

**Problem: The US is experiencing a teen mental health crisis.**

- Youth often have limited opportunities to develop the skills needed to cope with everyday life.
- Constant flow of unfiltered information through electronic media is overwhelming and causes heightened anxiety.
- Youth are not often supported with good nutrition and wellness practices.
- Youth often lack connections and a sense of purpose, diminishing an overall sense of wellbeing.

For more information on the health crisis including the rising rates of depression among young people please read:  
<https://www.theatlantic.com/newsletters/archive/2022/04/american-teens-sadness-depression-anxiety/629524/>  
<https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf>