

## STUDENT WELLNESS AND EDUCATION SURVEY

# Grades 6-12: Factors Related to Mental Health Outcomes



**Community**  
Shippagan,  
Lamèque,  
Inkerman 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	17.9	18.2	18.1
High level of school connectedness %   2024-2025	86.5	88.8	86.8
Trouble going to sleep, most or all of the time %   2023-2024	60.9	62.0	60.9
Victim of bullying at school %   2024-2025	41.6	43.7	47.3
Lonely, most or all of the time %   2023-2024	21.3	22.0	23.4

## Mental health outcomes

Perceived mental health, very good or excellent %   2024-2025	50.5	48.1	38.7
High and moderate levels of resilience %   2023-2024	69.0	69.6	69.5
High level of mental fitness %   2024-2025	26.6	29.7	25.6
Symptoms of anxiety or depression %   2024-2025	41.5	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