

August 6, 2026

Artificial Intelligence & Suicide Prevention: Leading through Change



THE NATION'S PUBLIC-PRIVATE PARTNERSHIP

AI & Suicide Prevention: Leading through Change

- AI is already here.
 - *It's reshaping how people seek support and how organizations work.*
- Leadership means implementation.
 - *AI literacy is becoming essential for suicide prevention leaders.*
- Human connection comes first.
 - *AI should strengthen (not replace) relationships and clinical judgment.*
- Technology is outpacing policy.
 - *Leaders must make thoughtful decisions while guidance continues to evolve.*

Improving Youth Mental Health & Wellbeing

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SURGO HEALTH

AI AND SUICIDE PREVENTION PANEL

AUGUST 2026

Improving Youth Mental Health & Wellbeing

Youth Mental Health Tracker





Youth Mental Health Tracker

The nation's most comprehensive and actionable mental health data platform to empower equitable, youth-centered solutions

The YMHT offers:

- **10,000+ youth** surveyed directly over multiple rounds
- **Holistic perspective** and solutions informed by the lived experiences of youth
- **In-Depth Geographic data on WHERE** youth at most at risk via Surgo's ThriveAtlas™
- **Continuously tracking emerging issues** and evolving youth experiences through ongoing pulse surveys including topics such as AI use and impact of the political climate

The YMHT drives wellbeing initiatives

USE CASES & IMPACT

Shape policy and advocacy

Used to inform briefs and campaigns to drive policy action with the Bipartisan Policy Center and Inseparable

Guide media campaigns

Informed media campaign on how parents can support youth mental health with Ad Council

Define strategic direction

Informed research agendas, metrics, and measurement for organizations like Schultz Family Foundation, Rare Impact Fund, and Hopelab

IMPACT

- 105,000+ users
- 7 reports and 1 policy playbook released with 2,000+ downloads
- Notable media coverage in AP News, Today in Parenting, and The Advocate, Economist
- Amplified by 11+ national orgs including JED, NGA, and NCCBH

CONFIDENTIAL



The Jed Foundation

rare impact fund

HOPE LAB



Bipartisan Policy Center



inseparable



What we studied: how youth are interacting with AI

Sample

- Nationally representative sample of 1340 U.S. youth (ages 13-24)

Study Design

- Cross-sectional youth pulse survey

Field Period

- October-November 2025

Analysis

- Utilized a segmentation approach to identify distinct groups of youth based on their AI interaction

What We Examined

- Demographics & Household Context
- Economic Stress & Safety Net
- Social Connection, Belonging & Support
- Mental Health & Wellbeing
- Help-Seeking & Barriers to Care
- Generative AI Use (General)
- Generative AI & Mental Health Support

Summary of Key Findings

01

Nearly half of youth are using AI **daily or weekly** and they are engaging with it in six distinct patterns.

02

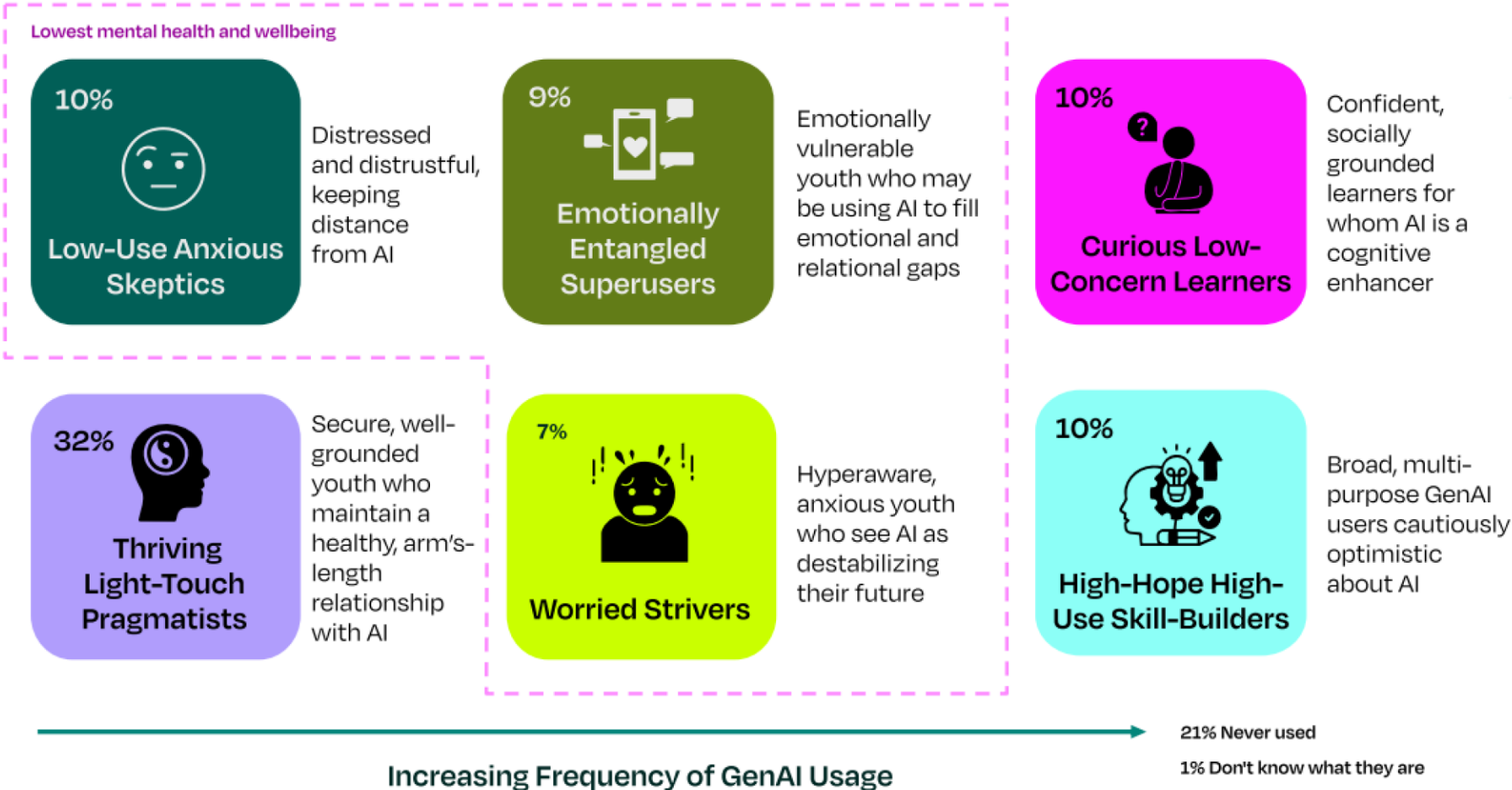
12% of youth with mental health struggles are turning to GenAI for mental health needs and **1 in 3 youth** are using it in lieu of getting professional care.

03

69% of youth use **general-purpose AI tools in isolation** rather than mental health-specific AI tools.

Youth AI use often reflects deeper offline social and emotional realities

Gen AI Usage: Youth Personas
We Identified Six Distinct User Personas That Capture How Youth Engage With And React To AI



12% of young people are turning to GenAI for mental health support but it is falling short

59%

of this group reported that GenAI encouraged them to seek professional help or crisis services



41%

Of this group indicated that that GenAI did not encourage them to get professional help

Barriers to Care

Youth who use GenAI for their mental health report socioeconomic barriers including **cost, insurance, transportation, and knowledge** of how to access care.

Youth with mental health struggles who used GenAI to address them were:

- **2.8x more likely** to report not knowing it was possible to get professional help
- **2.3x more likely** to cite a lack of support from parents/caregivers

Mixed reviews: GenAI offers validation but often only temporary relief, especially when used as a substitute

01

Emotional Processing & Validation

"It was something to talk to that would help me work through problems in an unbiased way."

(Female, 21)

"I think AI seems to be really understanding and it validates your feelings. It also gives multiple options on next steps to grow from it."

(Female, 21)

02

Temporary Relief

"I used it as more of a short time thing because I didn't have anything else, so it made me feel better, but it didn't help fix anything. But it makes it easy to talk about anything because I don't have the lingering embarrassment that comes with talking to an actual person." (Female, 16)

"[GenAI] made me feel better for a while but then the negative feeling returned." (Male, 18)

Next for YMHT: Using Derin to Capture Qual Insight, at Scale

Built for Healthcare

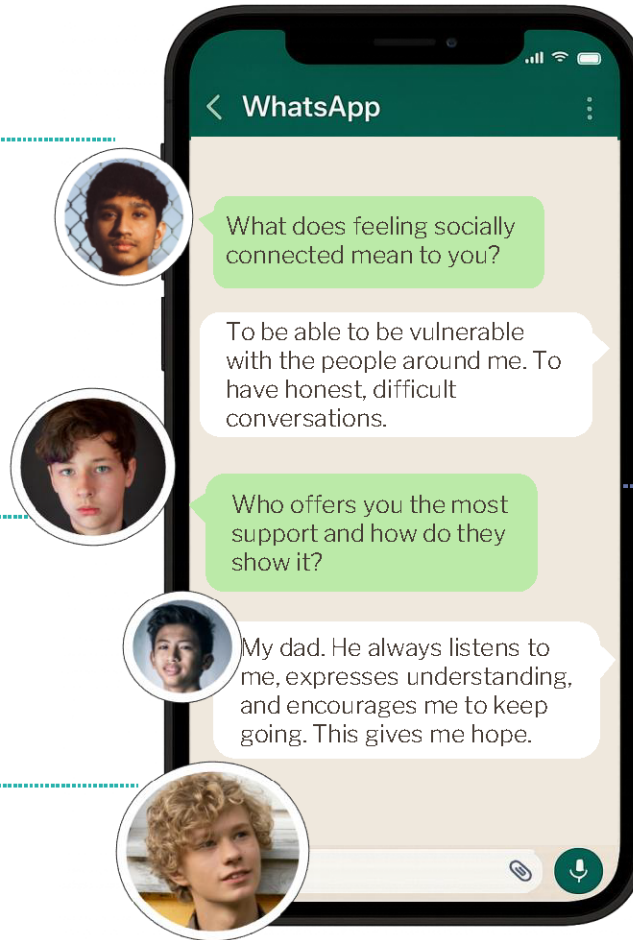
Built on behavioral science, privacy-aligned, and tailored to local contexts

Depth at Scale

Captures lived experiences and amplifies perspectives often excluded

Actionable Insights

Rapidly surfaces root causes to guide program and policy shifts



Upcoming YMHT surveys will use Derin to collect insight on:

- Mental health and financial stress
- Pathways to professional care
- Youth social lives online and offline

97% Said Derin helped them reflect on things they hadn't considered before

94% Felt emotionally safe sharing sensitive, personal information

40mins Average time spent in conversation

SURGOHEALTH

Thank you

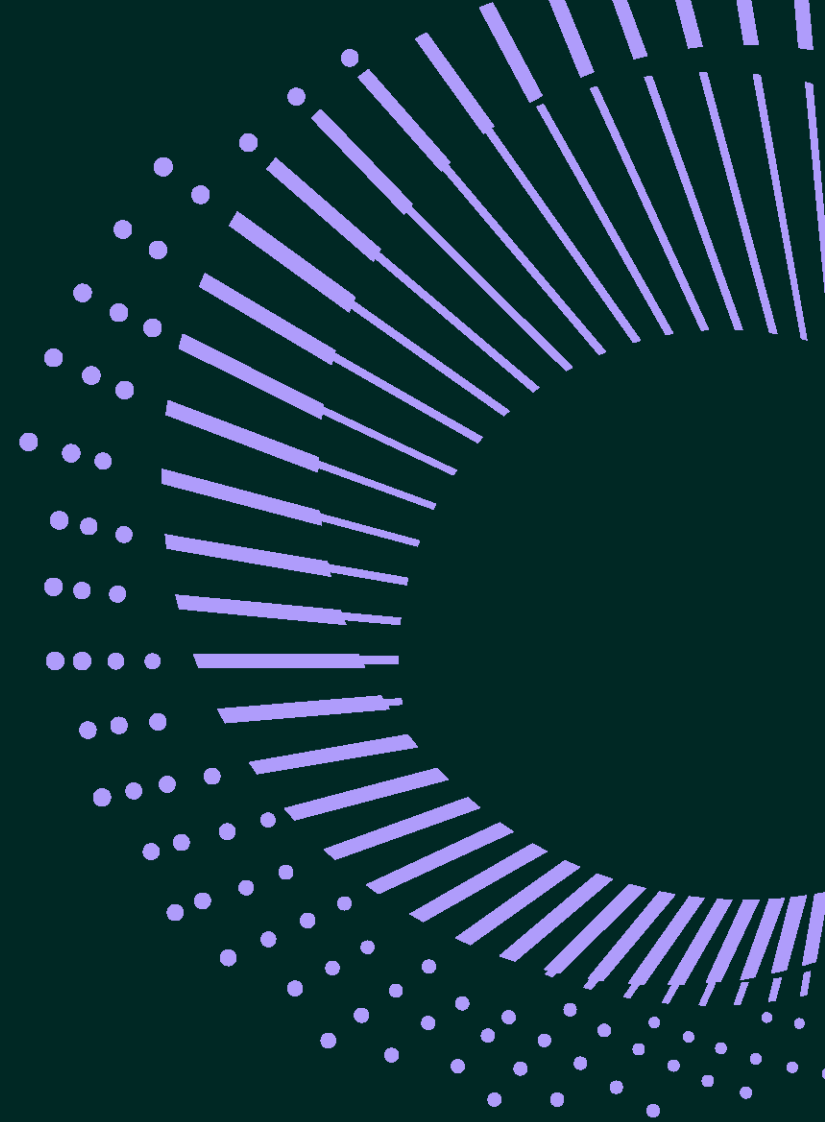
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Scan to access the Youth
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Today's Panelists



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Thank you!

Questions?