

THE STATE OF STUDENT MENTAL HEALTH

The state of student mental health is causing school districts to become more proactive in monitoring and providing services to support those in need. Here's what the research shows:

ANXIETY AND DEPRESSION ON THE RISE

70% of teens see anxiety and depression as a major problem

70.6% of young people have seen bullying in their schools

SUICIDES ARE INCREASING

10M teens suffer from depression, anxiety, ADHD, or bipolar disorder

Suicide is the second-leading cause of death among 10- to 19-year-olds

1 IN 6 teens has seriously considered suicide in the past year

A MENTAL HEALTH TSUNAMI

Each day, more than 3,000 U.S. high school students try to end their own lives

70% of students with a mental health disorder do not receive treatment

Download our white paper to learn more.

1 IN 5 teens has or will have a serious mental illness

50% of all mental illness occurs before the age of 14, 75% by the age of 24



IF YOU OR **SOMEONE YOU KNOW** IS STRUGGLING WITH THOUGHTS OF SUICIDE, CONTACT:

Crisis Text Line:
Text **HOME** to 741741

National Suicide Prevention Lifeline:
Call **800-273-TALK (8255)**

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Good mental health is critical for children to have success both in school and in life. Education experts now recommend that schools look to the well-being of the whole child by including social and emotional learning (SEL) to teach students skills to manage their own behavior.

SCHOOLS SHOULD OFFER MORE **PROFESSIONAL HELP**

1:250

The American Counseling Association recommends **one counselor for every 250 students**



81% of teens with anxiety, 71% with depression, and 85% with ADHD **get better with treatment**



More than 2/3 of teens require some level of professional help for a mental health condition

INITIATING INTERVENTIONS IN SCHOOLS

When implemented effectively, interventions can impact school and life outcomes. The NASSP recommendations for school leaders include:



Creating a **safe and nurturing** school environment



Supporting the **physical and mental health** of children



Fostering students' **social and emotional well-being**



Being prepared to **address teen suicide** through effective communication and support

A COMMUNITY **ISSUE**



The **Suicide Resource Center** advocates for community involvement for suicide prevention



Communities must work together to address systemic, family, and personal risk factors for suicide



Reducing the stigma of mental health conditions can encourage teens to seek help

GAGGLE IS SAVING LIVES

Schools using Gaggle intervened in more than 6,000 cases of possible suicide or self-harm during the 2018–19 school year, saving 722 lives.

WITH GAGGLE'S
TECHNOLOGY AND
SAFETY EXPERTS,
WE UNCOVERED:

52,000

references to suicide or self-harm in students' online activity—6,000 serious enough to merit immediate attention by the district

34,000

references of violence toward others—1,600 warranted an immediate call to prevent a potential incident

15,000

instances of nudity or sexual content—5,100 of which required immediate action



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