

NEW YEAR, NEW HOPE: ENCOURAGING SIGNS FOR A HEALTHIER, HAPPIER FUTURE



SEEK OUT GOOD NEWS

In a world full of heavy headlines, it's easy to forget that good things are happening, too. It's worth remembering that progress, hope, and kindness are always unfolding around us.



MENTAL HEALTH ON THE RISE

The trends on the right → illustrate that mental health awareness is growing, access to teletherapy is expanding, workplaces are prioritizing mental health, and more young people are seeking help when they need it. Building awareness and breaking the stigma around mental health is possible!



50%

INCREASE IN MENTAL HEALTH RELATED ONLINE SEARCHES SINCE 2020



60%

OF MENTAL HEALTH PROVIDERS IN THE U.S. OFFER TELETHERAPY (UP FROM 21% IN 2019)



80%

OF LARGE U.S. EMPLOYERS REPORTED OFFERING MENTAL HEALTH BENEFITS



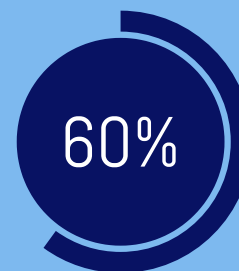
57%

OF TEENS EXPERIENCING MENTAL HEALTH CHALLENGES SOUGHT HELP (UP FROM 40% IN 2019)

MORE POSITIVE TRENDS

- **Global poverty is still declining**
 - Down to 8.5% from over 36% in 1990
- **More people have access to electricity around the world**
 - Up to 92% from 83% in 1990
- **Child mortality is at an all time low**
 - Nearly 9 million less deaths per year compared to 1990

CHARITY ON THE RISE



Over 60% of Americans reported giving to charity in 2024, with younger generations showing the largest increases.

Sources:

Mental Health America
American Psychological Association
World Health Organization
UNICEF