STUDENT WELLNESS AND EDUCATION SURVEY
Grades 6-12: Factors Related to Mental Health Outcomes

	Community Caraquet, Paquetville, Bertrand Area	**Zone 6** Bathurst and Acadian Peninsula Area	**Province** New Brunswick
Key protective and risk factors			
Average score of community belonging (scale from 5-25) Number | 2023-2024	18.7	18.2	18.1
High level of school connectedness % | 2024-2025	93.2	88.8	86.8
Trouble going to sleep, most or all of the time % | 2023-2024	59.9	62.0	60.9
Victim of bullying at school % | 2024-2025	34.3	43.7	47.3
Lonely, most or all of the time % | 2023-2024	19.9	22.0	23.4
Mental health outcomes			
Perceived mental health, very good or excellent % | 2024-2025	56.6	48.1	38.7
High and moderate levels of resilience % | 2023-2024	71.3	69.6	69.5
High level of mental fitness % | 2024-2025	29.7	29.7	25.6
Symptoms of anxiety or depression % | 2024-2025	42.7	46.3	51.1
Life satisfaction (scale from 0-10) Number | 2024-2025	7.7	7.5	7.2

About this Table

Content and description

This table presents data collected from students in grades 6 to 12 through the New Brunswick Student Wellness and Education Survey (SWES). It contains self-reported information regarding key protective and risk factors and mental health outcomes of New Brunswick students in grades 6 to 12. The questionnaire comprises modules, which means that certain questions are asked every other cycle.

Why it is important

Only when we understand who our students are and what their needs are can we better plan for services and allocate resources to meet their health and educational needs.

Availability of the data

The information in this data table is available for New Brunswick and by the 33 communities created by the NBHC. More information is available on our New Brunswick Student Wellness and Education Survey page.

Caption

n/a = Not applicable / not available

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

Above-average performance

Below-average performance