

Students in grades 6 to 12 who perceive their mental health as very good or excellent

Unit : %

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Province				
New Brunswick	42.0	38.7	43.0	41.0
Health zones				
Zone 1 - Moncton and South-East Area	44.5	40.8	44.8	42.7
Zone 2 - Fundy Shore and Saint John Area	39.0	35.1	38.4	36.3
Zone 3 - Fredericton and River Valley Area	39.2	35.7	40.2	38.4
Zone 4 - Madawaska and North-West Area	S	45.0	53.9	50.6
Zone 5 - Restigouche Area	44.5	38.5	44.9	42.4
Zone 6 - Bathurst and Acadian Peninsula Area	49.2	48.1	52.2	49.7
Zone 7 - Miramichi Area	36.8	33.7	40.2	39.3
Communities				
Bathurst, Beresford, Petit-Rocher Area	46.4	43.0	47.2	43.9
Bouctouche, Richibucto, Saint-Antoine Area	42.2	38.2	42.7	42.2
Campbellton, Atholville, Tide Head Area	46.6	42.1	47.5	43.9
Caraquet, Paquetville, Bertrand Area	51.7	56.6	55.8	52.6
Dalhousie, Balmoral, Belledune Area	41.3	33.4	40.9	40.1
Dieppe and Memramcook	53.2	48.9	54.0	50.6
Douglas, Saint Marys, Doaktown Area	30.2	30.1	37.2	36.6
Edmundston, Rivière-Verte, Lac Baker Area	S	47.6	56.2	52.6
Florenceville-Bristol, Woodstock, Wakefield Area	41.5	38.5	44.7	42.2
Fredericton	42.0	38.0	42.7	39.2
Grand Bay-Westfield, Westfield, Greenwich Area	n/a	n/a	n/a	n/a

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Grand Falls, Saint-Léonard, Drummond Area	40.3	40.4	46.7	44.8
Hillsborough, Riverside-Albert, Alma Area	30.5	26.4	36.5	35.0
Kedgwick, Saint-Quentin and Grimmer	S	45.9	64.0	58.9
Minto, Chipman, Cambridge-Narrows Area	27.1	23.0	27.7	30.7
Miramichi, Rogersville, Blackville Area	37.0	33.9	39.8	39.0
Moncton	45.4	42.3	44.9	42.6
Nackawic, McAdam, Canterbury Area	33.4	33.3	36.2	35.0
Neguac, Alnwick, Esgenoopetitj Area	34.5	31.9	43.3	41.5
New Maryland, Kingsclear, Lincoln Area	49.2	43.7	44.4	43.5
Oromocto, Gagetown, Fredericton Junction Area	34.2	31.3	34.9	36.4
Perth-Andover, Plaster Rock, Tobique Area	29.0	29.7	27.8	31.0
Quispamsis, Rothesay, Hampton Area	40.0	36.2	39.6	38.4
Riverview and Coverdale	39.4	37.9	39.6	36.6
Sackville, Dorchester, Port Elgin Area	33.7	26.7	36.6	36.6
Saint John, Simonds and Musquash	38.7	35.5	37.4	35.8
Salisbury and Petitcodiac	36.0	33.0	40.7	37.3
Shediac, Beaubassin East and Cap-Pelé	46.5	41.5	47.1	45.9
Shippagan, Lamèque, Inkerman Area	50.6	50.5	59.8	56.3
St. George, Grand Manan, Blacks Harbour Area	36.2	34.4	37.6	37.4
St. Stephen, Saint Andrews, Campobello Island Area	34.5	30.1	39.1	31.5
Sussex, Norton, Sussex Corner Area	41.5	34.9	38.0	35.0
Tracadie and Saint-Isidore	51.8	50.4	54.3	54.0
School districts				
Anglophone East School District	39.4	36.7	40.3	38.5

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Anglophone North School District	35.8	30.8	35.8	35.2
Anglophone South School District	38.5	34.5	37.8	35.7
Anglophone West School District	37.9	35.1	39.1	37.7
Anglophone sector	38.2	34.8	38.6	37.0
District scolaire francophone Nord-Est	50.8	50.1	54.9	51.9
District scolaire francophone Nord-Ouest	S	47.5	57.1	53.4
District scolaire francophone Sud	52.9	48.7	52.9	50.1
Francophone sector	51.6	48.9	54.2	51.3
Grades				
Grades 6 to 8	50.7	47.5	53.2	51.4
Grades 9 to 12	35.9	32.1	35.7	33.5
Gender				
Female	34.9	32.3	33.7	31.4
Male	51.1	47.2	54.4	53.5
Non-binary	16.5	10.6	12.3	10.6
Sex at birth				
Female	33.5	30.9	32.0	29.0
Male	51.2	47.2	54.7	53.4
2SLGBTQIA+ status				
2SLGBTQIA+	13.9	12.2	14.0	17.5
Indigenous identity				
Indigenous	32.5	28.1	32.9	32.6
Immigrant				

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Immigrants	50.1	45.6	51.9	49.6
Disability or special need				
Disability or special need	27.3	24.6	30.0	n/a
Racialized groups				
Racialized groups	47.8	43.5	49.6	n/a
Socioeconomic status				
High socioeconomic status	53.6	n/a	n/a	n/a
Low socioeconomic status	31.2	n/a	n/a	n/a

About

This indicator is the percentage of students in grades 6 to 12 who perceive their mental health as very good or excellent.

Source

Student Wellness and Education Survey, Grades 6-12

Calculations

This indicator is calculated by dividing the number of respondents who answered "very good or excellent" by the number of respondents who answered "poor, fair, good, very good or excellent" to the question: In general, would you say your mental health is?

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
%	Higher is better	SH_MHI03_1

Caption

n/a = Not applicable / not available

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