

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 |

| | Academic Year 2025-2026 | Academic Year 2024-2025 | Academic Year 2023-2024 | Academic Year 2022-2023 |
|----------------------------------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 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