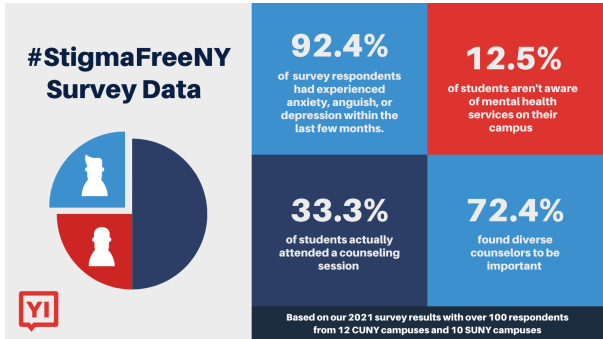





# YOUNG INVINCIBLES

Mental Health is a crisis we need to address. Join us as we continue to advocate for mental health justice in higher education by using our advocacy toolkit. Let's create a stigma free New York together.

## Hashtags: #StigmaFreeNY

Image	Automated Tweet
 <p><b>#StigmaFreeNY Survey Data</b></p> <p><b>92.4%</b> of survey respondents had experienced anxiety, anguish, or depression within the last few months.</p> <p><b>12.5%</b> of students aren't aware of mental health services on their campus</p> <p><b>33.3%</b> of students actually attended a counseling session</p> <p><b>72.4%</b> found diverse counselors to be important</p> <p><small>Based on our 2021 survey results with over 100 respondents from 12 CUNY campuses and 10 SUNY campuses</small></p> <p><a href="#">(Click here to view on Canva and download)</a></p>	<p>Here are some of the results from the survey our mental health group for this year conducted. We've been able to gain and share the experience that our CUNY and SUNY students are having with the mental health resources on their campuses. <b>#StigmaFreeNY</b></p> <p><a href="#">(Click here for automated tweet)</a></p>
 <p><b>YOUNG  INVINCIBLES</b></p> <p><b>WE DESERVE A #STIGMAFREE NY</b></p> <p>Students deserve accessible and affordable mental health counseling. Have your voice be heard! Show your support by joining our pledge to hold elected officials, SUNY, and CUNY accountable for their allocation of funds.</p> <p>PLEDGE LINK:  <a href="https://docs.google.com/forms/d/e/1PAPLSE6R4RGV6SCYEY7B4Z6S181GUL93R44H2ZLUR9Z0V0TKRR/viewform">HTTPS://DOCS.GOOGLE.COM/FORMS/D/E/1PAPLSE6R4RGV6SCYEY7B4Z6S181GUL93R44H2ZLUR9Z0V0TKRR/VIEWFORM</a></p> <p><a href="#">(Click here to view on Canva and download)</a></p>	<p>Everyone needs support. Mental health is just as important as our physical health. It affects students of higher education tremendously and you can show your support by joining our pledge!</p> <p><b>#StigmaFreeNY</b></p> <p><a href="#">(Click here for automated tweet)</a></p>

# YOUNG INVINCIBLES




## OUR STUDENTS NEED US NOW MORE THAN EVER

Covid-19 has left students failing academically due to their mental state. This problem requires ACTION. @ChancellorCUNY, @SUNY #StigmaFreeNY #StateofYoungNewYork

[\(Click here to view on Canva and download\)](#)

Covid-19 has left students failing academically due to their Mental State. This problem requires ACTION. @ChancellorCUNY, @SUNY @NYGovCuomo #StigmaFreeNY

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### STUDENTS MENTAL HEALTH IMPACTED

Information provided through Healthy CUNY's: Healthy CUNY Preliminary Report: Impact of COVID-19 Pandemic on CUNY students

- 87% of CUNY students reported that their ability to do school work decreased due to the coronavirus epidemic; 7% due their emotional/mental state
- 85% of students reported that as a result of the epidemic they do not know when they expect to graduate
- 40% of students reported feeling nervous, anxious or on edge
- 33% of students reported feeling down, depressed, or helpless OR unable to stop worrying
- 80% of students had changes in family care/responsibilities OR changes in household tasks/responsibilities

#StigmaFreeNY

[\(Click here to view on Canva and download\)](#)

Mental health doesn't always have the visibility that it should. Healthy CUNY's report helps to give visibility to the reality that students have been living due to the pandemic #StigmaFreeNY

[\(Click here for automated tweet\)](#)