

# State of Student Mental Health

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# Our nation's overall mental health is in a state of crisis

- **High levels of stress and anxiety.**
  - Almost three out of four Americans are feeling overwhelmed by the number of crises facing the world right now.
- **Psychologists report that demand for treatment remains high following the pandemic.**

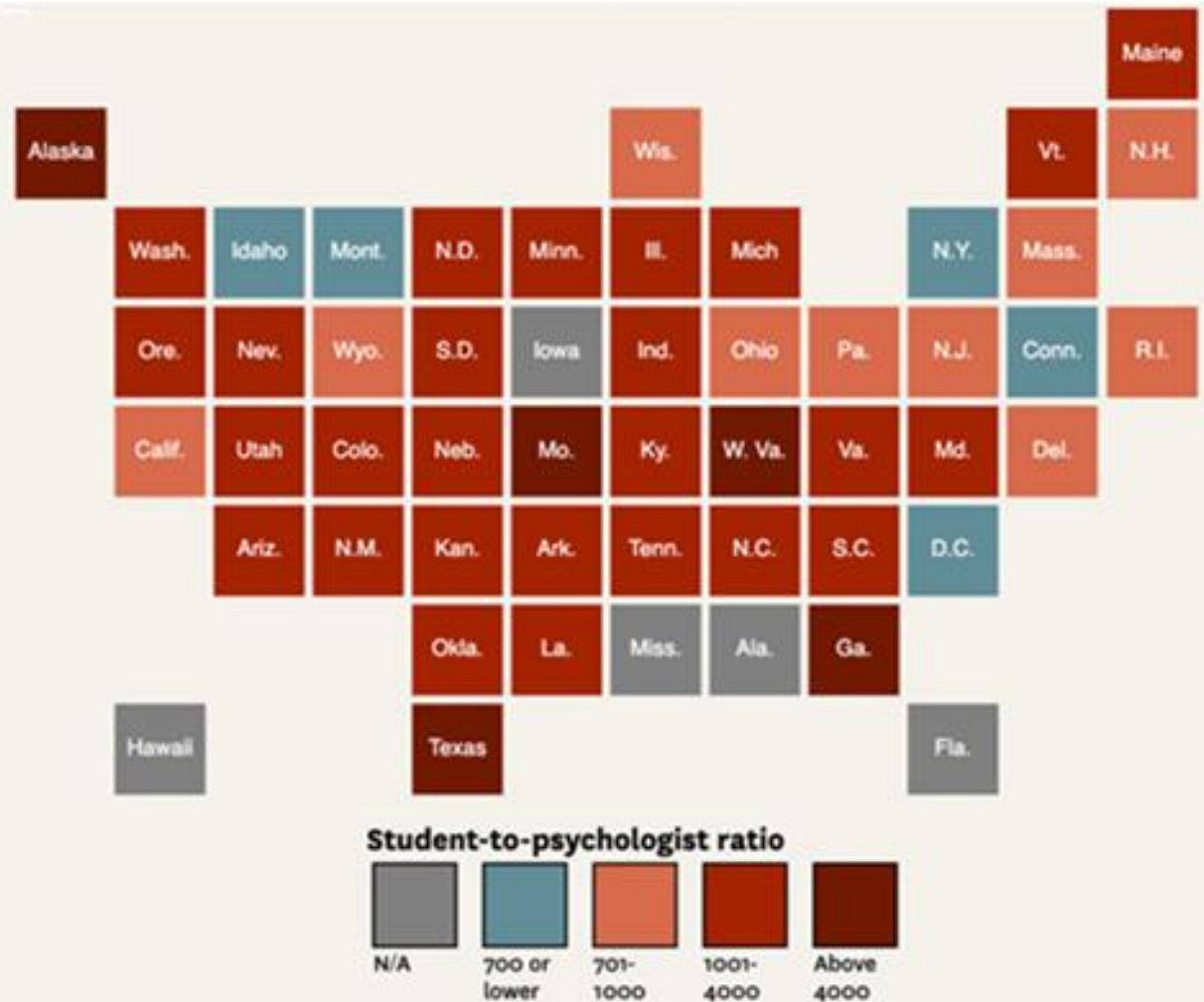
# Young people are not immune to these stressors

- 1 in 5 high school students witnessed violence in their communities.
- 3.5 percent said they have carried a gun.
- Nearly 9 percent of students were victims of sexual violence.

## Youth mental health crisis deepening over the last ten years

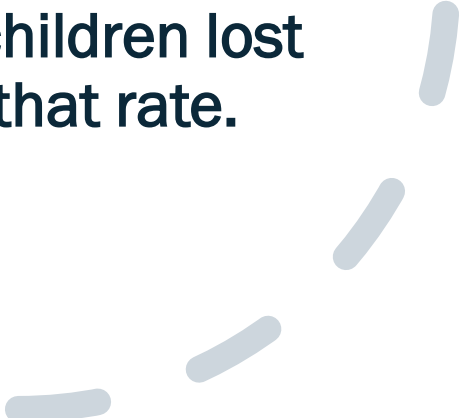
- Especially pronounced during and after COVID-19
- 4 million children experienced depression in the last year
- More than 8 in 10 public schools face staffing shortages, and a small candidate pool is one of the top hiring challenges
- “Failure to Launch” trend

## Nationwide Student-to-Psychologist Ratio




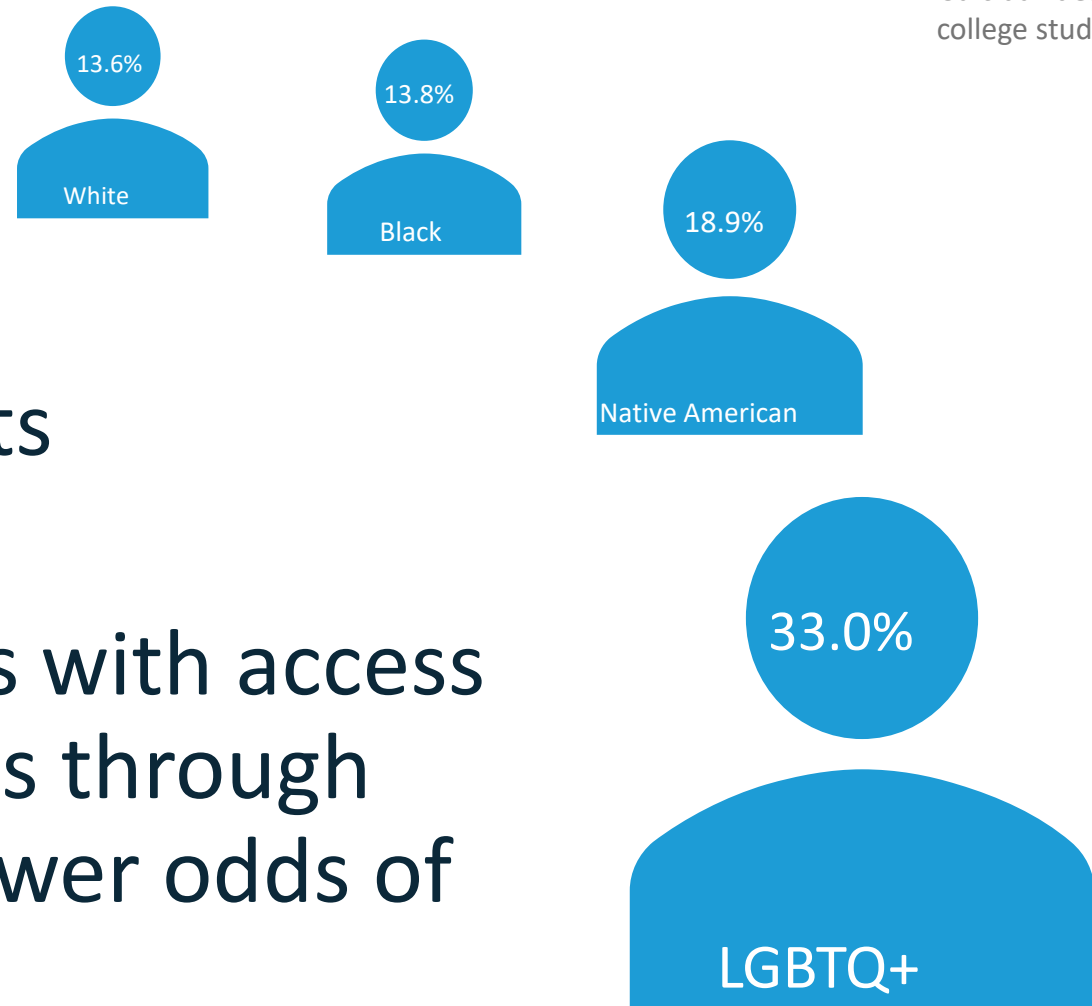
Data: U.S. Department of Education, 2015-2016 Civil Rights Data Collection (CRDC)

**Historically  
minoritized youth  
are experiencing  
mental health  
concerns at  
disproportionate  
rates**

- Rates of suicide have risen sharply among Black, African American, and Latino youth.
  - Black and Hispanic youth lost a parent or a caregiver at more than two times the rate of White children.
  - American Indian, Alaska Native, and Native Hawaiian and Pacific Islander children lost caregivers at nearly four times that rate.
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# **LGBTQ+ youth are also facing increased risks**

- Nearly half of LGBTQ+ youth seriously considered suicide in the last year.
  - Laws targeting LGBTQ+ youth are contributing to the danger to their worsening mental health.
  - Also impacting the mental health of LGBTQ+ youth who live in states with affirming laws.
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- Mental health issues disproportionately impacts marginalized students
- LGBTQ+ college students with access to mental health services through their college had 84% lower odds of attempting suicide

# Downstream effects on youth well- being

- 4 million children experienced depression in the last year.
- 42 percent of high school students said they were consistently sad and hopeless.
- 1 in 5 high school students considered suicide in 2021.
- Suicide rates among the 10–24 age group reached a 20-year-high.



2022 School Pulse Panel Survey

**% of schools that reported and increased demand for **mental health** services**

**72%**

Low Poverty  
Neighborhoods

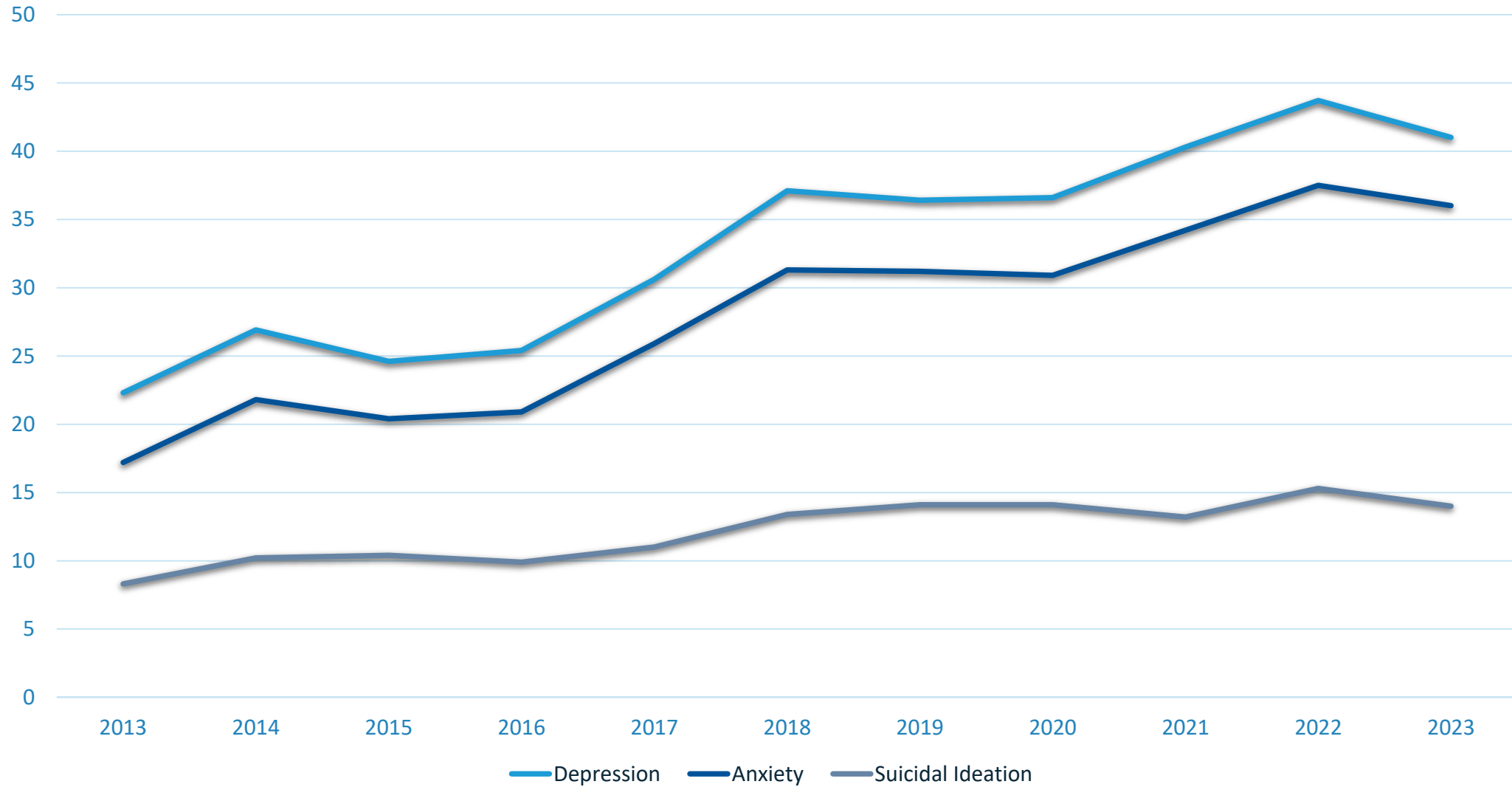
**61%**

high poverty  
Neighborhoods

source: National Center for Education Statistics

- **More than two-thirds of public schools saw higher percentages of their students seeking mental health services in 2022 than before the pandemic.**
- **Only about half reported being able to meet students heightened psychological health needs.**

# Rates of Mental Health Issues Among College Students

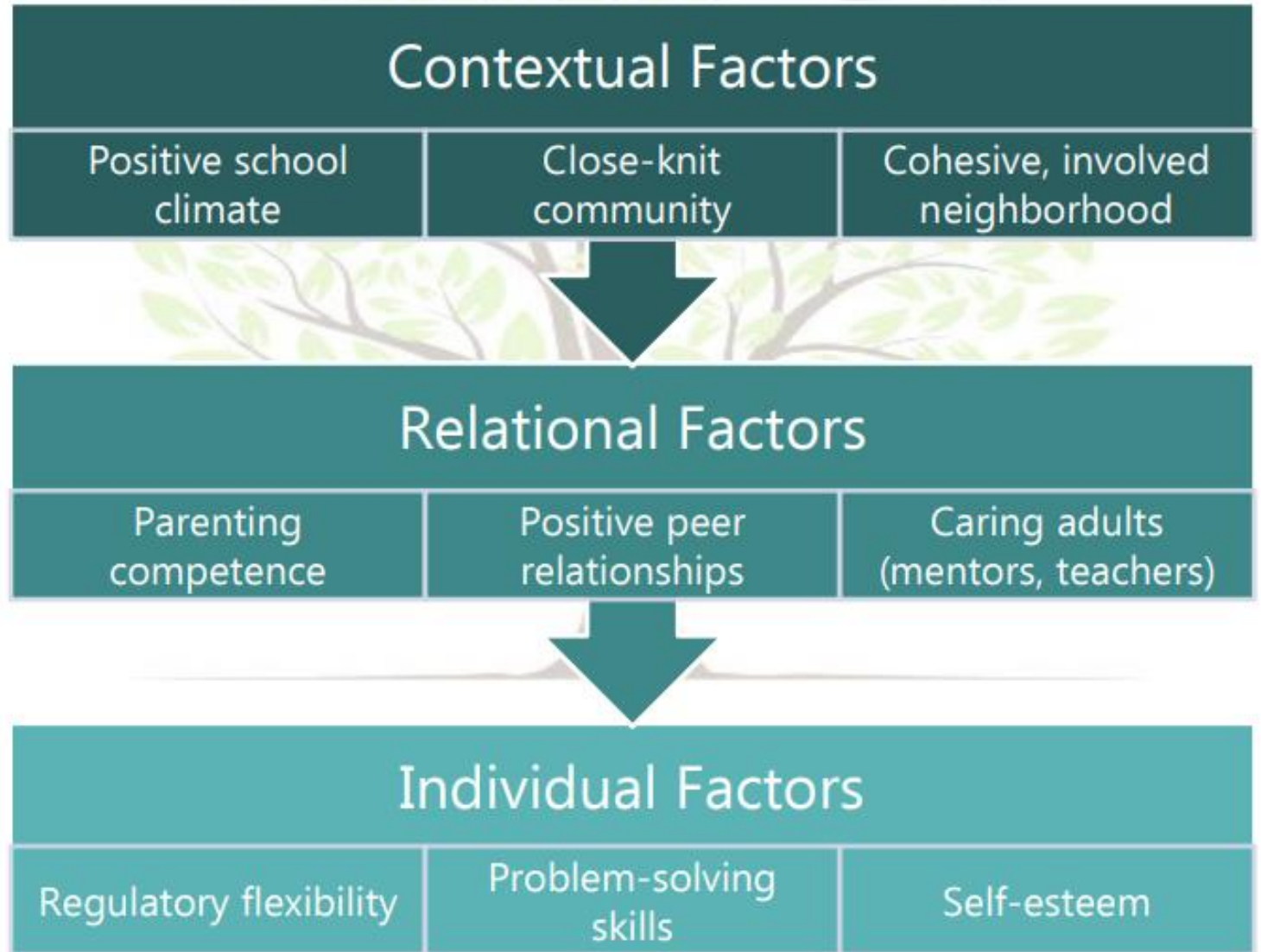


Source: The Healthy Minds Network

# **Importance of mental health services in schools**

- **Roughly 70 percent of children nationally, receive their first mental health services at school.**
- **Students are six times more likely to access mental health when these services are offered in school.**
- **62 percent of students reported feeling connected to others at school.**

**School's  
Contribute  
to  
Resilience**



# Significant investments in recent years

- \$67.5 billion via the first two COVID-19 relief packages in 2020.
- \$122 billion through the American Rescue Plan in 2021.
- Over \$2 billion for school-based mental health services in the Bipartisan Safer Communities Act of 2022.

## Resources:

- [DifficultDialogues.org](https://DifficultDialogues.org) - Resource for how to best handle complex conversations with students
- [CDC.gov/healthyyouth/protective/school\\_connectedness.htm](https://www.cdc.gov/healthyyouth/protective/school_connectedness.htm) - CDC on how to create community and connectedness in school
- [APA.org/about/division/div41](https://www.apa.org/about/division/div41) - APA's Law & Psychology Division

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