

Mental Health in the Youth of Washington

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Our target audience for this project was mainly teenagers suffering from mental health but also parents of these teens to learn the true statistics of mental health proving they are not alone and people from their counties and the overall state of Washington are dealing with this.

Equity in mental health still needs to be done as currently, with the mental health professionals we do have they do not accept public insurance payments, which are payments that the government funds depending on the person's situation making it tough for people in these situations to get the proper care. With this information, we found out UW Medicine is trying to help by funding their UW Behavioral Health Institute at Harborview Medical Center to help speak more about this crisis and help solve the problem. We also considered teens who don't have a proper person to talk to (due to personal, religious, and overall, the lack of professionals) while sending access to free therapy by text or call. We also showed the stats on the mental health of youth affecting different races, though it doesn't seem to impact the mental health community as much as race and sexuality. However, through the statistics, we see an increase in Hispanics. But we want our resources to be accessed by most of all, though most of our resources mostly focus on languages of English and Spanish.

The entire point of this was to show more awareness of mental health in the youth of Washington as currently by ranking we are one of the lowest states in the nation for the rate of mental health care. We decided to make a website to keep all the information organized in one place, and easy to access considering some teens don't have access to social media. We also wanted a place for parents trying to support their teenager(s) going through a mental health struggle or crisis, to know they're not alone and ways they can help support their kids. Not only that but if you are friends with a person struggling with mental health, and how to best support them. With the proven statistics shown on the website, we hope this will give higher awareness to the lack of mental health care facilities and professionals we have. But to conclude we hope that our youth learn they are not alone, and there are people to talk to and get help, as we see a trend of attempted suicides in our state getting worse.

The reason why we chose this topic is because we both have suffered from mental health struggles, and though we are extremely fortunate to have a mental health professional in our school and supportive parents we realized that's not the case for everyone. We need to

receive some assistance; we do want to credit our in-school psychiatrist, Cora Goss-Grubs, for her loving support for both of us and many people at our school at Tesla STEM High School. She teaches our school about ways to help you or someone else during a mental health crisis and the true significance of how mental health can affect your daily lives.

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