

Students in grades 6 to 12 who reported having symptoms of anxiety or depression in the last 12 months

Unit : %

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Province				
New Brunswick	46.4	51.1	49.5	55.8
Health zones				
Zone 1 - Moncton and South-East Area	44.0	48.0	47.6	53.1
Zone 2 - Fundy Shore and Saint John Area	48.3	53.5	52.1	58.5
Zone 3 - Fredericton and River Valley Area	48.6	54.8	51.3	58.5
Zone 4 - Madawaska and North-West Area	S	47.1	46.7	50.3
Zone 5 - Restigouche Area	46.4	52.0	50.7	56.0
Zone 6 - Bathurst and Acadian Peninsula Area	42.3	46.3	45.3	51.9
Zone 7 - Miramichi Area	50.0	54.2	49.4	58.2
Communities				
Bathurst, Beresford, Petit-Rocher Area	44.6	51.1	48.1	56.6
Bouctouche, Richibucto, Saint-Antoine Area	46.4	49.9	48.2	54.1
Campbellton, Atholville, Tide Head Area	46.6	49.8	49.4	54.9
Caraquet, Paquetville, Bertrand Area	40.1	42.7	42.4	50.9
Dalhousie, Balmoral, Belledune Area	46.1	55.1	52.6	57.7
Dieppe and Memramcook	35.5	38.5	37.2	42.7
Douglas, Saint Marys, Doaktown Area	50.0	57.5	56.0	58.9
Edmundston, Rivière-Verte, Lac Baker Area	S	45.9	47.5	51.0
Florenceville-Bristol, Woodstock, Wakefield Area	47.5	51.2	48.7	55.6
Fredericton	46.2	53.0	48.7	57.5
Grand Bay-Westfield, Westfield, Greenwich Area	n/a	n/a	n/a	n/a

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Grand Falls, Saint-Léonard, Drummond Area	48.2	50.4	46.1	51.5
Hillsborough, Riverside-Albert, Alma Area	56.8	67.6	56.5	61.8
Kedgwick, Saint-Quentin and Grimmer	S	43.7	44.8	44.2
Minto, Chipman, Cambridge-Narrows Area	57.7	62.5	60.3	61.8
Miramichi, Rogersville, Blackville Area	50.2	54.5	49.0	57.8
Moncton	44.8	47.9	48.3	54.3
Nackawic, McAdam, Canterbury Area	54.1	57.0	55.6	59.9
Neguac, Alnwick, Esgenoopetitj Area	48.6	51.3	52.2	61.3
New Maryland, Kingsclear, Lincoln Area	39.3	50.1	44.0	50.8
Oromocto, Gagetown, Fredericton Junction Area	54.0	59.1	56.6	61.8
Perth-Andover, Plaster Rock, Tobique Area	55.3	64.3	62.4	68.9
Quispamsis, Rothesay, Hampton Area	45.3	50.4	49.2	54.6
Riverview and Coverdale	45.6	50.8	51.6	59.0
Sackville, Dorchester, Port Elgin Area	47.0	55.1	53.8	57.4
Saint John, Simonds and Musquash	49.0	54.6	53.2	59.9
Salisbury and Petitcodiac	51.2	56.0	53.4	58.0
Shediac, Beaubassin East and Cap-Pelé	39.9	44.2	45.5	48.5
Shippagan, Lamèque, Inkerman Area	40.5	41.5	40.5	45.2
St. George, Grand Manan, Blacks Harbour Area	53.9	55.4	53.6	60.1
St. Stephen, Saint Andrews, Campobello Island Area	52.0	56.0	52.7	61.1
Sussex, Norton, Sussex Corner Area	47.2	54.2	54.3	60.1
Tracadie and Saint-Isidore	40.4	42.8	45.2	48.1
School districts				
Anglophone East School District	49.1	52.7	52.2	58.3

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Anglophone North School District	52.9	57.9	54.8	61.8
Anglophone South School District	48.7	54.1	52.6	59.0
Anglophone West School District	50.0	55.3	52.4	59.2
Anglophone sector	49.7	54.6	52.7	59.2
District scolaire francophone Nord-Est	40.5	44.1	42.9	49.7
District scolaire francophone Nord-Ouest	S	44.8	45.0	48.1
District scolaire francophone Sud	35.2	39.4	39.4	44.7
Francophone sector	38.1	41.8	41.4	46.8
Grades				
Grades 6 to 8	41.0	45.5	44.2	49.0
Grades 9 to 12	50.3	55.2	53.3	60.5
Gender				
Female	55.4	59.3	59.4	65.4
Male	35.4	40.7	37.5	43.4
Non-binary	73.9	81.0	77.8	85.4
Sex at birth				
Female	56.9	60.7	61.0	67.5
Male	35.1	40.6	37.3	43.4
2SLGBTQIA+ status				
2SLGBTQIA+	75.3	77.6	77.3	78.0
Indigenous identity				
Indigenous	58.3	64.8	62.5	68.9
Immigrant				

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Immigrants	42.9	47.9	46.0	52.4
Disability or special need				
Disability or special need	62.8	65.4	64.1	n/a
Racialized groups				
Racialized groups	44.6	49.2	47.3	n/a
Socioeconomic status				
High socioeconomic status	40.3	n/a	n/a	n/a
Low socioeconomic status	54.3	n/a	n/a	n/a

About

This indicator is the percentage of students in grades 6 to 12 who reported having symptoms of anxiety or depression 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". This indicator is based on respondents who answered at least 1 of the following 2 questions about depression and anxiety: During the last 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities? And during the last 12 months, did you ever feel nervous, anxious or on edge or you were unable to stop or control worrying almost every day for two weeks or more in a row that you stopped doing some usual activities?

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_DEPAN_1

Caption

n/a = Not applicable / not available

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