

## Students in grades 6 to 12 who reported that they needed to see or talk to someone for a mental or emotional problem in the last 12 months

Unit : %

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022	Academic Year 2018-2019
<b>Province</b>				
New Brunswick	33.3	33.1	34.1	30.1
<b>Health zones</b>				
Zone 1 - Moncton and South-East Area	32.3	32.7	34.0	29.7
Zone 2 - Fundy Shore and Saint John Area	34.9	34.6	35.7	32.3
Zone 3 - Fredericton and River Valley Area	34.7	34.8	35.2	31.8
Zone 4 - Madawaska and North-West Area	S	27.5	27.7	21.0
Zone 5 - Restigouche Area	34.6	34.2	34.5	30.0
Zone 6 - Bathurst and Acadian Peninsula Area	28.8	29.6	31.7	27.5
Zone 7 - Miramichi Area	35.1	32.7	34.0	30.2
<b>Communities</b>				
Bathurst, Beresford, Petit-Rocher Area	30.7	31.1	33.4	30.5
Bouctouche, Richibucto, Saint-Antoine Area	32.2	32.5	29.7	29.4
Campbellton, Atholville, Tide Head Area	35.4	33.8	33.3	28.0
Caraquet, Paquetville, Bertrand Area	26.1	29.8	29.2	26.6
Dalhousie, Balmoral, Belledune Area	33.3	34.9	36.2	32.8
Dieppe and Memramcook	27.3	29.3	32.5	27.9
Douglas, Saint Marys, Doaktown Area	38.6	36.1	32.1	27.2
Edmundston, Rivière-Verte, Lac Baker Area	S	27.4	26.9	20.6
Florenceville-Bristol, Woodstock, Wakefield Area	33.6	30.3	33.0	28.8
Fredericton	33.6	35.6	35.5	31.9
Grand Bay-Westfield, Westfield, Greenwich Area	n/a	n/a	34.9	29.9

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Grand Falls, Saint-Léonard, Drummond Area	31.8	28.8	28.5	24.5
Hillsborough, Riverside-Albert, Alma Area	35.6	31.5	35.8	27.5
Kedgwick, Saint-Quentin and Grimmer	S	24.0	29.7	18.7
Minto, Chipman, Cambridge-Narrows Area	31.4	33.9	33.2	30.0
Miramichi, Rogersville, Blackville Area	34.8	33.2	34.0	31.0
Moncton	31.9	33.3	34.4	30.1
Nackawic, McAdam, Canterbury Area	36.6	35.2	37.3	33.5
Neguac, Alnwick, Esgenoopetitj Area	37.8	27.6	33.5	23.3
New Maryland, Kingsclear, Lincoln Area	27.6	31.9	31.1	34.9
Oromocto, Gagetown, Fredericton Junction Area	39.3	36.3	39.0	38.4
Perth-Andover, Plaster Rock, Tobique Area	39.6	37.7	30.1	22.9
Quispamsis, Rothesay, Hampton Area	34.9	36.4	37.3	31.3
Riverview and Coverdale	36.8	35.8	36.5	32.9
Sackville, Dorchester, Port Elgin Area	38.8	34.5	38.3	29.3
Saint John, Simonds and Musquash	33.9	33.9	35.1	33.3
Salisbury and Petitcodiac	34.9	33.4	35.6	34.4
Shediac, Beaubassin East and Cap-Pelé	31.7	29.4	31.9	22.8
Shippagan, Lamèque, Inkerman Area	27.0	24.2	30.2	22.6
St. George, Grand Manan, Blacks Harbour Area	36.7	34.7	32.4	33.2
St. Stephen, Saint Andrews, Campobello Island Area	38.4	30.5	34.4	31.4
Sussex, Norton, Sussex Corner Area	36.4	35.0	37.4	31.6
Tracadie and Saint-Isidore	28.3	30.1	30.9	24.7
<b>School districts</b>				
Anglophone East School District	36.0	35.2	36.1	32.0

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022	Academic Year 2018-2019
Anglophone North School District	37.1	37.0	36.5	35.4
Anglophone South School District	35.4	34.9	35.9	32.7
Anglophone West School District	35.2	35.4	35.2	31.8
Anglophone sector	35.7	35.4	35.8	32.5
District scolaire francophone Nord-Est	28.2	27.7	30.6	24.9
District scolaire francophone Nord-Ouest	S	26.1	27.4	20.1
District scolaire francophone Sud	26.0	27.8	30.6	25.4
Francophone sector	27.1	27.5	30.0	24.2
<b>Grades</b>				
Grades 6 to 8	30.7	31.0	30.4	25.2
Grades 9 to 12	35.0	34.7	36.9	33.6
<b>Gender</b>				
Female	40.6	41.7	41.4	n/a
Male	24.3	23.1	23.7	n/a
Non-binary	58.5	57.8	61.1	n/a
<b>Sex at birth</b>				
Female	41.8	43.0	43.9	40.7
Male	24.0	22.8	23.7	18.8
<b>2SLGBTQIA+ status</b>				
2SLGBTQIA+	57.9	57.9	54.5	n/a
<b>Indigenous identity</b>				
Indigenous	40.4	42.6	40.6	36.2
<b>Immigrant</b>				

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022	Academic Year 2018-2019
Immigrants	27.8	28.5	28.3	24.6
<b>Disability or special need</b>				
Disability or special need	50.4	50.0	n/a	n/a
<b>Racialized groups</b>				
Racialized groups	29.0	29.5	n/a	n/a
<b>Socioeconomic status</b>				
High socioeconomic status	30.2	n/a	n/a	n/a
Low socioeconomic status	35.9	n/a	n/a	n/a

## About

This indicator is the percentage of students in grades 6 to 12 who reported that they needed to see or talk to someone for a mental or emotional problem in the last 12 months.

## Source

Student Wellness and Education Survey, Grades 6-12

## Calculations

This indicator is calculated by dividing the number of respondents who answered "yes" by the number of respondents who answered "yes or no" to the question: Did you need to see or talk to someone for a mental or emotional problem you were having in the last 12 months?

## Notes

Due to a low school participation rate in some areas of the province for the 2025-2026 edition of this survey, survey results are not available for District scolaire francophone Nord-Ouest (school district), Madawaska and North-West Area (health zone), Kedgwick, Saint-Quentin and Grimmer (community), and Edmundston, Rivière-Verte, Lac Baker Area (community). Users are advised to exercise caution if comparing data from the community of Grand Bay-Westfield, Westfield, Greenwich Area to other New Brunswick communities. The data for the community of Grand Bay-Westfield, Westfield, Greenwich Area is based on students in grades 6 to 8, while data from the other communities are based on students in grades 6 to 12. Survey results are assigned to communities based on the location of the school. The community of Grand Bay-Westfield, Westfield, Greenwich Area does not have any schools with grades 9 to 12.

Unit	Interpretation	NBHC code
%	Lower is better	SH_MHI01_1

## Caption

n/a = Not applicable / not available

S = Data suppressed due to confidentiality requirements and/or small sample size