

## **Risk Factors/Barriers**

- Pressure and anxiety about failing is a BIG problem in my area.
- I hate the fact that "suicide is becoming normalized"
- Social media is a major risk factor.
- The lack of mental health systemic solutions seems like a big one
- Lack of mental health providers and lack of health insurance is always a huge problem, because it doesn't matter if you ask for help if you can't access it.
- Loneliness and acceptance plays a big part
- Anxiety is such a problem for teens
- With the emphasis on pushing extracurriculars, no time to decompress is really evident
- Social media for sure. Teens comparing themselves to one another and not feeling that they measure up.
- Lack of economic opportunities stands out to me. The teens I know feel like there is no place here for them, they worry they can't afford to live here
- Generational poverty is big where I am
- Compassion fatigue is a big problem, not just for teens
- Access to a phone 24/7, but not being able to communicate with others
- Social media means there is no break from peers 24/7
- people who have been in positions of trust are in the news more and more as untrustworthy
- Even though social media is supposed to make us more connected it makes us more lonely.
- It's also easier for one to compare themselves to other people through social media.
- stigma associated with help-seeking ~this is HUGE
- Lack of coping skills/resilience in face of challenges. Not being given social/emotional tools at a young enough age to manage big emotions