



MEMORANDUM

To: Interested Parties
From: Coalition to Empower Our Future
Re: Seven-in-10 Alabama Voters & Parents Support a Comprehensive Approach to Youth Mental Health
Date: August 2025

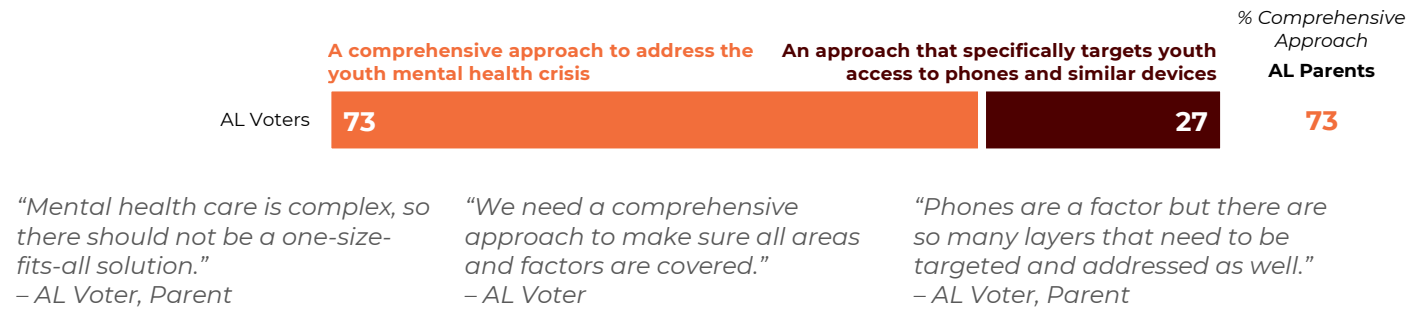
With kids heading back to school, the Coalition to Empower Our Future (CEF) conducted research among Alabama voters and parents to discuss youth mental health and wellbeing throughout the state. CEF, in partnership with Mercury Analytics, conducted an online survey among 600 registered voters in Alabama (371 of whom were parents) from June 24 to 29, 2025. In addition to the survey research, CEF hosted conversations with 28 Alabama voters and parents from August 5 to 8, 2025 (via an online discussion board).

This research builds on [previous research](#) conducted by CEF and finds that Alabama voters and parents are worried about the state of youth mental health and wellbeing, which they view as a complex and multifaceted problem. The vast majority are seeking a comprehensive solution that includes expanding resources, improving school environments, and empowering parents to support their children.

KEY RESEARCH FINDINGS

When it comes to tackling mental health issues among youth, Alabama voters and parents think a comprehensive approach is necessary. Voters and parents prefer a solution that is multifaceted enough to meet the complex issue of youth mental health. Survey data shows that over **seven-in-10 Alabama voters and parents support a comprehensive approach** over a narrow approach targeting phones and similar devices.

Q: WHEN IT COMES TO IMPROVING YOUTH MENTAL HEALTH AND WELLBEING, WHICH OF THE FOLLOWING DO YOU THINK IS THE BEST APPROACH?



Alabama voters and parents think a broad range of factors is causing the decline in youth mental health. The vast majority of voters and parents in Alabama recognize that youth mental health is a complex and multifaceted issue. In both survey research and in CEF’s conversations across the state, both voters and parents cite a broad array of drivers of declining youth mental health, including social media, bullying, drug and alcohol abuse, instability at home, peer pressure, exposure to violence, and more.

Q: HOW MUCH OF AN IMPACT WOULD YOU SAY EACH FACTOR HAS ON YOUTH MENTAL HEALTH AND WELLBEING IN ALABAMA RIGHT NOW?¹



Youth mental health is seen as a deteriorating and pervasive challenge that is unlikely to improve in the foreseeable future. Survey data shows that Alabama voters and parents are worried about youth mental health and wellbeing – the vast majority say the situation is bad and has only gotten worse since they were a child. Few say youth mental health and wellbeing are likely to improve in the near future.

Q: HOW WOULD YOU RATE THE STATE OF YOUTH MENTAL HEALTH AND WELLBEING IN ALABAMA TODAY?



Q: THINKING BACK TO WHEN YOU PERSONALLY WERE A KID, DO YOU THINK YOUTH MENTAL HEALTH AND WELLBEING IN ALABAMA HAS...



Q: THINKING AHEAD SIX MONTHS FROM NOW, DO YOU THINK YOUTH MENTAL HEALTH AND WELLBEING IN ALABAMA WILL BE...



"The state of youth mental health in Alabama is only getting worse."
– AL Voter, Parent

"Children are acting out, and there are more behavior problems in the classrooms. Schools are not equipped to help support their positive mental health."
– AL Voter, Parent

"Post-COVID, there seems to be a rise in students who have a generalized sense of anxiety and higher levels of stress."
– AL Voter, Parent

Most Alabama voters and parents personally know young people who are struggling with their mental health, and most don't know where to turn to support them. For example:

- About **seven-in-10** AL voters and parents personally **know kids who are struggling** with mental health.
- Over **six-in-10** AL voters and parents **would not know where to go** in their community to access mental health support for a young person in crisis.

- More than **seven-in-10** AL voters and parents **say it's challenging for young people in their community to access mental health support** when they need it.

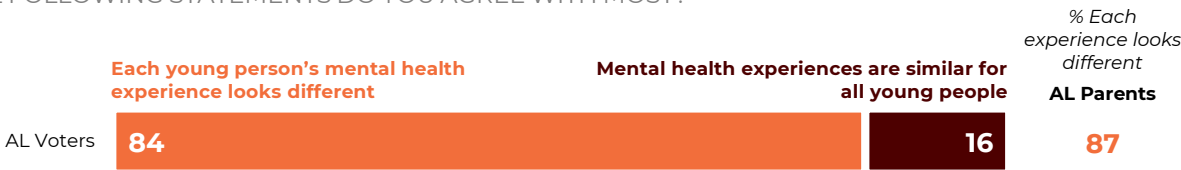
"It's concerning to not know where to go, because time is of the essence in a situation like that. Knowing rather than trying to figure it out makes a big difference."
– AL Voter, Parent

"It literally takes months to get in with a mental health professional anywhere close to me in Alabama."
– AL Voter, Parent

"With my son, it took two grown-ups and a lot of researching, phone calls, and emails to figure out how to get him assistance."
– AL Voter, Parent

Alabama voters and parents recognize how unique each young person's situation is, and they say that acknowledging differences could help improve youth mental health and wellbeing. The vast majority of Alabama voters and parents agree that every young person's mental health experience looks different, and recognizing that and the complexity of youth mental health is part of the solution.

Q: WHICH OF THE FOLLOWING STATEMENTS DO YOU AGREE WITH MOST?



Q: PLEASE INDICATE IF YOU AGREE OR DISAGREE WITH THE FOLLOWING STATEMENT:

ACKNOWLEDGING HOW EVERY YOUNG PERSON'S MENTAL HEALTH EXPERIENCE LOOKS DIFFERENT COULD HELP IMPROVE YOUTH MENTAL HEALTH AND WELLBEING.



"Everyone is different and what may work for one person may not work for another. Each person needs an individual plan."
– AL Voter, Parent

"We can't generalize and group everyone in the same category. Everyone doesn't have the same experience, and different resources can help."
– AL Voter, Parent

"For example, one son who is nonverbal needs a different type of approach. Each need can vary based on their level of comprehension."
– AL Voter

Alabama voters and parents want to prioritize solutions that create more supportive environments and make resources more accessible. For example, a very strong majority (**more than nine-in-10 Alabama voters and parents**) say we could improve youth mental health across the state by making it easier for young people to access mental health care, by creating school environments where youth feel safe and supported, and by equipping parents with the tools and resources they need.

"Our youth need to feel safe when seeking help with mental health issues."
– AL Voter, Parent

"Children spend so much of their time in school that it is imperative that this is a space they feel supported, safe, and respected."
– AL Voter, Parent

"Making sure parents have access to resources is important, but they also need to be in the know with their children."
– AL Voter

¹ Chart displays items that only rise to the top among Alabama voters.

Additional Methodology Notes

Mercury Analytics, on behalf of the Coalition to Empower our Future, conducted a survey between June 24 and June 29, 2025. A sample of 600 registered voters in Alabama were interviewed online (371 of whom were also parents). The margin of error among this audience at the 95% confidence interval level is +/- 4.0%.

The Coalition to Empower our Future also conducted an online discussion board with 28 voters in Alabama between August 5 to 8, 2025. 20 of the participants were also parents.