

# Gen Z Perspectives on Mental Health

Questions to drive youth-centric  
technology approaches

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Chief Science Officer | Hopelab

National Academies of Science | June 30, 2022  
Innovative Data Science Approaches to Assess Suicide Risk in Individuals, Populations  
& Communities: Current Practices, Opportunities, and Risks

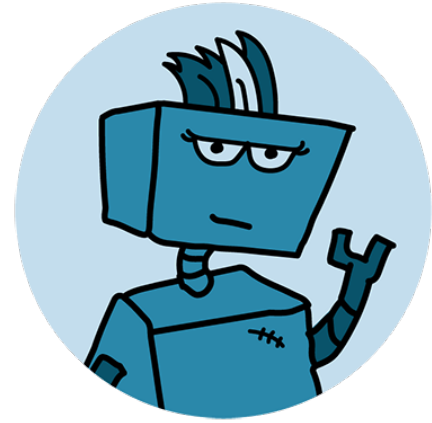
H O P E L Δ B

Advancing solutions  
that support, affirm,  
and empower young  
people

Hopelab is a social innovation lab  
and impact investor at the  
intersection of tech and youth  
mental health.

20 years of co-creation

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*imm!*

**QUIT  
THE HIT**

*Re*MISSION2

**zamzee®**

We ground our work in **engaging youth** and bringing young people into the **tech-for-good** and behavioral health tech **design process** with a particular emphasis on **health equity**.

Learn more at [hopelab.org](https://hopelab.org)

**Gen Z** is the most  
racially and  
ethnically diverse  
generation in history

And they are using their  
experience to fiercely  
advocate for **change**.

However, the world **as it is** still  
crushes **young people** with  
enormous **barriers**

91%

struggle with  
mental health

60%

increase in suicide for  
young people in the  
past decade

# The most **resilient** generation



Young spirits are  
**indomitable**




**YOUTH MENTAL WELLNESS NOW!**  
A YOUTH MENTAL WELLNESS SUMMIT

To inform and transform mental health structures and supports

June 14-15, 2022  
Los Angeles

ARTICLE



**First-Ever Youth Mental Health Forum at The White House**



## We all have mental health

Our emotional health can range from thriving to struggling. No matter what you're experiencing, there are ways to take action to support yourself and those around you.

breathe in

**Mental Health  
is Health**

“


Yesterday, I was feeling very suicidal. I had no idea this service existed, but I'm very thankful it popped up on my screen because it sort of saved me.

-Anonymous Koko user

Young people are expressing a range of needs online; we need to **meet them where they are** with **responsive, real-time** supports.



## Facebook Knows Instagram Is Toxic for Teen Girls, Company Documents Show

the facebook files  Its own in-depth research shows a significant teen mental-health issue that Facebook plays down in public



TECH

## Instagram is testing new ways for teens to verify they're 18 years old, including video selfies

PUBLISHED THU, JUN 23 2022·11:17 AM EDT | UPDATED THU, JUN 23 2022·12:23 PM EDT

Lily Yang

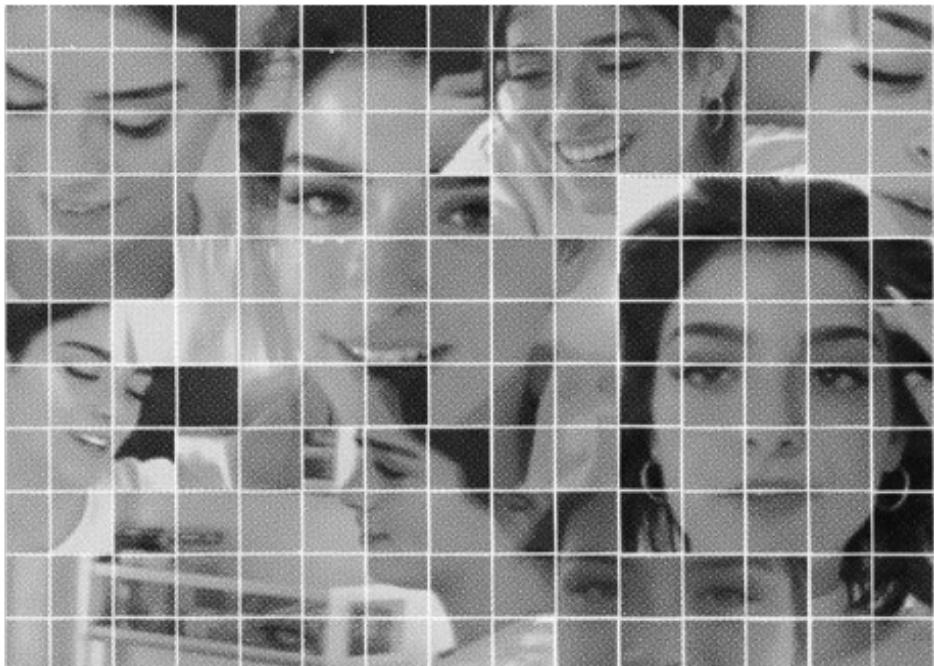
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## The New York Times Magazine

SCREENLAND

## How Social Media Turned 'Prioritizing Mental Health' Into a Trap

Online fame can be taxing. For one new show, that's a clever excuse to pay even more attention to a famous family.



## Bloomberg

US Edition 

## Meta Sued Over Claims Patient Data Secretly Sent to Facebook

- Class-action complaint alleges Pixel tool violates privacy
- Company policy cites protocol to filter sensitive health data

## Los Angeles Times

LIFESTYLE

TikTok is helping Gen Z with mental health. Here's what it can and can't do



## Meta hit with class action suit alleging it mined providers' patient data

Published June 23, 2022



Sydney Halleman  
Editor

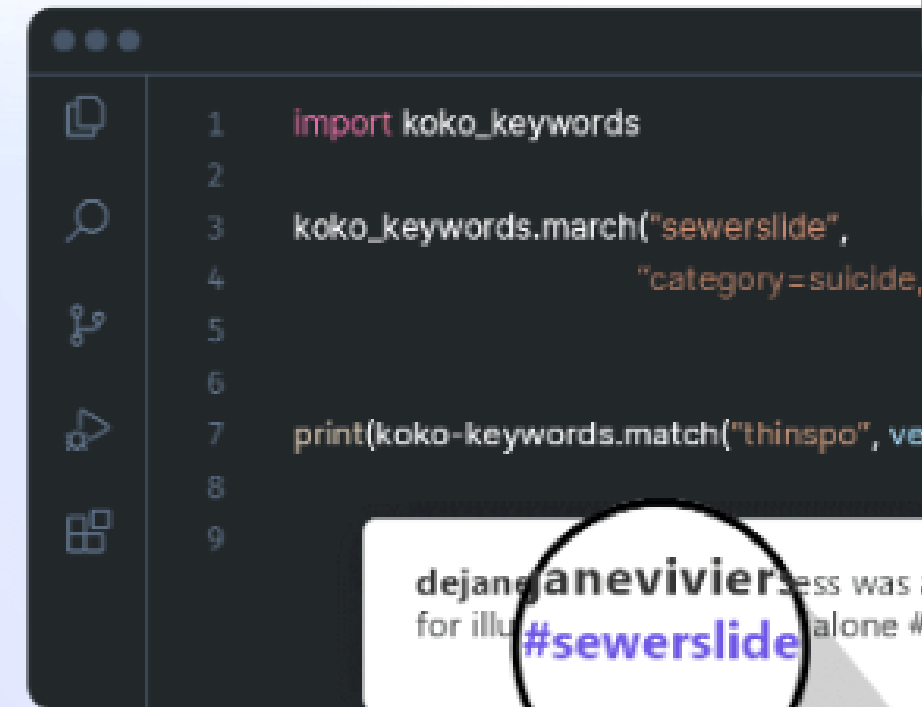


koko

# SUICIDE PREVENTION KIT

Add some code, help  
save a life.

Koko's Suicide Prevention Kit provides free resources for everyone in your online community – right when they need it the most. Integration is quick and easy. Join a growing group of social networks and online platforms dedicated to making mental health accessible to everyone.





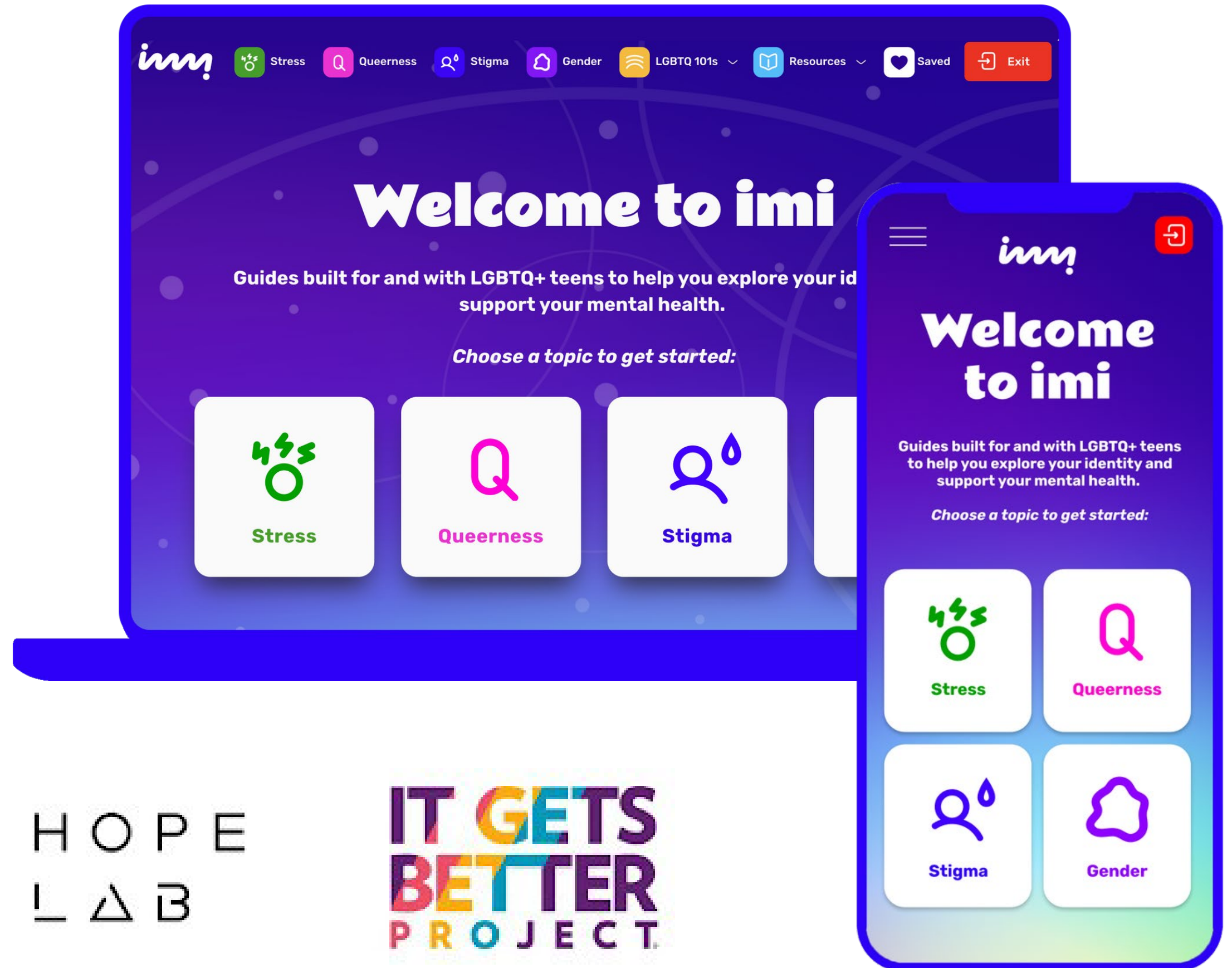


a free, digital,  
research-backed  
mental health tool  
made with and for  
LGBTQ+ teens



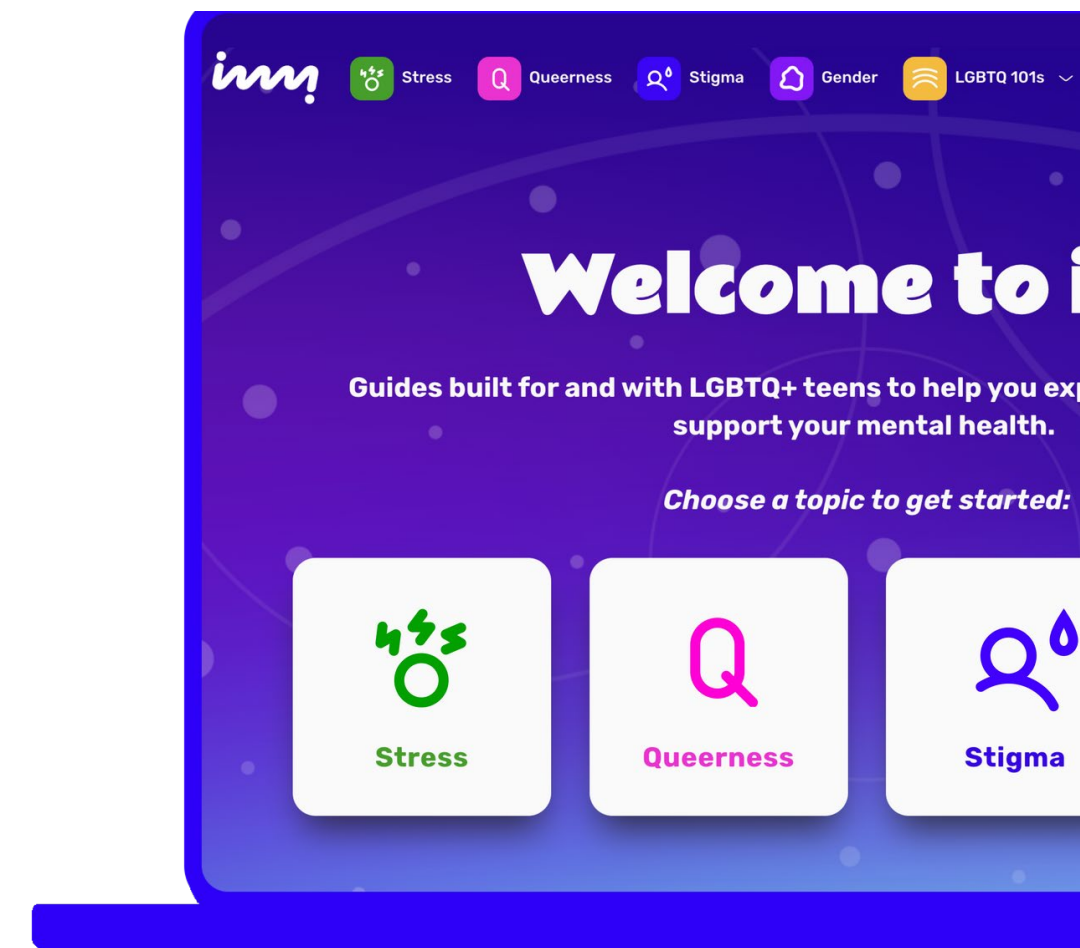
H O P E  
L Δ B

IT GETS  
BETTER  
PROJECT





How might we forge new multi-sector partnerships to detect, develop, and deploy responsive mental health supports that young people want to use?



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Today's youth are coming into their identities both in real life and in the metaverse, using experiences across both worlds to build confidence and hone their self-expression.

-Nicolas Chidiac, Brand Strategy Lead, Razorfish.

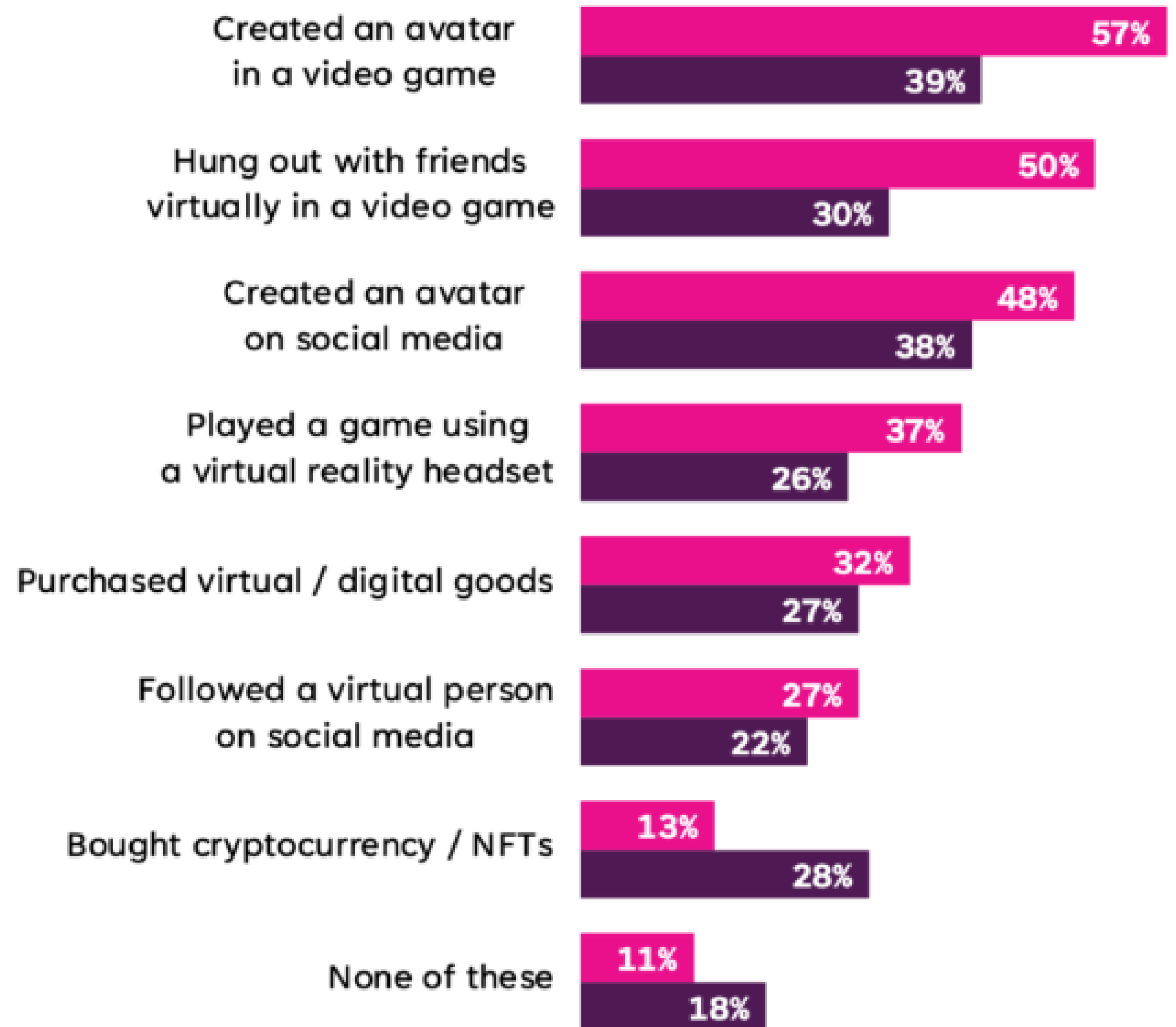
Beyond the web as it is today, we need solutions for the web as it will be.



web3 and the  
metaverse are  
redefining social  
spaces and  
contexts

Have they ever done any of the following?

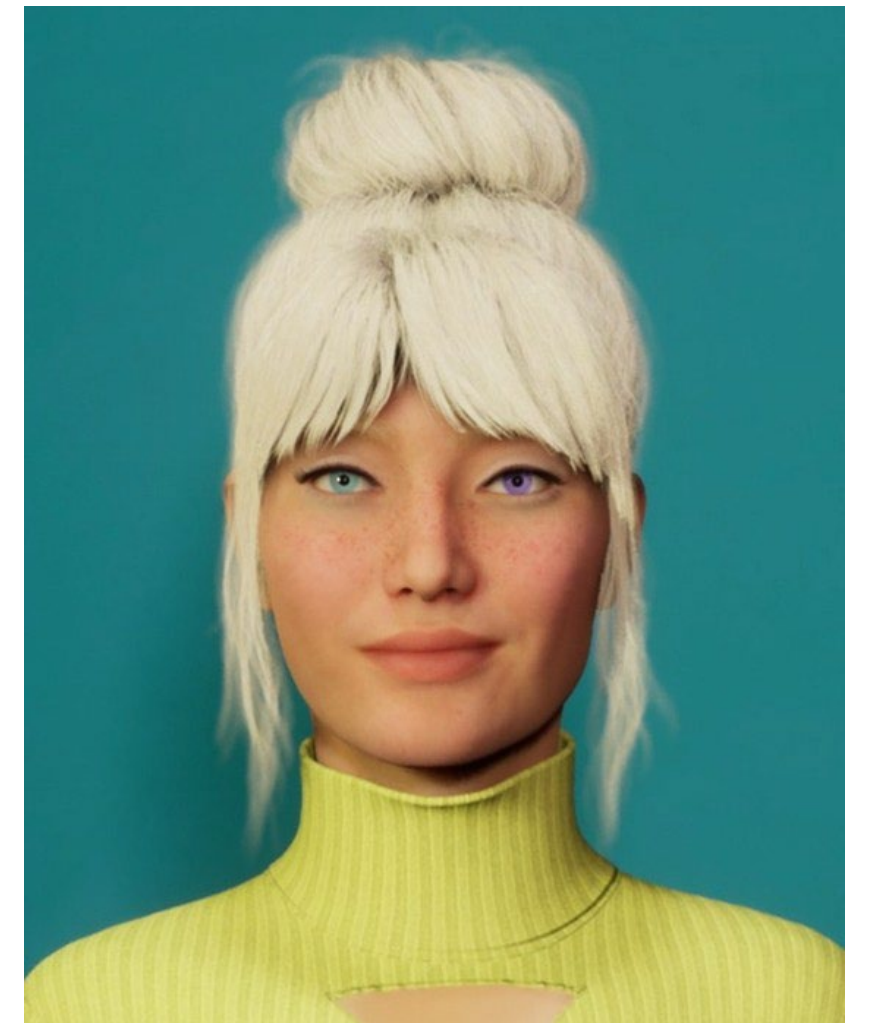
● Gen Z ● Millennials



# The Metaverse

## Where to next?

Especially as we think of mental health and healthcare.





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How might we lead the way in creating, evaluating,  
and influencing mental health prevention and  
intervention for the web as it will be?



“

We at the Youth AI Lab aim to make this revolutionary technology more accessible to today's youth, the future pioneers and problem solvers who will need to understand how to use AI to ethically solve the world's problems.

[-https://youthai.org/](https://youthai.org/)

Young people are incredibly savvy about digital spaces, and they are already contributing and creating the digital future they want.



”

Many digital natives are conscious of the outsize and complex role technology plays in their everyday lives, actively reflecting on, participating in, and shaping their own Internet culture. Young people are uniquely positioned to be leaders in the realm of technology and Internet culture.

”

They will be both inheriting the problems of today, and enacting the solutions of tomorrow. And in issues intertwined with technology such as politics, the economy, climate, and racial justice, many have demonstrated a tendency to demand for more equity, belonging, and responsibility.

EMMA LEIKEN, CHIEF OF STAFF,  
PROGRAMS, OMIDYAR NETWORK

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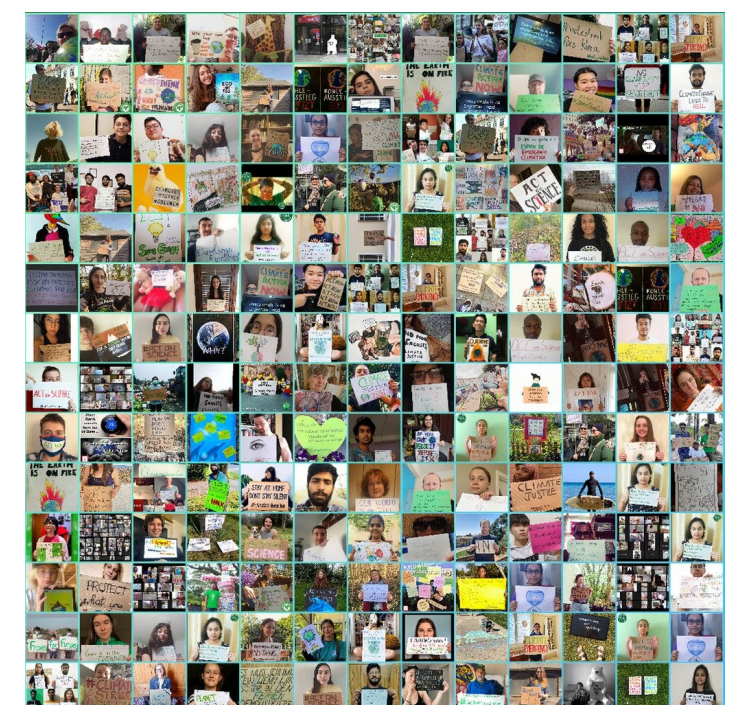
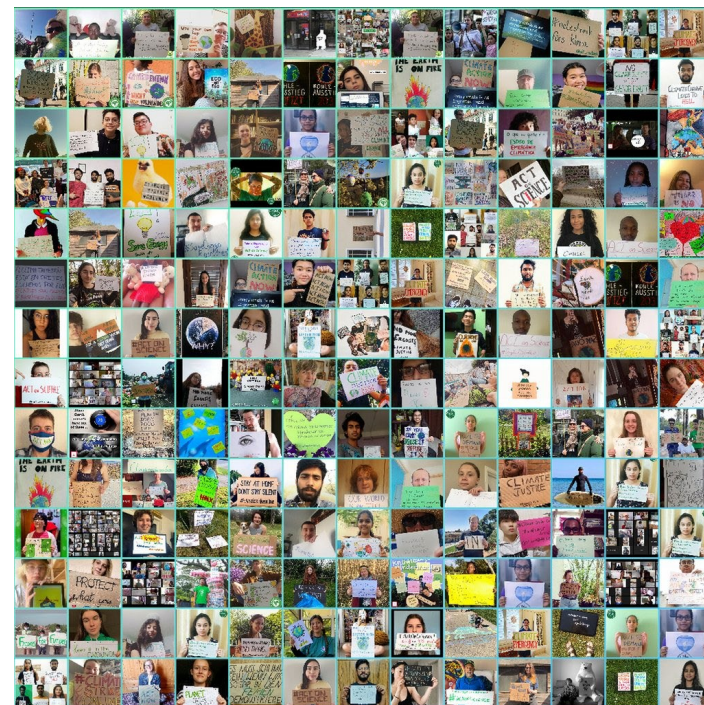
# An AI community for youth

[SIGN UP](#)



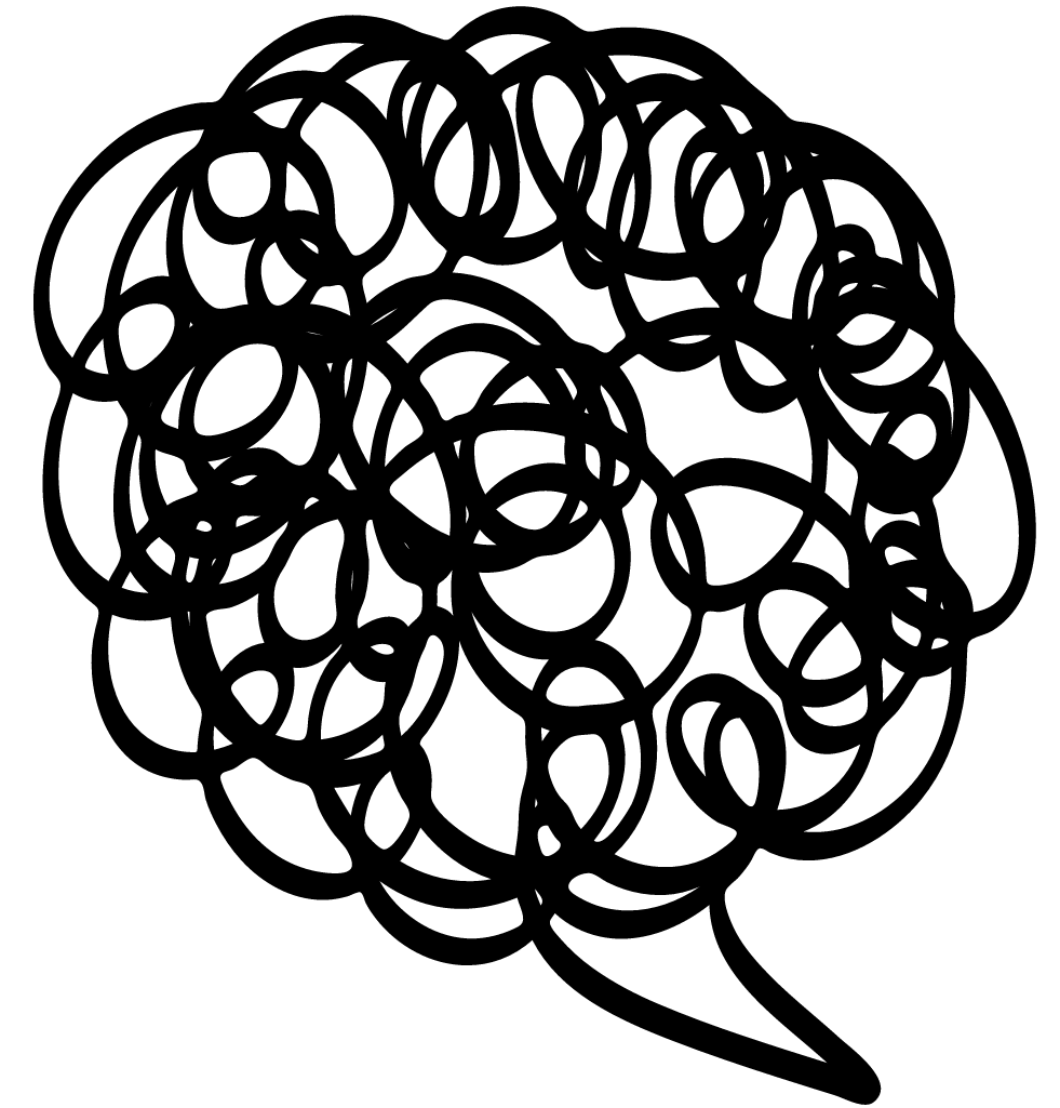


# How might we partner with, and amplify the voices of, diverse young people to co-create the well-being tech of the future?





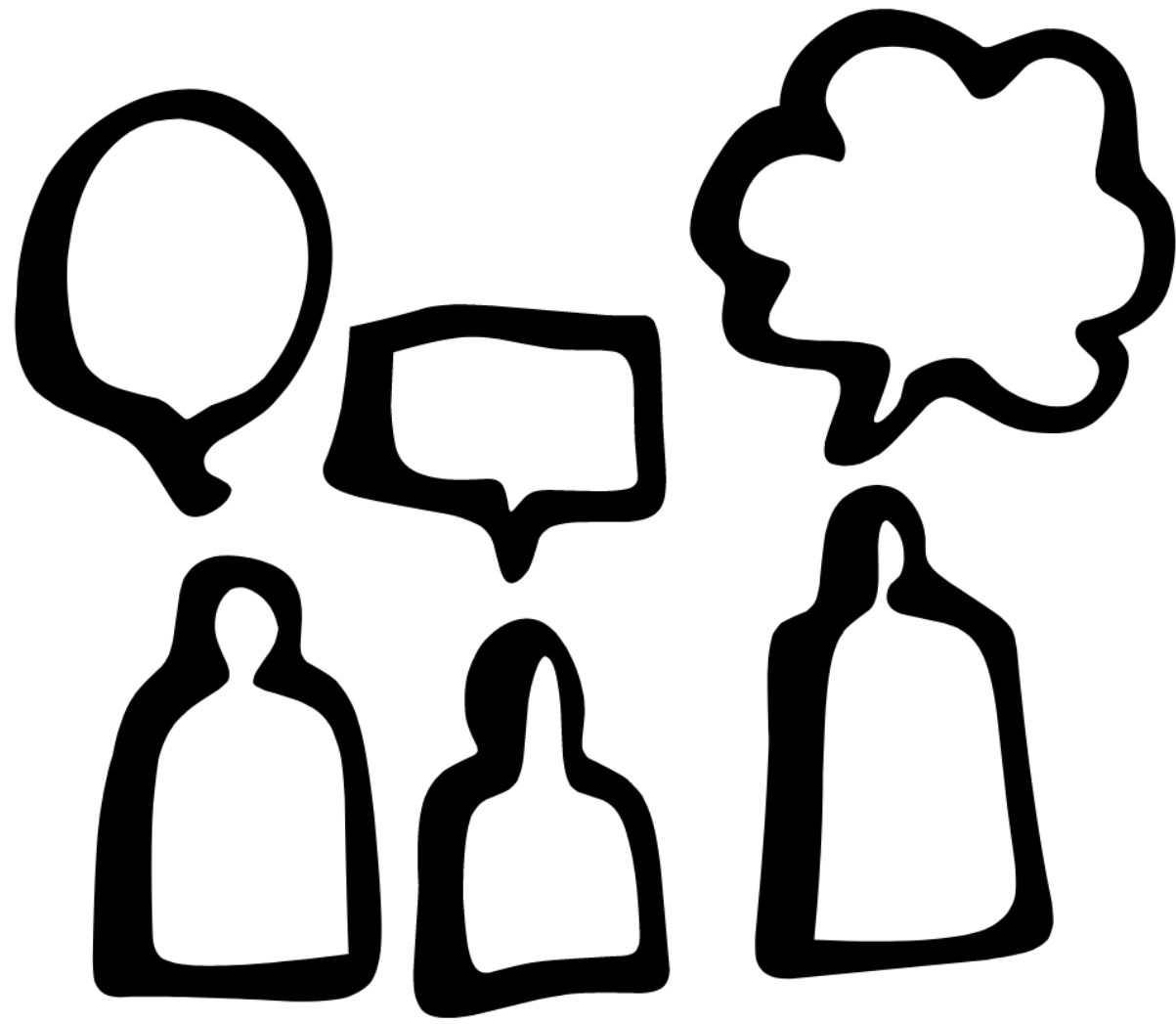
# In Summary: How Might We...



1. Forge new **multi-sector partnerships** to detect, develop, and deploy **responsive mental health** supports that **young people want to use**?
2. Lead the way in **creating, evaluating, and influencing** mental health **prevention and intervention** for the web **as it will be**?
3. Partner with, and **amplify the voices** of, diverse young people to **co-create** the well-being tech of the **future**?



# Thank you!



Let's continue the conversation.

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# Citations

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Slide 7: <https://www.stevelfund.org/summit/>  
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Slide 21: <https://ourdatahelps.org/>

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