

THE CHALLENGE:

There is a well-documented mental health crisis among children and teens.

71% 71% of parents believe the pandemic has taken a toll on their child's mental health.

44% 44% of all teenagers reported feeling "sad or hopeless" in the past year.







50% Suicide attempts have increased by more than 50% in adolescent girls just in the past two years.

THE NEED:



Help children develop MESH (Mental, Emotional and Social Health) skills to protect them from the risky behaviors and self-harm that are too often the result of their mental distress.

These skills include:

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|  Problem solving |  Self-regulation |
|  Perseverance |  Self-advocacy |
|  Adaptation |  Cognitive skills |
|  Conflict resolution |  Communication strategies |

THE SOLUTION:

Parents and Educators need games and toys that:

Focus on problem solving and perseverance.

Encourage storytelling.

Present new or increasing challenges over the duration of play.

Draw children and their adults to play together.

Every stakeholder in the games and toys industry - inventors, manufacturers, retailers - has a crucial role to play in protecting the mental health of children through the development of MESH skills.

There are steps every member of our industry can take right now to strengthen and protect children, and we must, for their safety and our future.

For more information or to join the conversation; visit:

MESHhelps.org

