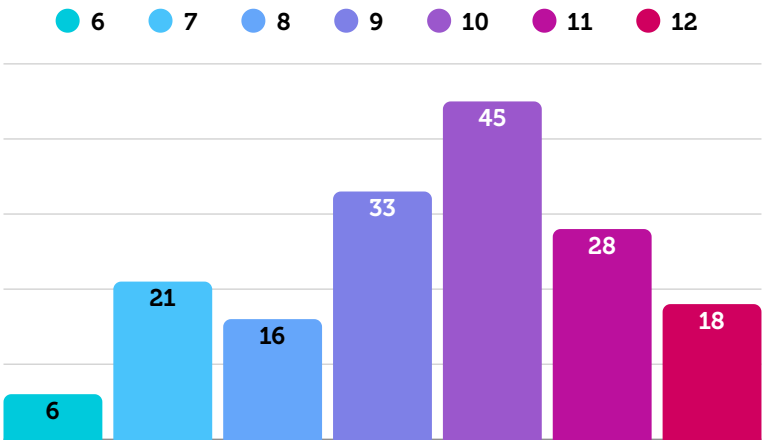
Youth Mental Health Resource Fair - Student Feedback Survey Results

All students at PECI in grades 7-12 were invited to attend the recent Youth Mental Health Resource Fair. This page highlights what we heard from the 167 students who provided feedback forms during the event. The feedback was overwhelmingly positive, with students sharing what they enjoyed, what youth are struggling with, and offered ideas for improvements to future opportunities.

Q: What grade are you in?



Q: What's the biggest challenge youth face in PEC right now?

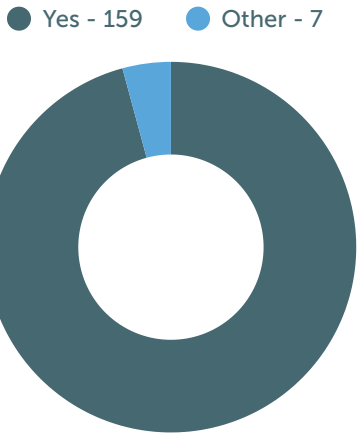
Theme	Mentions	Total %
Bullying / Harassment	29	21.2%
Addiction/Substance Use (incl. vaping, drugs)	18	13.1%
Mental Health (incl. anxiety, panic, depression)	11	8.0%
Academic Stress/Education (incl. schoolwork, math)	9	6.6%
Activities/Sports (nothing to do / less sports)	7	5.1%
Belonging/Friends (fitting in, making friends)	7	5.1%
Work / Jobs	5	3.6$
Transportation / Distance	4	2.9%

A few responses touched on additional challenges, including access to help/resources, financial concerns and housing, facilities and environment (e.g., bathrooms, A/C, bus noise, winter), language barriers, technology and online safety, and discrimination or hate. About 11.7% of responses fell into "Other/Misc", and 10.9% indicated unsure or none.

Q: What makes it hard for youth to access mental health or substance use support in PEC?

Choice	# of Responses
Not knowing where to go	102
Feeling judged or stigmatized	81
Hard to talk to adults	74
Privacy / confidentiality worries	57
Transportation / distance	46
Cost	38
Long wait times	27
Other	0

Q: Did this event help you learn about where to find mental health support in PEC?



Q: Do you have any feedback about this event? What did you like the most? What should we include or improve for future events?

What students liked most:

Students overwhelmingly enjoyed the interactive games and hands-on activities, with special mentions for the claw machine, photobooth, trivia, and other creative booths. Free snacks (especially the popcorn), prizes, and the welcoming, friendly atmosphere were also highlighted as top positives. Many appreciated learning about mental health resources in a fun, engaging way.

Suggestions for improvement:

Feedback focused on adding more games and stations, more food, offering drinks, and quieter music to make conversations easier. A few students suggested clearer instructions for activities and including additional topics or resources for next time, including supporting booth providers with information on how to interact with nervous students.