

Ely 6th Form College project
1st findings



healthwatch
Cambridgeshire

Do you ever feel stressed,
anxious or on edge?

We had 170 responses to our survey



50% male



50% female

37 young people said they felt stressed most days or all of the time.



35%, 1 in 3 young people suffer from stress and anxiety.

Things that make young people stressed or anxious.



Exams 52%



Friends 25%



Stress at school or outside home 48%



Health 21%



Their weight or how they look 36%

How do young people cope with stress and anxiety?



Keep it to themselves 49%



Play video games or listen to music 6%



Speak to a friend 44%

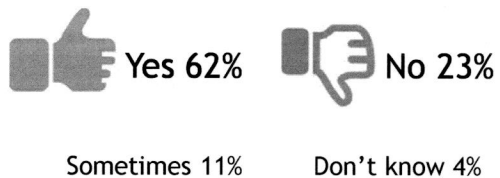


Don't know 7%

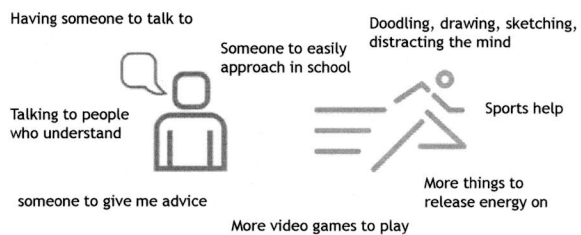


Speak to someone in their family 24%

Do young people have enough help to cope?



What kind of things help young people cope with stress?



Mood board with comments from the students

