

Cape Coral
Youth Council
Mental Health Project



Number of Responses & Schools



Responses




Oasis High School has 924 students, and the survey received 214 responses over the span of three weeks.

Schools



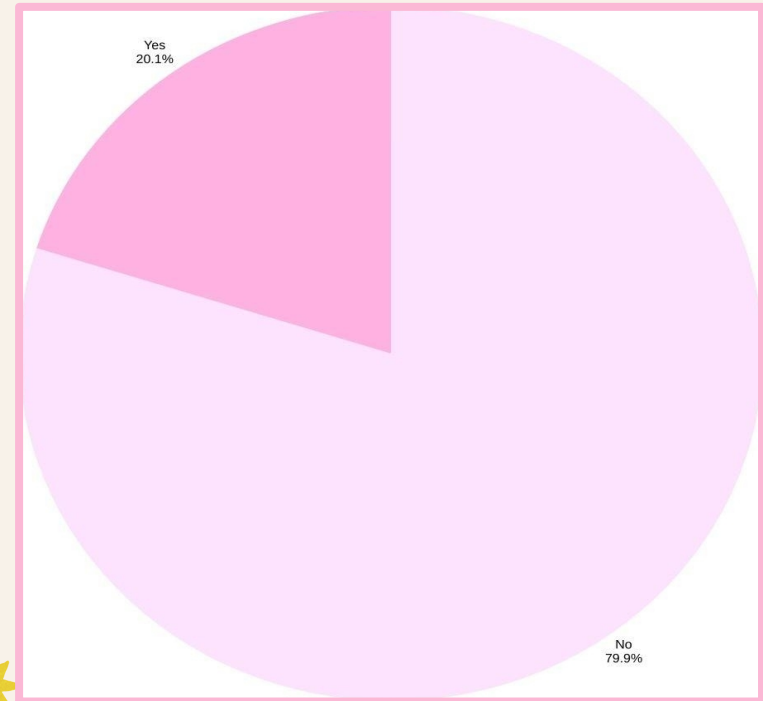
Oasis High School is the first school to receive this survey.

All Lee County schools received a mental health survey that included a mix of our questions and questions from the SAVE Promise Clubs.

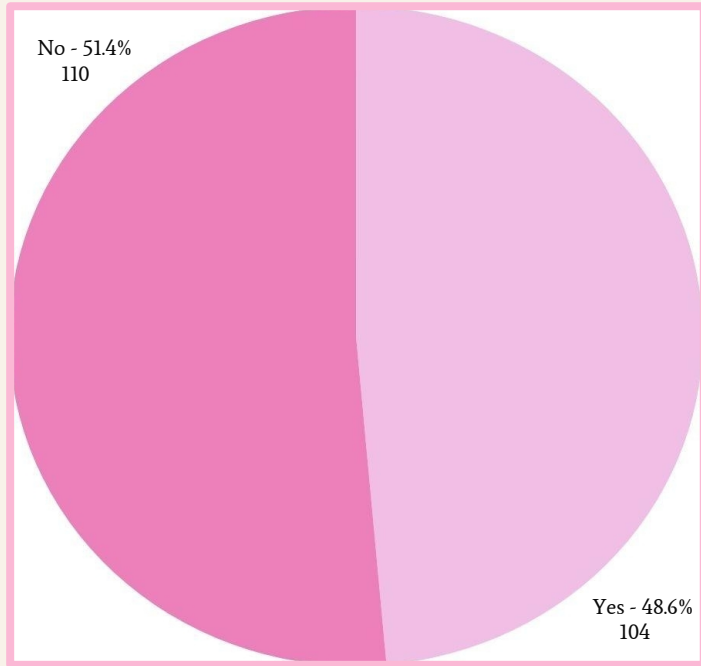


Are you a student who feels they need mental health support at school?

At Oasis High School, 43/214 students stated that they feel they need mental health support. Additionally, 171/214 students feel that they do not need support at school.

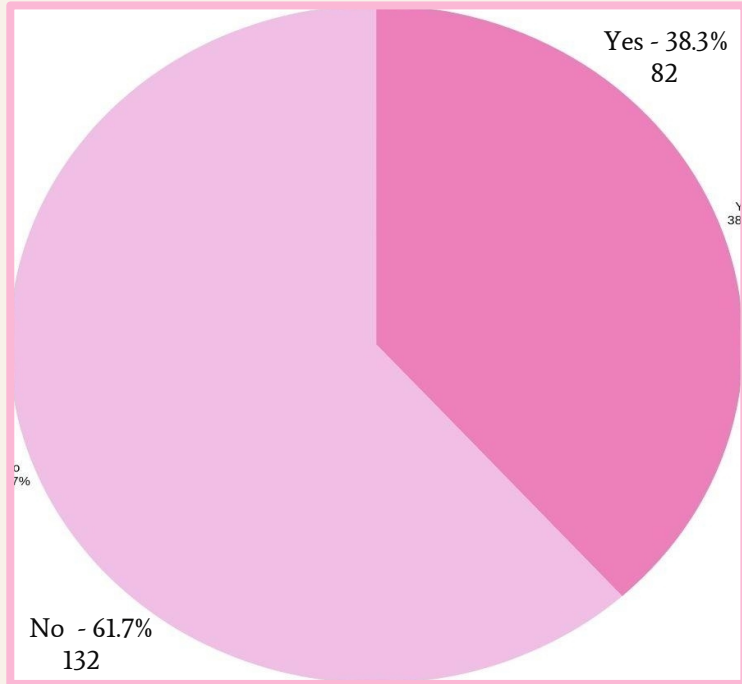


Do you feel your school provides enough support for students' mental health?



- ★ “We have two amazing guidance counselors”
- ★ “We have so many amazing teachers and guidance and overall staff that are always there to talk to.”
- ★ I haven't heard of anything students can use to get mental support in school but I may be wrong
- ★ “Not many teachers that specialize in helping these students with mental health issues”

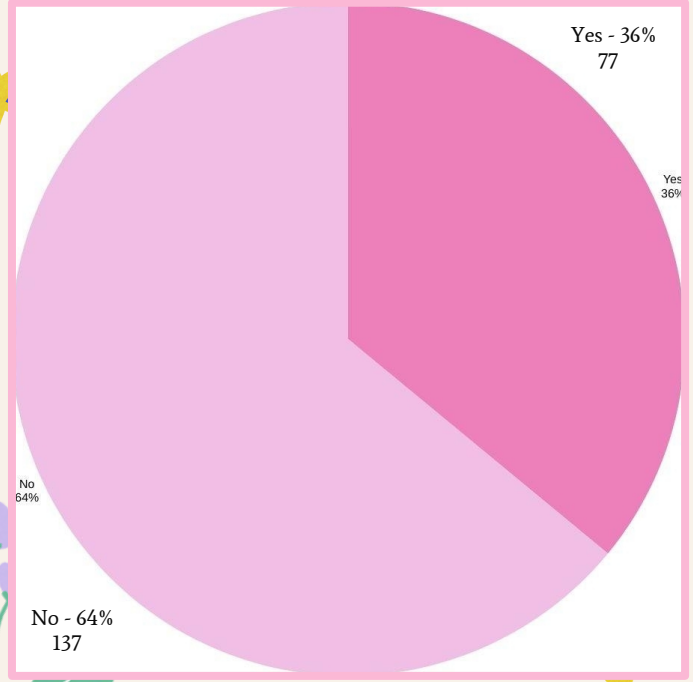
★ Have you ever missed school because of stress, anxiety, depression, or other mental health related issues? ★



- ★ “First week of this school year i missed due to being in a depressive state, not wanting to get up nor be alive anymore. Sometimes i'll go in late or skip a day due to anxiety or depression if i dont go into a depressive state.”
- ★ “Sometimes it is just hard to get up in the morning and going to a place where I feel like no-one understands me makes it even worse. I'm not expecting everyone to understand but I do expect not to be shamed or talked about for missing school.”
- ★ “Coming to school sometimes Is a struggle because of the stress of not only academics but the friendships and social aspect of school and sometimes balancing that is stressful”

Have you ever avoided getting help because you were

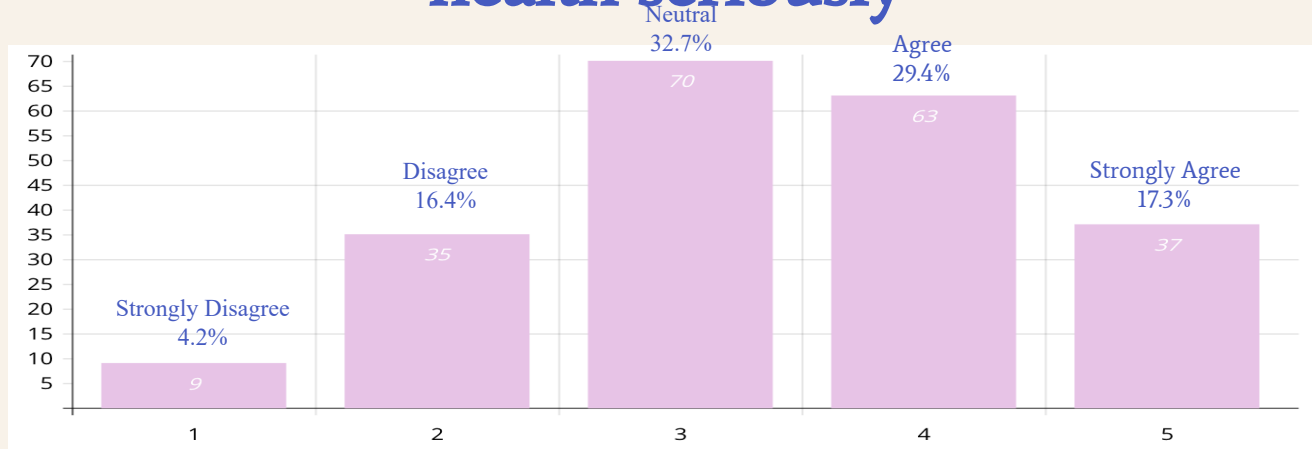
afraid of what others might think?



- ★ “Adults often pass issues like this off. They will say “oh i had it worse” or just tell us we are fine.”
- ★ “No I usually just give up before even asking for help.”
- ★ “Personal opinion don't want to be the person everyone laughs at”
- ★ “I understand my situation may be interpreted as laziness, however, I know i'm not doing this on purpose, and I wish for it to stop. So in all honesty, i'm the only one who truly understands what's going on, but that doesn't scare me away from trying to get help.”
- ★ “I need help on a lot of things, and I believe school is not a place where you should be ashamed of that. I often ask a lot of questions, and most of the time, it helps the people around me too.”



Teachers and staff take students' mental health seriously

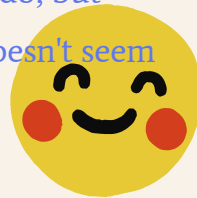


★ “Here they are all caring, they all are here to talk. There's not a doubt in my mind about whether these people care for us or not.”

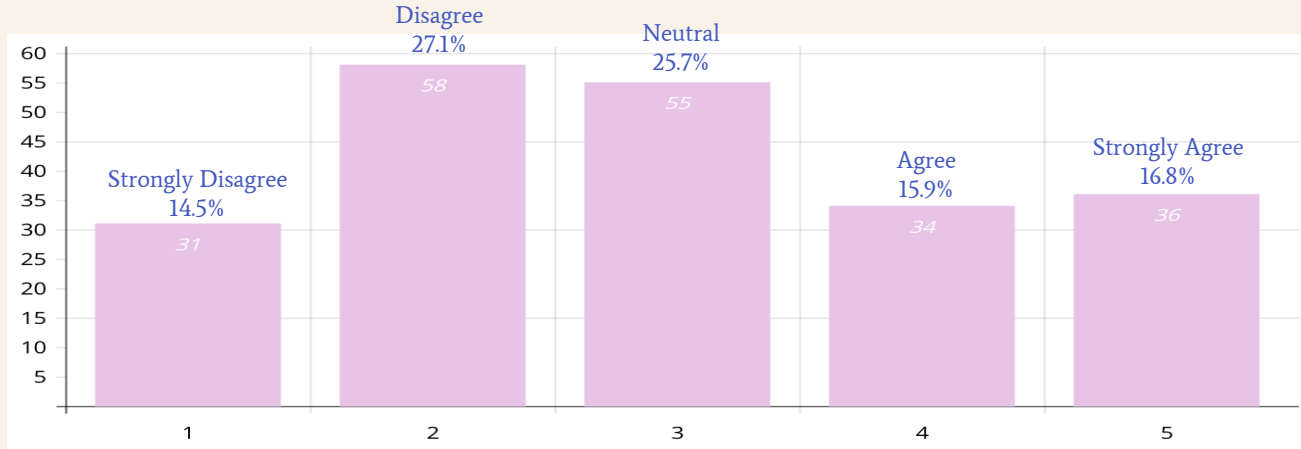


★ “Teachers don't care. they just make you feel worse about yourself. Only about half the teachers care about the wellbeing of their students the other half could care less.”

★ “Some teachers do, but other times it doesn't seem like it.”



I feel comfortable going to a staff member or counselor at my school about my mental health issues.



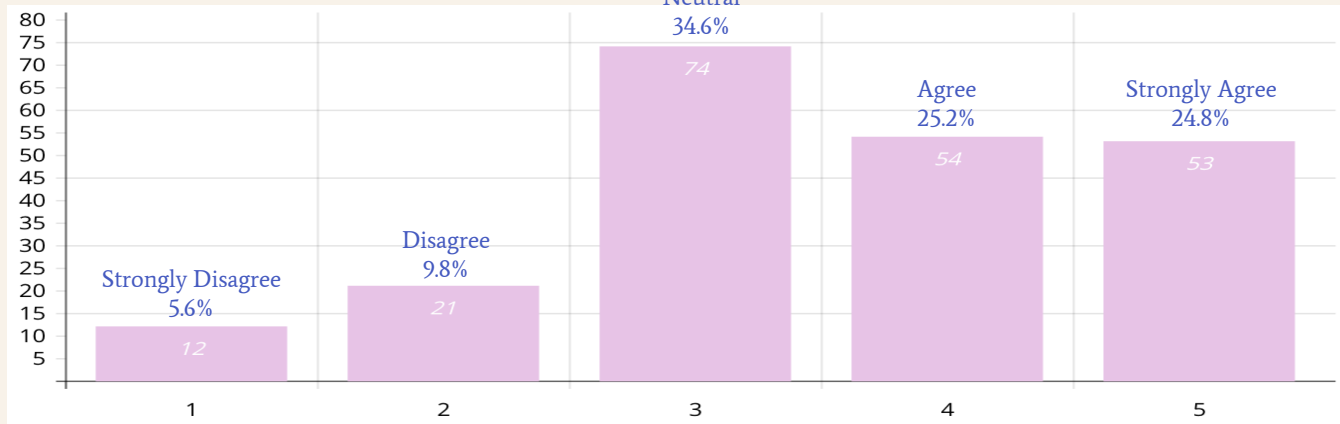
★ “i want to but at the same time i don't want to interrupt classes, put stress on my mom and dad, or be seen as someone who is hopeless”

★ “Unfortunately it often feels as though sharing my mental health issues makes everything more difficult for whomever I would tell at school.”

★ “I feel comfortable because they are always supportive and understanding.”



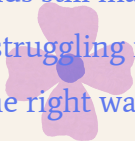
I believe my school should do more to raise awareness about mental health.



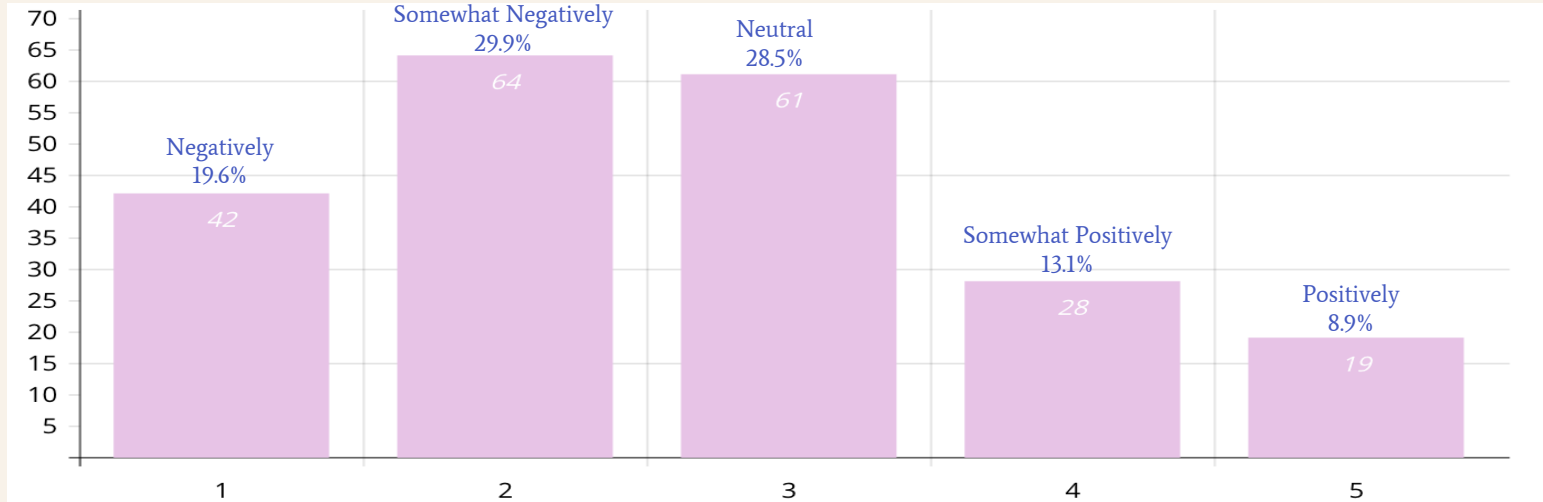
★ “Kids think they're alone in whatever problem they're struggling with. They should learn that they might not be as alone as they thought and that talking about it doesn't make them weak”

★ “I like what they are doing already, and they should keep it up!”

★ “I mean yes everyone should know mental health is important and matters, but some kids still make fun of it even when there are people struggling in classes because of it. If we spread it the right way i feel like everyone would understand it.”



How has school impacted your mental health?



★ “I am really hard on myself when it comes to school and I expect perfection, which can cause lots of stress, however I know that I create the pressure, so I can't really blame anyone but myself.”

★ “It causes stress and anxiety also affects relationships at home depending on grades.”

★ “I enjoy going to school and the stress sometimes helps prepare you for what real life will be like.”

What is your biggest challenge when dealing with your mental health during the school year?

★ “Keeping motivation with assignments”

★ “My biggest challenge is becoming overwhelmed with school work and the balance between my workload and social relationships.”

★ “Managing failure”

★ “Homework, procrastination, and stress stack with school to put me under pressure.”

★ “Loneliness i thought it would go away but it's become more apparent ever since i got to highschool”

★ “The fact that nobody really knows what I'm going through, they'll never walk in my shoes and I'll never walk in theirs. This can make me feel lonely and isolated and as if I am within my own pattern of grieving that people can see but don't understand.”

★ “I struggle with anxiety, primarily due to a lack of sleep, immense amounts of work, and the pressure to compete everything with as much perfection as I can.”

★ “Dealing with drama and rumors being spread about me.”

★ “Dealing with stuff at home plus dealing with people at school who think that they're funny when they actually aren't.”

What do you wish more people understood about mental health?

- ★ “That it is not a bad thing and that it is completely okay not to be okay.”
- ★ “i wish more people understood that it is a very complex topic with a lot of nuance, and not everyone experiences it the same way. two people could have the same disorder and need different support.”
- ★ “You can't just get rid of it.”
- ★ “It's bipolar. One day you can feel the best and the next you may feel your worst.”


- ★ “It's not just some new thing that showed up in new generations or people have become "soft". It's real and always has been.”
- ★ “It's often misunderstood by recent generations. Many who need help often don't seek it and those who don't need it tend to ridicule the ones who do. This such thing has been going on for so long that many people nowadays go on believing they don't need help when in reality their health is really getting worse.”


- ★ “I wish more people understood that everyone's issues are on a different scale, and some people have a harder time than others, but that doesn't mean that their mental health matters any less.”
- ★ “That it's not laziness or refusal to understand/work on themselves. Some people simply don't know how to deal with their problems and how to cope best with them.”
- ★ “It's just as important as physical health”





Additional Comments & Concerns




- ★ “More breaks would help reduce stress’
 - ★ “Having supportive teachers, friends, and open conversations can make a big difference. Feeling heard and not judged helps reduce stress and reminds people that they are not alone.”
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- ★ “There is no quiet place. Guidance counselors are always busy. I don't have anywhere to go and that makes it so hard for me to go to school. Instead of continuing to add more kids maybe expand the school and give the resources that the students need.”
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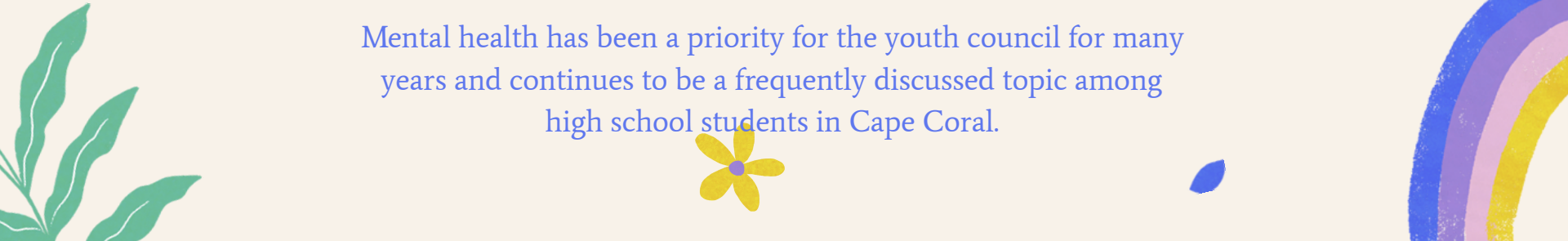
- ★ “Take each child into consideration, not just their grades or how they're doing in class. I understand that may be very hard to achieve simply due to the sheer amount of kids in the Lee County district, but some kids need more attention than others, and sometimes that's very obvious.”
 - ★ “Oasis is amazing!!!!”
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Summary




This presentation shares honest feedback from 214 students at Oasis High School about their mental health experiences. While many students feel supported by caring teachers and amazing guidance counselors, others shared that stress, anxiety, and depression still impact their daily lives. What really stands out is how Oasis welcomed the opportunity to listen showing a genuine effort to hear students' concerns, value their voices, and create space for open, meaningful conversations about mental health.



Mental health has been a priority for the youth council for many years and continues to be a frequently discussed topic among high school students in Cape Coral.

Thank You

Do you have any questions?

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