



**AMERICAN
PSYCHOLOGICAL
ASSOCIATION**
SERVICES, INC.

The State of Student Mental Health

Nationally, nearly 4 million children experienced depression in the last year.¹

- Diagnoses of depression, anxiety and post-traumatic stress disorder in children and teenagers increased by 12 percent between 2020 and 2021.²
- 42% of high school students said they were consistently sad and hopeless. This was especially pronounced among female students, Hispanic and multiracial students, and LGBTQ+ students.³
- About 1 in 5 high school students considered suicide in 2021, with female and LGBTQ+ students reporting particularly high levels of suicidality.⁴
- Over the same period, a third of female students and almost half of LGBTQ+ students seriously considered suicide, with over 13% and nearly 25%, respectively, reporting to have attempted suicide.
- Suicide rates among the 10–24 age group reached a 20-year-high in 2021.⁵

Demand for pediatric inpatient mental health services continues to increase.

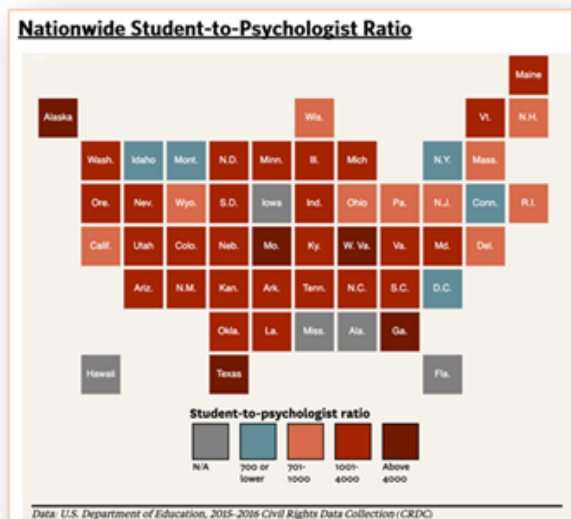
- Children's hospitals continue to report very high numbers of children "boarding" in hospital emergency departments awaiting treatment.⁶
- Between January 2020 and December 2021, kids who remained in the emergency department for more than 24 hours accounted for 7% of pediatric mental health visits.⁷
- Over an 11-year period, from 2009 through 2019, hospital beds occupied by children with suicidal or self-harming behavior increased by 163%.⁸

LGBTQ+ youth are especially at-risk.

- Nearly half of LGBTQ+ youth seriously considered suicide in the last year,¹³ an upsetting trend that increases among multiracial LGBTQ+ youth.¹⁴
- This is further compounded by the record number of states that enacted or proposed discriminatory laws targeting LGBTQ+ youth in the past three years, including by seeking to ban them from school restrooms, from participating in school sports, or targeting LGBTQ+ students through surveillance, censorship, and forced outing.¹⁵
- Data show that such policies carry a great deal of danger to the health, safety, and psychological well-being of LGBTQ+ youth, further increasing their already high risk of depression and suicidality.¹⁶
- LGBTQ+ youth living in states with affirming laws are also seeing their mental health impacted.¹⁷

Many schools continue to struggle to provide mental health services

- Roughly 70 percent of children nationally receive their first mental health services at school and students are six times more likely to access mental health care when it is offered in school.^{18, 19}
- More than two-thirds of public schools saw higher percentages of their students seeking mental health services in 2022 than before the pandemic, but only about half reported being able to meet students heightened psychological health needs.²⁰



- The vast majority of states and districts across the country do not meet the recommended ratios of school psychologists, school counselors, and school social workers.²¹
- This is significantly impacting students' education. More than half of teachers say that the current state of students' mental health is hurting their ability to learn and socialize, as well as stressing educators' capacity to manage their classrooms.²²