



MEMORANDUM

To: Interested Parties
From: Coalition to Empower Our Future
Re: Seven-in-10 Texas 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 Texas 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 Texas (304 of whom were parents) from June 24 to 29, 2025. In addition to the survey research, CEF hosted conversations with 30 Texas 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 Texas 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, Texas 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 more than **seven-in-10 Texas voters and parents (three quarters of 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?



Texas 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 Texas 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 instability at home, screen time on devices, bullying, peer pressure, loneliness or isolation, drug and alcohol abuse, and more. They also say that the recent flooding in Texas has created "feelings of anxiety" and fears that "something similar can happen to us" among the state's youth.

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



Youth mental health is seen as a deteriorating and pervasive challenge that is unlikely to improve in the foreseeable future. Survey data shows that Texas 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 TEXAS TODAY?



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



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



"Today's youth are suffering."
– TX Voter, Parent

"Youth mental health is getting worse because of our political climate, drugs, natural disasters, and poor leadership."
– TX Voter

"I am blessed to grow up when I did. There is so much societal pressure for kids now."
– TX Voter

Most Texas 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:

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

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

"I have no clue where to go to find support for a child. I've not seen any information on it in my community."
– TX Voter, Parent

"It's concerning to not know where to go because kids – and all people – should have free access to these resources."
– TX Voter, Parent

"It's hard for the youth to access mental health resources. No one cares until something bad happens and it's too late."
– TX Voter, Parent

Texas 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 Texas 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.



"Because each person's experience is unique, it can't be a one-size-fits-all treatment."
– TX Voter, Parent

"Everyone's story is different, so taking a unique approach makes sense and probably would help to support their mental health."
– TX Voter

"The youth aren't a monolith, and why they're struggling isn't the same for everyone."
– TX Voter

Texas voters and parents want to prioritize solutions that create more supportive environments and make resources more accessible. For example, a very strong majority (**nine-in-10** Texas voters and parents) say we could improve youth mental health across the state by ensuring K-12 schools have programs in place to help students develop the skills they need, by training teachers and staff at K-12 schools to recognize early warning signs of emotional challenges, by creating easier ways for youth in crisis to reach out for help, and by equipping parents with the tools and resources they need.

"Since kids spend most of their time in school, it's crucial for them to feel safe, respected and supported so they can truly be themselves."
– TX Voter, Parent

"Teachers should be trained to recognize things with children that need to be addressed."
– TX Voter, Parent

"Parents need a better understanding of how to act and support their kids when they are going through emotional troubles."
– TX Voter

ⁱ Chart displays items that only rise to the top among Texas 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 Texas were interviewed online (304 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 30 voters in Texas between August 5 to 8, 2025. 16 of the participants were also parents.