



Breanna Barnes

Overcoming Mental Health Challenges

Breanna Barnes created Overcoming Mental Health Challenges to raise awareness among teenagers about mental health issues such as depression, stress, and anxiety, with the goal of reducing stigma and misconceptions surrounding them. This Gold Award project was motivated by Breanna's loss of a peer to suicide and her own mental health challenges that she overcame, which inspired her help other teens learn about prevention strategies and coping skills to address mental health issues. Breanna created a slide presentation, designed a flyer about the Suicide and Crisis Lifeline (988), and facilitated workshops where participants learned techniques and shared personal experiences. Feedback showed a significant increase in understanding and comfort with the topic. Breanna, who has been a Girl Scout for 13 years, is currently pursuing a degree in Business Management at the University of Arizona.

