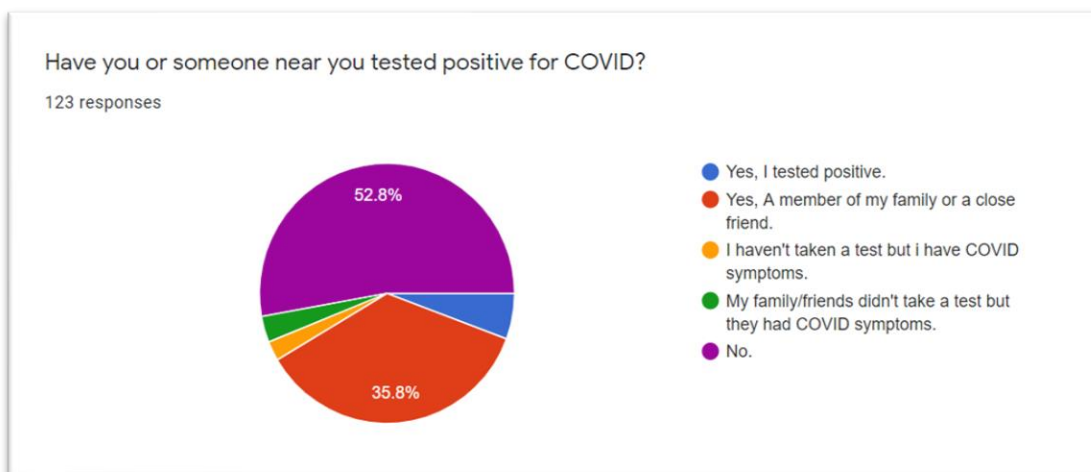
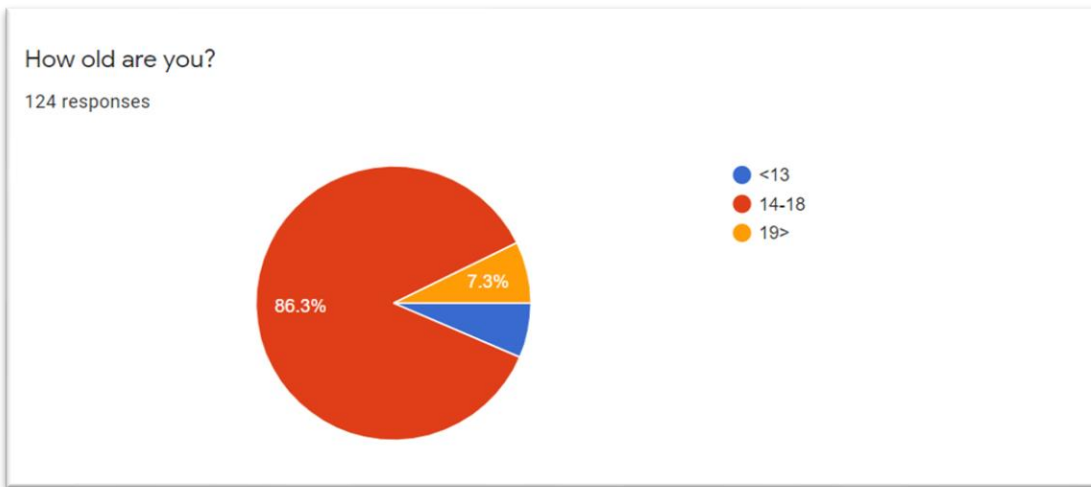


Survey: Youth in Ramsey County

July 24-July27 2020

How has COVID and quarantine affected your mental health/ stress level?



7 youth (6%) answered that they were doing BETTER



18 youth (15%) said COVID/quarantine had NO impact or NOT TOO MUCH



22 youth (18%) answered that they were COPING/ experiencing UPS & DOWNS



74 youth (61%) answered that they are STRUGGLING with mental health or stress

GENERAL MENTAL HEALTH CHALLENGES

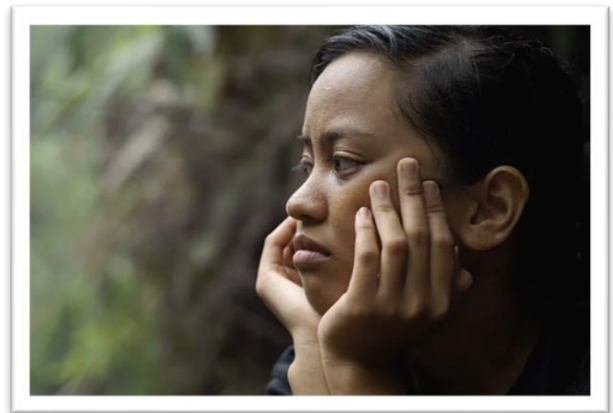


I've definitely noticed a difference in my mental health going down

- Not being able to do fun things to take my mind off of the things that gone on in my life .
- It has increased it (stress and mental health challenges) significantly as I planned on attending Saint John's University this fall but now I might delay enrollment until fall if 2021.
- My mental health has been badly affected and my stress levels have been extremely high.
- it's hard not being able to see people and live life how you used to. i would say it has made my mental health worse

I am ANXIOUS

It has taken a toll on my anxiety.



- more severe anxiety going out in public depressed more not being in school around my classmates
- can't see friends, just stuck in my room, causes me to overthink and anxiety to go up.
- I can't hang with my friends anymore and I feel like I am missing out on everything and summer, supposed to be a break from stressful school but we can't even do anything this summer. When I am just stuck at home sometimes I overthink and it causes my anxiety to go up.
- My depressive episodes have been more frequent and anxiety has gone up due to not being able to see friends

I feel ISOLATED, DEPRESSED



*I have become more depressed and alone
not being able to do everyday activity's*

- Made me sad and lonely
- Depression...thoughts of dieing...loss of interest for things that brought me joy..
- I feel stuck in a rut. I feel as I am being held back from being my best self. I feel I have become weaker and unable to achieve my goals
- I find my anxiety and lonely feelings to be amplified because I know that it's not even an option to see anybody for so long. I am doing my best to find things to do by myself and practice good habits like eating well and self care so that I don't probe a mental breakdown because I know that if I start feeling gross or extremely sad I won't be able to get out of that slump while isolated.
- I've been struggling to have motivation to do anything. I'm exhausted, I've barely been exercising.
- it has depressed me somewhat. I can't go see my friends and go places I want to. My parents have diabetes so I want to be safe.
- complete isolation makes it hard to socialize. I keep things to myself more now than before COVID.

STRESSED

*It's caused problems between my parents
and I and so my stress level is pretty high*



- not knowing what the future holds for any of us is very stressful and i feel like all that definitely affects my mental health

- i have been overall more stressed because of extreme boredom and the fact that my parents are having a lot of problems at work
- Extremely raised my stress level
- Covid has increased stress relating to college, work, and my personal safety in public
- I feel like I should be doing a ton with all of this extra time on my hands. This mindset of feeling the need to constantly be productive has been very stressful.
- It was stressful knowing that as a person with a positive test that you could have given it to a lot of your friends, family, strangers.
- It made me stress a lot about spreading it
- stressed for economy and grandparents
- I have felt very stressed because things haven't been normal (school, sports, ect).
- School is definitely been challenging because I think it's way easier for me to learn when I'm in the school online school just wasn't for me
- Not able to get out make income right now.
- I'm also worried about this upcoming school year, as actually starting a school year online the safe and right thing to do, however, I am worried that I will struggle with that.

I'm OVERWHELMED, ANGRY, EASILY UPSET



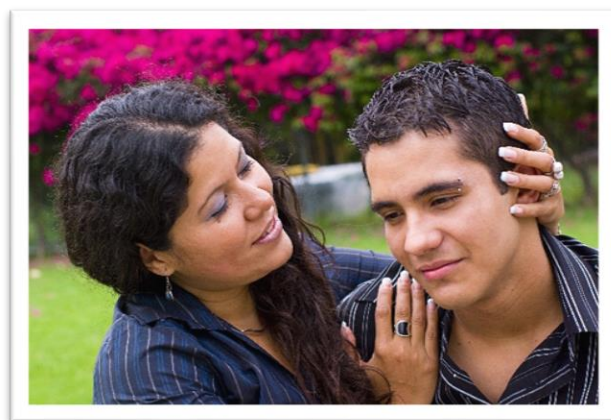
I want to just stay in my room on my tablet my mom makes me do chores an I get mad an dont know why I used to like doing stuff for my mom like chores now I just want to stay in my room an I hate my sister she bothers me all the time I have to be around her all day an she is so annoying an I just want to go to school w all my friends now I have to start a new school an I'm just sad an angry all the time mom makes me happy we do special stuff I really miss my friends an my teachers mm mom says we have only us 3 people so its extra hard for us to stay happy I just want to be happy all the time again

- Shorter temper
- It's hard my mom and my sister I fight more with them
- At the beginning I felt pretty numb to everything that was going around me. As it has gone on, I have found myself getting more and more stressed out about little things that I previously wouldn't have gotten stressed about.
- It hard not being able to go around friends, or even family and it can really make you upset easily.

- I've felt a lot more isolated and more depressed. When I had to quarantine out of extra precaution for even a week or so, it was really difficult seeing people go outside and enjoy eating together while I had to stay home. I became a lot more stressed over little things that I normally wouldn't
- My stress levels are up and plus i been getting in fights with my brother due to stress. I cant work cause of covid so that brings on my anxiety and depression and then my mom and i argue cause i am stressed out. I am really missing school
- Feeling trapped has made me more anxious and depressed and losing hours at my job isn't helping with paying the bills so I also have stress.
- During quarantine I felt tired and lazy all the time because I am an extrovert and did not have enough people around me to give me energy. My stress levels are higher than normal because I am in charge of sanitizing everything at work and I take my job seriously and do it well.
- Made me more depress and fight with brother and cant see friends and can't do a lot of activities

I'm COPING/ having UPS & DOWNS

It's been kinda of a rollercoaster of either feeling trapped, hopeless, productive or just hatred towards many different things/people



- It makes me feel like I am missing out on things. But I'm not stressed about anything.
- I'm worried about how this will effect my long term future, but nothing too drastic. Mostly it's been nice to not have to worry about school constantly.
- A lot of just sitting inside, some days I'm okay with being alone and other days I wish I wasn't.
- It was hard at beginning, but since I can see friends now it's good.
- at first i was very stressed and anxious, it sad all very new and uncertain on what would happen. with time i adjusted and it got less anxiety provoking but still brings anxious thoughts and stress
- It has allowed time to reflect on how I was living my life somewhat selfishly before but has also led me to feel like I need to push people away. I've been more irritable for sure.
- I've definitely been more stressed about school and the ACT. My mental health has been going up and down just because I've been bored and been overthinking about a lot of things.
- COVID has made stress fluctuate more, up during certain times and lower in certain times.
- It has added stress to my life but also given me more free time to deal with it.

My experience has been POSITIVE



It has made me enjoy my family more and allowed me to focus on myself more. stress went down

- I feel like distancing myself from people at school who made it hard for me to be myself really helped me to focus on who my real friends are and what's really important to me
- It's somewhat eased my stress in the short term, less obligations, less stress. However when I look to the long term I realize the reason for my easier schedule is due to my losing of opportunities that could help me going forward.
- Stress level went down bc of the homework barely being given out
- I hate leaving the house
- Relieved stress because less school
- I like staying home

How Can We Help You or Your Peers?

Please describe the kind of help (support, services, connections, etc.)



FRIENDS/PEER SUPPORT/ CONNECTIONS

1. A way for new people to make friends with each other. It's hard to meet people by chance while in quarantine like you would in real life, so maybe some virtual opportunities would be nice.
2. my friends help me a bunch and make me feel like i matter
3. I want a friend can u get me a friend
4. Offer groups to go to
5. advertising as a friendly environment for the youth because these times are confusing for us all.
6. Create ways to be Able to do the things we do in summer while still maintaining health security
7. Throw a big summer outdoor games party, so all the kids can see eachother, talk and be happy
8. i don't even know maybe some assurance from other people our age experiencing the same thing
9. Have maybe more people try have get together that would be safe
10. Come up with ways to connect the community

11. I think a place where teens in isolation could connect would be a cool concept so that people in quarantine could share things they have done, want to try, or just like reminders to drink water and check your temperature etc.
12. With quarantine, some of my friends have become very lonely because their parents don't let them out of the house. Maybe online chat rooms where teens can connect would be beneficial.
13. maybe make a zoom call for a little support group
14. Hm maybe some anonymous chat rooms too talk too people and have people explain there feelings.
15. Trying to create safe opportunities to connect to make it feel like normal again
16. Come up with ways to connect the community
17. Finding ways to get us out of the house but still make sure everyone is safe, doing real connections. See people, and talking with them, in real life.
18. I think giving a way to connect those who are in quarantine and need resources a easy simple way to do it so you don't feel as alone.
19. Figuring out new ways to get in contact with others.
20. Peer connections
21. Helping set up social distanced gatherings would be nice. It's nice to at least be able to see people
22. I think effective ways would be to communicate and plan online events for groups to get together
23. Providing resources/activities to keep teens involved and connected to the community. Such as virtual meeting, social distancing events...
24. Maybe a small (and social distant) support group that do activities with other to feel connected and have something to do while having fun with others
25. maybe make group of people who want to talk about how they are doing with all of this and their experiences
26. Socially distanced social events maybe?
27. find ways to safely be with friends



ACTIVITIES/ TANGIBLE TOOLS

1. Create an idea board of things to do while in isolation or activities that are fun and interactive while still being safe
2. Make fun activities online so there is something to do.
3. Fun activities , job searching etc
4. I would really like to get a journal to write down my thoughts and feelings and would like alsolike a punch bag that will help with my anger or some type of teen group or something to that effect but only thing cant be on zoom i cant do computers
5. keep sending these type of things
6. Wish I had more actives than Electronics
7. Honestly, just some ideas of stuff to do while I'm in quarantine bc I'm going a little stir crazy, I feel like it's hard for someone to do something for me when I'm in quarantine

8. More mental Health surveys.
9. More positive activists while lock down



MENTAL HEALTH RESOURCES/ HELP LINE/ SUPPORT

1. resources on how to cope with stress while in a quarantine where you aren't able to seek therapy or for some people doing certain things to help with stress aren't available so specifically how to deal with anxiety and stress in a quarantine Therapists NEED to be available (like phone calls)
2. like put down locations for therapy sessions and make every feel like they're welcomed
3. Maybe a therapist I'm waiting in nystorm to open up so i can see someone in there
4. Make hotlines more well known
5. i think teens need a resource site with fact checked information, when we have all the worlds information at our fingertips it can be overwhelming trying to find actual sources with valid information
6. therapy for people who cant afford it
7. Give people to connect with
8. Give people a place to just let out their stress or emotions anonymously and have someone talk with them to make sure they're doing alright and help.
9. I'm not sure, but most people I know just need someone to talk too so maybe some kind of service to talk with others affected by COVID
10. More in person help.
11. Support and encouragement
12. Umm like small group therapy sessuons for those struggling *video chat or something
13. Help with and breathing and fitness lessons to help clear my(and others) minds.
14. Mental Health Services
15. Mental Health Supports
16. I would say for people who don't have a support system just a number to call.
17. Have more support for young adults with anxiety
18. I think that having people there who can help those who need it and give resources can be very helpful
19. More people working hands on with us at home not online people



SCHOOL HELP

1. don't make me take online school
2. Study help resources during the school year
3. Convince my parents to let me go back to school
4. Help create save and effective ways we as students can go back to school and be around our peers
5. Help with homework

6. I feel like getting kids back into some sort of school will help because I feel that is the best support and connections.
7. I think students would like a way to have online tutors because I understand students can learn better in class and with help but with online school they don't get the same level of teaching and can fall behind, if there were more resources given out so students could access their classes better or have more options for learning from different programs or a closer connection with online tutors.
8. Tutors for online school
9. Personally, I'm stressing about school a lot, I'm a student that is a hands on learner, and for certain subject I need some help. Distance learning for next year is stressful for me.



BASIC NEEDS/ SAFETY/ JOBS/ EDUCATION ABOUT COVID

1. Reaching out to youth and making sure they have all of the basic needs if they get sick. Ex. Masks, hand sanitizer, etc.
2. Provide masks!
3. Make masks more widely available
4. i really don't know because my stress is mainly coming from my parents and money within the family
5. More opportunities for working in a safe environment
6. Provide ideas to help us stay safe but also be able to go out and live our lives.
7. Easier access to test kits
8. Provide masks in public places for people that aren't able to get ahold of any otherwise.
9. People freaked out when I told them I was positive, and there wasn't really any sympathy. They were worried only about themselves and whether I had told every single person I know. I think if people didn't look at testing positive as doing something wrong, but rather as an unfortunate circumstance, it'd be easier for people that end up getting it.
10. i think as a community we have done a good job at informing and having resources (about COVID) so i think if we continue these and strengthen them it would help a lot for a lot of people
11. Not everyone wears mask when they're supposed to so I think if we could get more people to take this more seriously than that could help

Some answers were a heavy reflection of how the youth were feeling

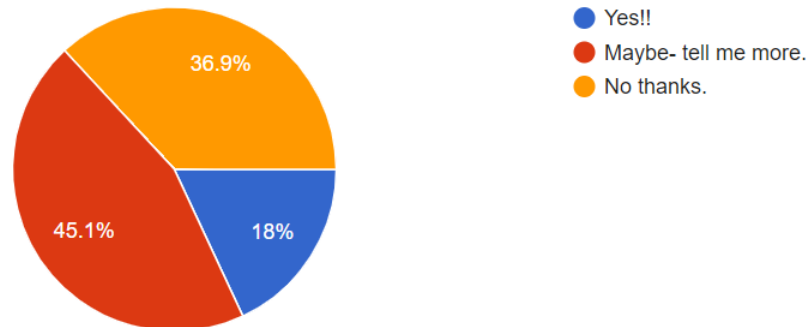
- Some answered by saying "Nothing will help, No one can help me, I'm not sure what can help me, there's nothing u can do..." etc.
- I find myself to be fairly closed off emotionally and I usually deal with my issues only with myself or my very closest friends. So I wouldn't say I'm in a great place to say anything about this issue, as I've never utilized anything other than myself or a couple of friends and family to help with mental health.
- There's nothing I can think of to help me. My sister is battling depression and anxiety, and covid and quarantine hit her pretty bad in the mental health area. I am not sure how your services could help her though.

CASE MANAGER SHOUT OUT 😊

"I am doing fine- I have a case manager through Rumsey County that helps me."

Would you be a part of a youth leadership group that supports youth mental health in Ramsey County?

122 responses



Complete List of Youth Responses

How has COVID and quarantine affected your mental health/ stress level?

- By not allowing to me have my last summer as a high school student
- In a negative way
- Yes- It's hard my mom and my sister I fight more with them
- Yes
- Yes- Not being able to work , not being able to do fun things to take my mind off of the things that gone on in my life .
- mental health wise, it hasn't been the best because I didnt get to see my friends everyday when it started
- Yes- A lot in everything mostly been social it's gonna be hard for me to get back to having friends
- Yes
- Yes- makes every part of daily life harder because what I have always looked forward to is hanging with friends which i haven't been able to do much.
- Yes- It was hard mentally during quarantine because I couldn't see freinds.
- Yes- it has affected them a lot
- Yes- I've definitely noticed a difference in my mental health going down
- Negatively
- Poorly
- Yes- It's been really difficult because I haven't been able to do some of the things that I wanted to and school is definitely been challenging because I think it's way easier for me to learn when I'm in the school online school just wasn't for me
- Yes- It has made a bad difference.
- Yes- School has been really hard and frustrating
- can't see friends, just stuck in my room, causes me to overthink and anxiety to go up. can't have a summer
- I can't hang with my friends anymore and I feel like I am missing out on everything and summer, supposed to be a break from stressful school but we can't even do anything this summer. When I am just stuck at home sometimes I overthink and it causes my anxiety to go up.
- It has taken a toll on my anxiety.
- it's hard not being able to see people and live life how you used to. i would say it has made my mental health worse
- it's made me feel more isolated and depressed
- Made me sad and lonely
- Depression...thoughts of dieing...loss of interest for things that brought me joy..gaming.. Outside play and library.
- I feel stuck in a rut. I feel as I am being held back from being my best self. I feel I have become weaker and unable to achieve my goals
- Stress has gone down but I feel more depressed because I'm always by myself and can't really see people
- Yes, Covid has affected my mental health/stress levels. I haven't been in quarantine for super long yet but I can already see a difference in my mental health. During the day when it's sunny,

thankfully, I can still go outside and that has helped me while in isolation. I already know I have a hard time with being alone specifically at night time from previous quarantining and in general. So during the night time in quarantine I find my anxiety and lonely feelings to be amplified because I know that it's not even an option to see anybody for so long. I am doing my best to find things to do by myself and practice good habits like eating well and self care so that I don't probe a mental breakdown because I know that if I start feeling gross or extremely sad I won't be able to get out of that slump while isolated.

- i've felt really lonely and depressed
- Greatly, I've been struggling to have motivation to do anything. I'm exhausted, I've barely been exercising.
- it's pretty sad
- It's hard being quarantined inside and away from friends. Also with going into senior year and the thought of that being taken away is saddening.
- Terribly I have become become more depressed and alone not being able to do everyday activity's and my senior year of high school will be ruined
- it has depressed me somewhat. I can't go see my friends and go places I want to. My parents have diabetes so I want to be safe.
- The complete isolation makes it hard to socialize. I keep things to myself more now than before COVID.
- Stopped me from playing sports and hanging with friends and disnt finish school
- The complete isolation makes it hard to socialize. I keep things to myself more now than before COVID.
- Extremely raised my stress level
- During the school year my stress was high, and my mental health was poor during the stay at home order
- Covid has increased stress relating to college, work, and my personal safety in public
- not going to school really helped me realize how stupid everything is and i was focusing on the wrong things. not knowing what the future holds for any of is very stressful and i feel like all that definitely affects my mental health
- A lot. It's caused problems between my parents and I and so my stress level is pretty high
- I feel like I should be doing a ton with all of this extra time on my hands. This mindset of feeling the need to constantly be productive has been very stressful.
- i have been overall more stressed because of extreme boredom and the fact that my parents are having a lot of problems at work
- It was stressful knowing that as a person with a positive test that you could have given it to a lot of your friends, family, strangers.
- Had to try to learn to keep myself busy and stressed me out for my future
- More stressful about my parents getting it more than me.
- It made me stress a lot about spreading it
- Little stressed for economy and grandparents
- I have felt very stressed because things haven't been normal (school, sports, ect).
- Very stressful

- It's been really difficult because I haven't been able to do some of the things that I wanted to and school is definitely been challenging because I think it's way easier for me to learn when I'm in the school online school just wasn't for me
- It was difficult because I was unable to make money working or train for football, which increased stress a bit. Also, there's this stigma around testing positive where people don't care how you're doing, and only care whether you've told others about your positive test.
- During quarantine my stress level was super high because it was hard to understand some of the lessons and assignments for school.
- I can't go to work because I might have Covid and I need the money for my apartment and college so my stress is through the roof but I got tested once before because I had mono but I had to be tested for Covid first so they could figure out what I had so I can't be tested again to see if I actually have it
- Not able to get out make income right now.
- Shorter temper
- Honestly very badly, it was hard not being able too go to school and be around people. I have gotten used too it even though it's a struggle for my anxiety and depression. My stress levels were up because of online school too that was difficult.
- I've felt a lot more isolated and more depressed. When I had to quarantine out of extra precaution for even a week or so, it was really difficult seeing people go outside and enjoy eating together while I had to stay home. I became a lot more stressed over little things that I normally wouldn't
- It hard not being able to go around friends, or even family and it can really make you upset easily.
- I want to just stay in my room on my tablet my mom makes me do chores an I get mad an dont know why I used to like doing stuff for my mom like chores now I just want to stay in my room an I hate my sister she bothers me all the time I have to be around her all day an she is so annoying an I just want to go to school w all my friends now I have to start a new school an I'm just sad an angry all the time mom makes me happy we do special stuff I really miss my friends an my teachers mm mom says we have only us 3 people so its extra hard for us to stay happy I just want to be happy all the time again
- Increased both (stress and mental health challenges) because of the pressure to quarantine and stay away from my community
- It has increased it (stress and mental health challenges) significantly as I planned on attending Saint John's University this fall but now I might delay enrollment until fall if 2021. It has also caused me to loose college rugby as well as senior rugby season and loosing going to Colorado for the Minnesota All-State rugby team.
- My mental health has been badly affected and my stress levels have been extremely high.
- My stress levels are up and plus i bern getting in fights with my brother due to stress. I cant work cause of covid so that brings on my anxiety and depression and then my mom and i argue cause i am stressed out. I am really missing school and if we dont have school this fall i asked my mom to ask my teacher if i can graduate because i have over 73 credits.
- more severe anxiety going out in public depressed more not being in school around my classmates
- I have been much more stressed and overall less energized and happy
- My depressive episodes have been more frequent and anxiety has gone up due to not being able to see friends

- Feeling trapped has made me more anxious and depressed and losing hours at my job isn't helping with paying the bills so I also have stress.
- At the beginning I felt pretty numb to everything that was going around me. As it has gone on, I have found myself getting more and more stressed out about little things that I previously wouldn't have gotten stressed about. I'm also worried about this upcoming school year, as actually starting a school year online the safe and right thing to do, however, I am worried that I will struggle with that.
- During quarantine I felt tired and lazy all the time because I am an extrovert and did not have enough people around me to give me energy. My stress levels are higher than normal because I am in charge of sanitizing everything at work and I take my job seriously and do it well.
- it has made me a lot more stressed and sad not being able to be with my friends
- Made me more depress and fight with brother and cant see friends and cant do a lot of activities
- Feeling trapped has made me more anxious and depressed and losing hours at my job isn't helping with paying the bills so I also have stress.
- Yes- A lot, it's really tough to go without much human interaction, so I've been trying to stay busy where I can. That being said, it's also harder to stay busy because many of my activities are in person, so the transition to virtual work has been challenging.
- It's been kinda of a rollercoaster of either feeling trapped, hopeless, productive or just hatred towards many different things/people
- It makes me feel like I am missing out on things. But I'm not stressed about anything.
- I'm worried about how this will effect my long term future, but nothing too drastic. Mostly it's been nice to not have to worry about school constantly.
- A lot of just sitting inside, some days I'm okay with being alone and other days I wish I wasn't.
- It was hard at beginning, but since I can see friends now it's good.
- at first i was very stressed and anxious, it sad all very new and uncertain on what would happen. with time i adjusted and it got less anxiety provoking but still brings anxious thoughts and stress
- It has allowed time to reflect on how I was living my life somewhat selfishly before but has also led me to feel like I need to push people away. I've been more irritable for sure.
- Kinda
- ups & downs
- Makes me miss school
- I've definitely been more stressed about school and the ACT. My mental health has been going up and down just because I've been bored and been overthinking about a lot of things.
- COVID has made stress fluctuate more, up during certain times and lower in certain times.
- Not that bad but at the beginning it was pretty hard
- Going to work gives me social interaction but it's sad thinking about the potential of summer activities without corona
- Haven't effected me too much but definitely makes things worse.
- It has definitely raised stress for me but I wouldn't say a significant amount
- It has added stress to my life but also given me more free time to deal with it.
- Felt weird not seeing anybody for a while
- I have always had high stress/ anxiety and depression before quarantine. I would say covid had effected me but not in the way others feel, many people feel lonely or missing seeing friends but I just feel more anxious about college and my job. My stress has actually been lower since covid by

not being around people who raise my stress or by not having to do school work. I think covid has also raised my stress by thinking about how high our cases are in America and how there aren't as many stricter rules like other countries have done and have few cases.

- Not too bad now but early on it was stressful.
- At first it made school and work difficult and thus more stressful, but I've become accustomed to the precautions necessary.
- At the beginning I was stressed but now I'm not as worried about it because I've had it.
- It has made me enjoy my family more and allowed me to focus on myself more. stress went down
- It's somewhat eased my stress in the short term, less obligations, less stress. However when I look to the long term I realize the reason for my easier schedule is due to my losing of opportunities that could help me going forward.
- Stress level went down bc of the homework barely being given out
- Honestly no. I hate leaving the house
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- I feel like distancing myself from people at school who made it hard for me to be myself really helped me to focus on who my real friends are and what's really important to me