

The State of Student Mental Health



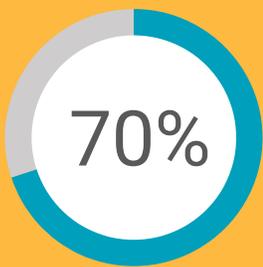
A crisis in student mental health is causing school districts to become more proactive in monitoring and providing services to support those in need.

Here's what the research shows:

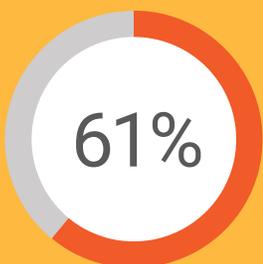


Download our white paper to learn more

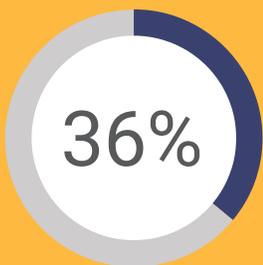
Anxiety and Depression on the Rise



of teens see anxiety and depression as a major problem



of teens face pressure to get good grades



of girls feel nervous about their day

Suicides Are Increasing

#2

cause of death for 10- to 19-year-olds



1 in 6 teens has seriously considered suicide

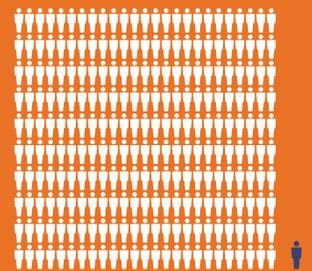


have been linked with suicide-related outcomes

A Mental Health Tsunami



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



1 counselor : 250 students is recommended by the American Counseling Association



of high school students engage in multiple high-risk behaviors

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)

The State of Student Mental Health

Good mental health is critical for children to have success both in school and in life.



Approximately 10 million teens require some level of professional help for a mental health condition



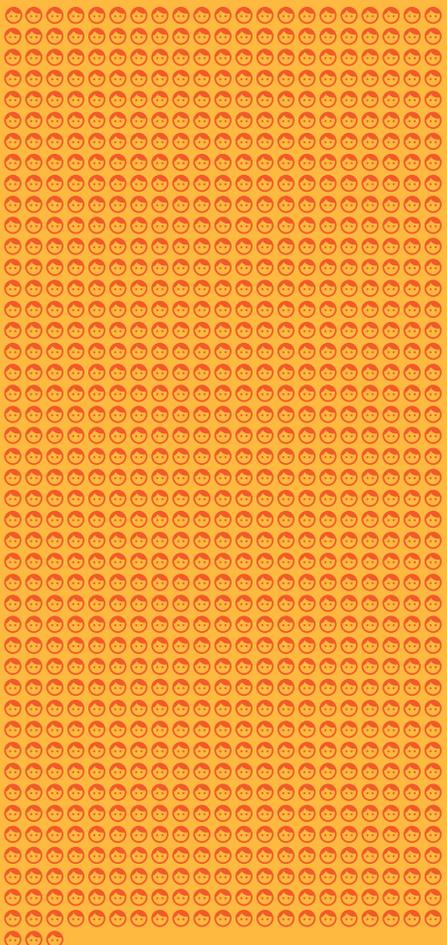
50% of all mental illnesses occur before the age of 14, and 75% by the age of 24



Academic pressure and social media are resulting in anxiety for many teens

Gaggle Is Saving Lives

Schools using Gaggle intervened in more than 5,600 cases of possible suicide or self-harm during the 2019–20 school year, **saving 927 lives**



Gaggle Therapy

Gaggle is moving beyond identifying students in crisis to addressing the crisis head-on.



Gaggle Therapy partners school districts with mental health professionals to support struggling students



Each therapy session takes place over a secure HIPAA-compliant video call, making it easy and accessible for students



Students who access therapy show a multitude of positive outcomes and are less likely to engage in risky behaviors

With Gaggle's Technology and Safety Experts, We Uncovered:



64,000 REFERENCES to suicide or self-harm in students' online activity



38,000 REFERENCES of violence toward others



18,000 INSTANCES of nudity or sexual content