

# Mental Health

Depression | Anxiety | Stress

**Depression** is defined as extreme sadness or despair that exceeds a day and disrupts one's daily activities.

**Anxiety** is defined as feelings of excessive worry.

**Stress** is a mental state in response to adverse or demanding situations.

The prevalence of depression, anxiety, and stress has seen exponential growth, affecting a significant number of individuals.

## 2023 Parent Survey Results

69% of Addison County parents believed that stress/anxiety is a big concern among youth, while 53.5% of parents believe that suicide and depression are big concerns.



Scan for full results

## Anxiety and Depression Diagnosis

Between 2016 and 2020, there was a **29%** increase in anxiety diagnoses and a **27%** increase in depression diagnoses among children aged 3 to 17 (Lebrun-Harris, 2022).

**Addison County  
Substance Use &  
Prevention Coalition**



# Coping Skills and Resources

- Teen Centers
- Create and attend safe spaces
- Empower youth voices and thoughts
- Nonjudgemental conversations
- Validation
- Spend time in nature
- Do things with your youth that bring them happiness

## RESOURCES

VT Help Link:  
**802-565-LINK (5465)**

**ParentUpVT.org**

Find a Counselor  
**psychologytoday.com**

## GET HELP

If you or someone you know needs help with depression, anxiety, or stress call:

**Counseling Services of Addison County**

**802-388-6751**

**United Way of Addison County's Resource Page has additional support regarding mental health, food, transportation, after-school activities, and parent & caregiver support**

