

# Voice of New Hampshire's Young Adults

When adults between 18 -25 years old have access to resources and opportunities they can explore and secure identity, independence and intimacy, and become responsible adults who create happy and healthy families, develop into strong leaders, and contribute to a vibrant workforce and economy. They can live, learn and thrive in the Granite State.

## CHALLENGES

Facing Young Adults



» High rates of suicidal thinking. Almost **1 in 5** reported having seriously considered attempting suicide during the past 12 months.

» **High cost of living and low wages.** The state's minimum wage is \$7.25.

» High rates of feeling down or **poor mental health.**

» **High cost of tuition.** NH has the highest in-state tuition costs in the country.

» High rates of binge drinking, marijuana and other illicit **drug use and SUD.**

## Opportunities for healthy living, lifelong learning and emotional wellbeing



### LIVING

- » Livable Wage
- » Health Insurance
- » Affordable Housing



### LEARNING

- » Career Development
- » Adult Education
- » On-the-job Training
- » Apprenticeship & Mentoring
- » Affordable Tuition



### THRIVING

- » Civic Engagement
- » Strong Social Connections
- » Wellness Resources
- » Mental Health Counseling
- » Substance Use Treatment
- » Parenting Programs
- » Affordable Childcare
- » Stress Management
- » Healthy (substance free) Activities

## SUPPORT for Young Adults

The project Voice of NH's Young Adults promotes the good aspects of living in NH during the early years of adulthood.

[The Partnership @drugfreeNH](#) is a destination for young people looking for resources and opportunities that can promote their career, family and well-being including:

- » Current information about living, learning and connecting
- » Resources if you or a friend are in crisis

Become a member of  
[The Partnership @DrugFreeNH](#) today!

*"I choose to live in NH, and plan to continue living here, in large part because of the close-knit communities, the feel of a small town while also having access to many desirable amenities, and of course, our access to beautiful natural resources."*

- NH Young Adult