraging Georgia's young people to explore their real feelings and share them fearlessly.

WHY ARE WE DOING THIS?

Data shows that a significant number of young people today are facing a mental health crisis and are unable to get the support they need.

Anxiety, depression, trauma, and suicidal ideation affect an extraordinary number of the **2.5 million** kids in our state.

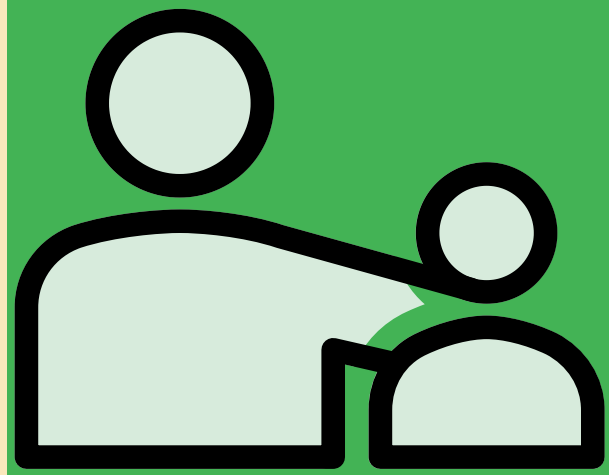
ACCORDING TO THE 2023 GEORGIA DEPARTMENT OF EDUCATION STUDENT HEALTH SURVEY:

- **Over half** of all middle and high school students surveyed reported feeling depressed, sad, or withdrawn.
- **More than 44,000** reported intentionally harming themselves.
- **Over 24,000** said they had attempted suicide, with **nearly 47,000** kids reported having seriously considered it.

ALSO, IN GEORGIA:

- Suicide was the **second leading cause** of death in children aged 10-17 in 2021.
- Roughly **one-third** of the youth under the supervision of the Georgia Department of Juvenile Justice qualify for a PTSD, trauma, or stress diagnosis.
- **45% of children** ages 3-17 had difficulty accessing or are unable to access needed mental health treatment and counseling.

WHO ARE WE TRYING TO REACH?



ADULTS CARING FOR YOUTH

Supporting educators, parents, faith leaders, childcare providers, etc. in their support of youth.



YOUTH AND TEENS

Teen-developed content delivered peer-to-peer.

WHAT CAN YOU DO?

JOIN THE MENTAL HEALTH MOVEMENT!

The goal is to reach as many youth and adults as possible. The Free Your Feels website houses a collection of resources from different organizations and agencies, including ready-to-use editable graphics to easily promote and share messaging, resources if you or someone you know needs help, and a "Blueprint" guide to implementing the campaign in your own community!

FREEYOURFEELS.ORG

WHAT ARE THE GOALS OF THE CAMPAIGN?

SPEAK

We want to empower youth to speak out and express their real feelings,

LISTEN

To encourage adults and peers to check-in with each other and listen judgment-free,

CONNECT

And to connect everyone to resources for further guidance or help.

DOWNLOAD A PDF OF THE FREE YOUR FEELS BLUEPRINT HERE:



SIGN UP FOR OUR NEWSLETTER, & FOR MORE INFORMATION ABOUT THE CAMPAIGN:



@freeyourfeelsga

