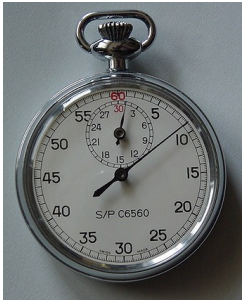






Gen Z & Mental Health



FOM NONE
O S



90
million



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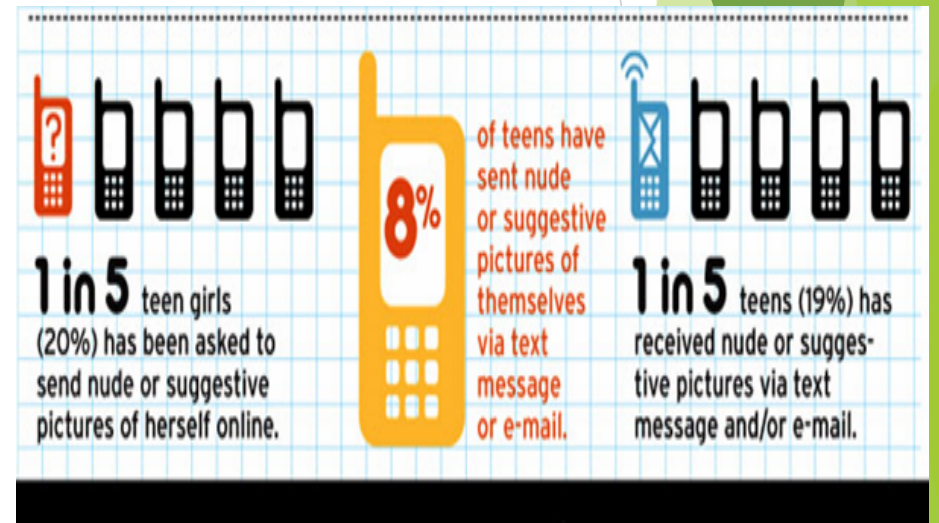
THE DATING GAME

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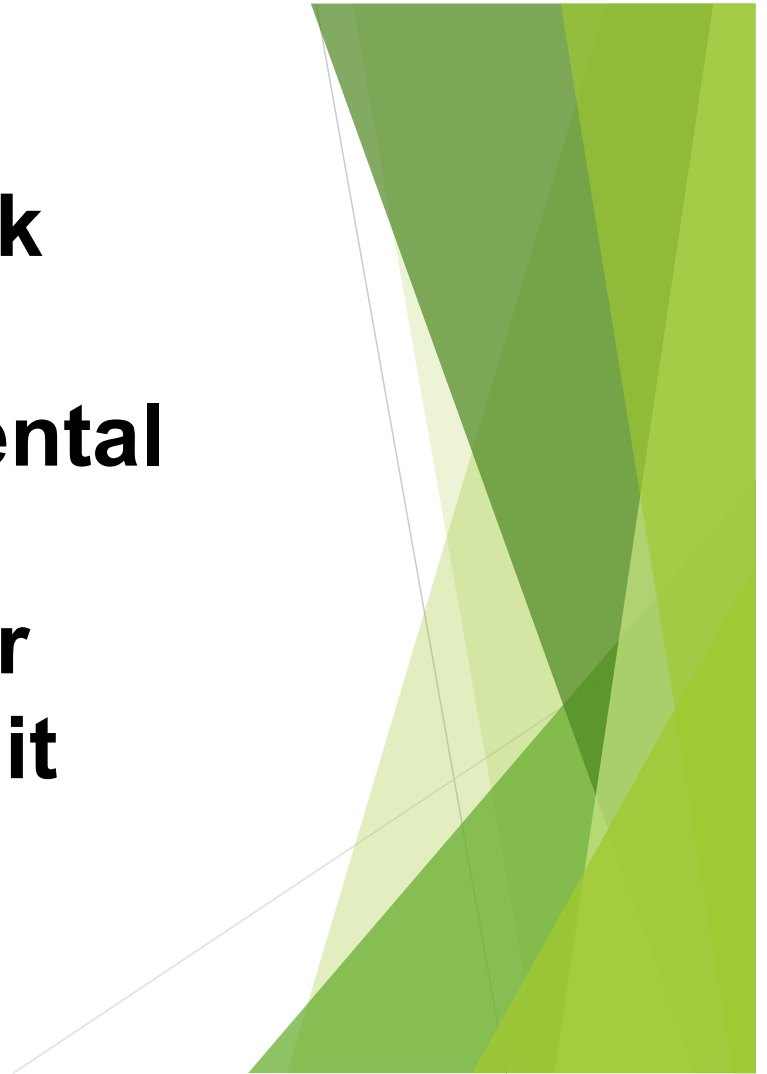
Gen Z's hopes & aspirations:

- ▶ Malala or Katniss
- ▶ Planner
- ▶ 61% want to run their own business
- ▶ 37% want to invent something to change the world.
- ▶ 2/3 want to finish their education.
- ▶ 66% want a career
- ▶ 65% want to be a millionaire by the age of 30
- ▶ 20% want to be married
- ▶ 32% want to be twitter celebrity w/ a million followers

What questions or comments do you have about Gen Z? Any surprises? What do you think are the key influences or events for Gen Z?



**Why do you think
Gen Z are most
vulnerable to mental
health issues?
Share & ask your
neighbor. Shout it
out?**

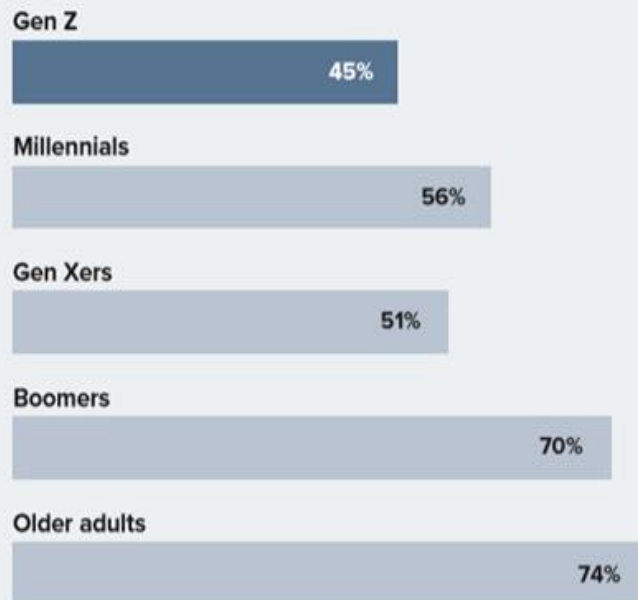


The Mental Health of Gen Z:

1. Freshmen Collegiates:
 - a) 84% anxious
 - b) 51% depressed
 - c) 41% overwhelmed
2. At age 14, 25% of girls are depressed.
3. 31% of 8th-10th graders are lonely.
4. They worry about everything:
(79% getting a job, 72% in debt, 70% terrorism,
70% worry about inequalities, 70% mass shooting,
53% worry about sexual assault, 10% trust
government, 6% trust corporations, global warming)
5. However, they will seek out help when needed.

Mental Health of Gen Z

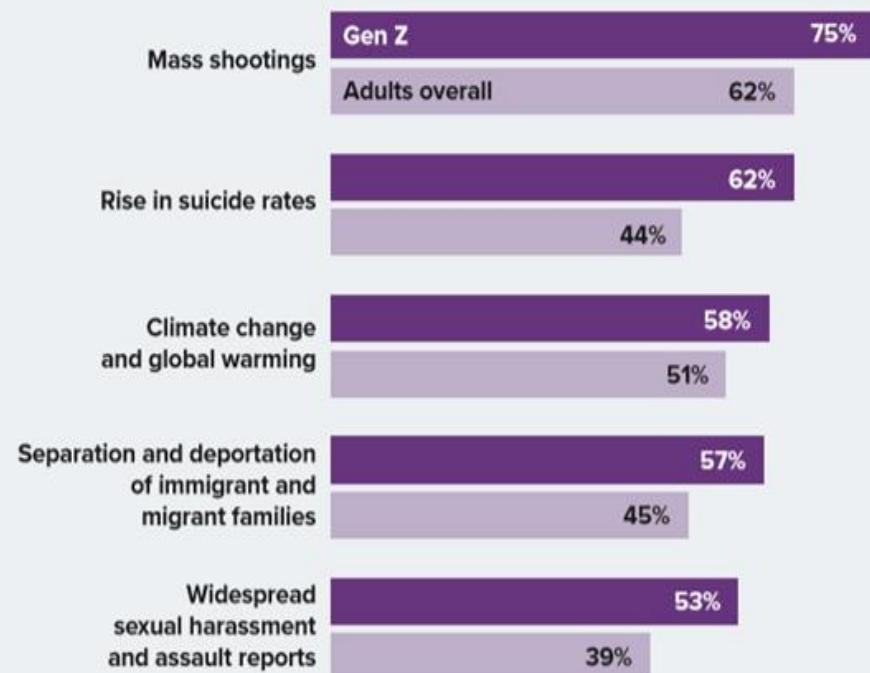
Compared with other generations, Gen Z is least likely to report very good or excellent mental health



Source: APA. (2018). *Stress in America: Generation Z*

News Events Stressing Gen Z

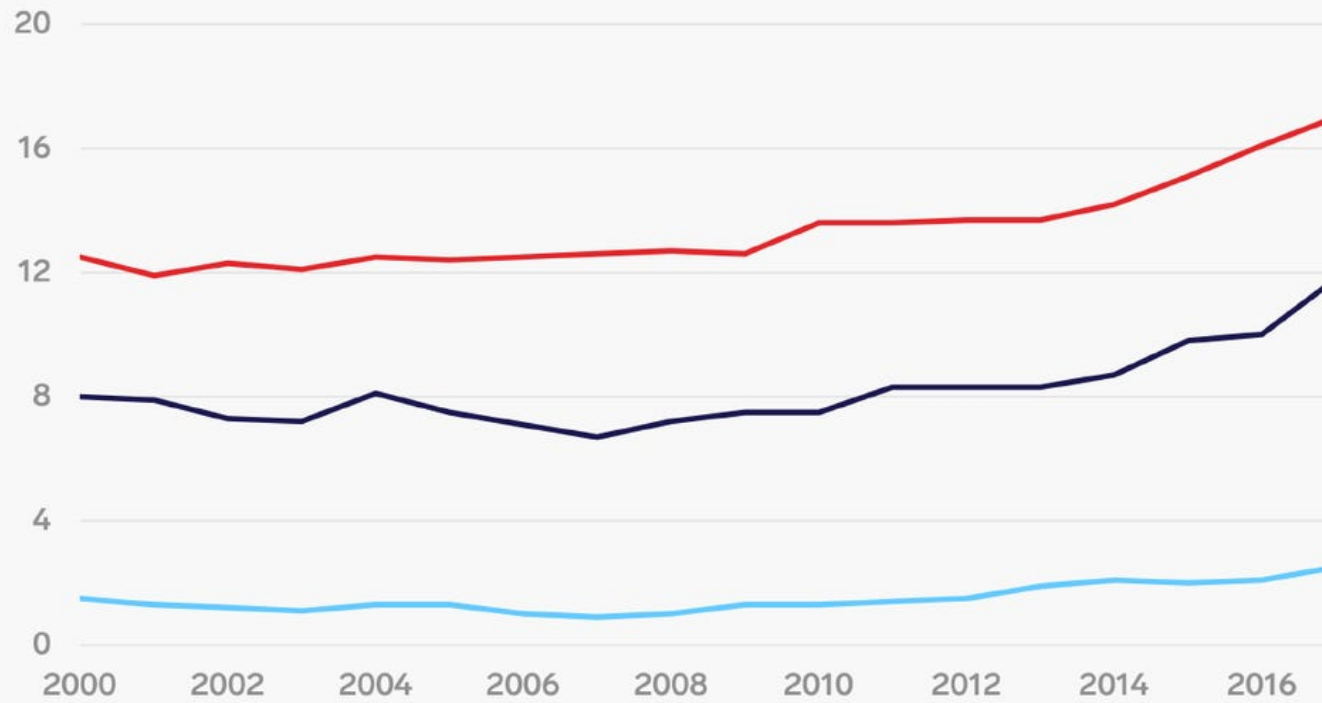
Compared with other generations, Gen Z is more likely to report stress related to these national news topics



Suicide rate among US youth

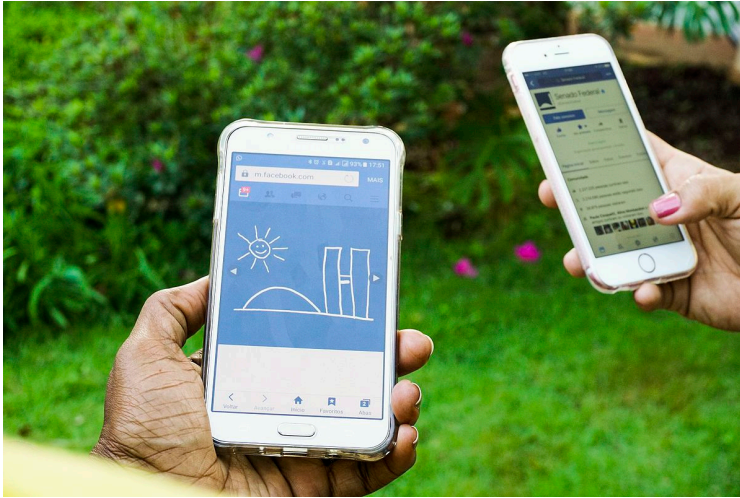
Age 10–14 Age 15–19 Age 20–24

Rate per 100,000 population



Source: Centers for Disease Control and Prevention

BUSINESS INSIDER



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Prior to the Gen Z depression study, Twenge and her collaborators published research on the link between social media and depression. **They found that psychological well-being suddenly decreased after 2012, when smartphone use became common.** According to their social media and depression statistics, adolescents who spent more time on social platforms, texting, and gaming had lower psychological well-being. And adolescents who spent more time on non-screen activities (such as in-person social interaction, sports, exercise, and homework) were the happiest.

In summary, Generation Z is more vulnerable to depression than any other age group. However, growing awareness, research, and treatment can help reverse this trend. And parents can make a difference by teaching kids simple yet powerful approaches for well-being.

Factors of why more depression:

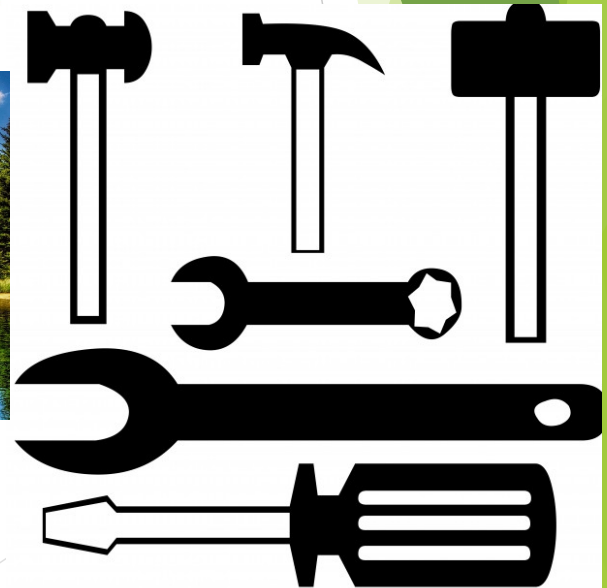
- *Social media*
- *Deprivation of Sleep*
- *Loneliness*
- *Social isolation (though they are more connected virtually.)*

The slide features a white background with abstract green geometric shapes. On the left, a small green triangle points upwards. On the right, a large, complex shape is composed of several overlapping, semi-transparent green polygons in various shades, creating a layered effect. The text is centered horizontally between these two shapes.

What can Parents do?




IN
REAL LIFE



What can the Church do ?



- 
- 1. Create small-bite size spiritual food for Gen Z.**
 - 2. Provide practical ways to embrace our emotions. a) how to learn and embrace our own emotions, b) how to learn how to deal with loss & grief, c) have coping skills in dealing with stress.**
 - 3. Create real experiences for the youth. Create outdoor fun memorable experiences. Create virtual experiences with them.**
 - 4. Learn how to spot the effects of Trauma can cause other mental health issues.**
 - 5. Form grief groups, or support groups etc.**
 - 6. Connect stories of one another to help our youth NOT feel so alone.**
 - 7. Provide safe spaces for youth groups to just share and no questions asked.**
 - 8. Network with other churches with resources for mental health.**

Q & A & Prayer



**“See, I am doing a new thing!
Now it springs up;
do you not perceive it?
I am making a way in the wilderness
and streams in the wasteland.”
Isaiah 43:19**

