AAKOMA

1215 ARAB AND MENA YOUTH AND YOUNG ADULTS

shared their voices in our groundbreaking SOMHYOC Survey

MENTAL HEALTH ALERT

68.1% are grappling with moderate to severe levels of anxiety

65.9% are battling moderate to severe levels of depression

INVISIBLE BURDEN

75% feel they're a burden to others

ONLINE ATTACKS

45.4% faced ethnic hate speech online

POLITICAL TURMOIL TAKES ITS TOLL

ALMOST **60%** SAY THAT political media content negatively impacts their mental health

RESILIENCE AMIDST ADVERSITY

52.7% are hopeful for their future