

Mental Health *Defined*

Go-Throughs to Get Through: Low-Income Young Adults and Mental Health

CLASP

#GoThroughs2GetThrough

How do young adults define mental health?

Mental health is defined by strengths, not problems. Young adults shared an affirmative vision of wellness that includes positive attributes, behaviors, and values.

"Things gonna get better. You feel me?"

-Rural Focus Group Participant



Urban and Rural



Urban



Rural

