

The State of Global Civic Engagement

Deep Dive On

MENTAL HEALTH

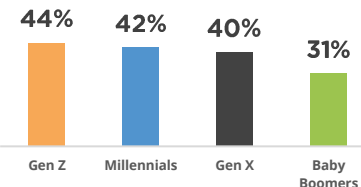
DEMOGRAPHIC BREAK DOWN



39%

Of people are concerned about mental health when compared to other social issues

GENERATIONAL BREAKDOWN OF INTEREST IN ISSUE AREA

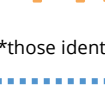


33%



Of **MEN** said mental health is one of their top areas of concern

44%



Of **WOMEN** said mental health is one of their top areas of concern

*those identifying as non-binary or other <0%

WHY PEOPLE ARE TAKING ACTION



I have been personally impacted by the issue (**35%**)

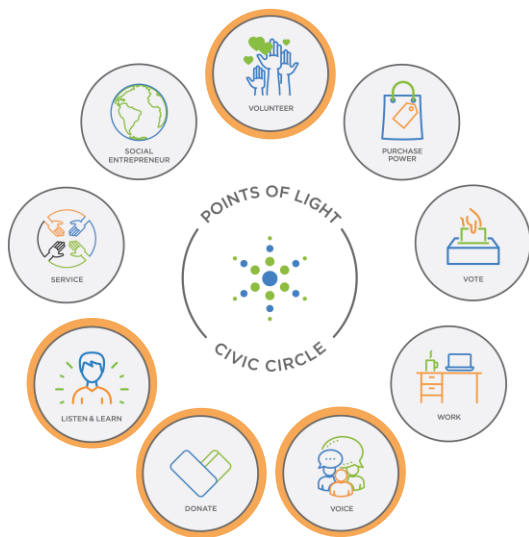


I believe the actions of one person can go a long way in making a difference (**35%**)



It makes me feel good to do something for others (**34%**)

HOW PEOPLE ARE TAKING ACTION



[Points of Light's Civic Circle](#)® represents a person's power to lead, lend support and take action for causes they care about, and to lead a civic life. People can engage through one or several elements of the Civic Circle®.

TOP ACTIONS TAKEN

Took time to learn about the cause or social issue (**LISTEN & LEARN**) **74%**

Intentionally helped someone else (**VOLUNTEER**) **70%**

Posted or shared content on social media platform (**VOICE**) **68%**

MOST INFLUENTIAL ACTIONS

Intentionally helped someone else (**VOLUNTEER**) **83%**

Volunteered with a cause or organization – in-person or online (**VOLUNTEER**) **83%**

Made a charitable donation to a cause or organization (**DONATE**) **80%**

DATA TO INSIGHTS

Though mental health has come a long way in awareness and visibility, concern for this issue area skews toward younger generations and women.

There is an abundance of external research that demonstrates that there are benefits to mental and physical health through acts of civic engagement like Volunteering. Knowing this, it makes sense that people are equally motivated to engage in this issue area whether it is due to their personal experience with mental health or that engaging makes them feel good.

IN THE NEXT 30 DAYS, PEOPLE ARE MOST LIKELY TO:



66%



63%



58%