



New Brunswick youth continue To struggle with their mental health

Results from the **2022-2023** edition
New Brunswick Student Wellness Survey (Grades 6 to 12)



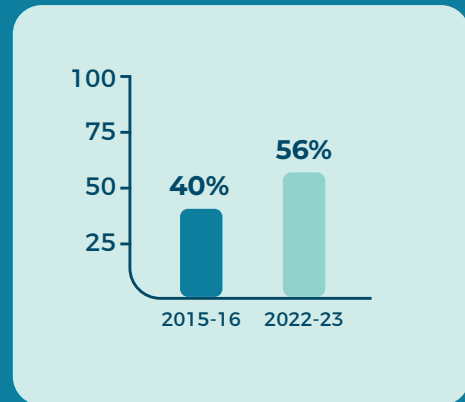
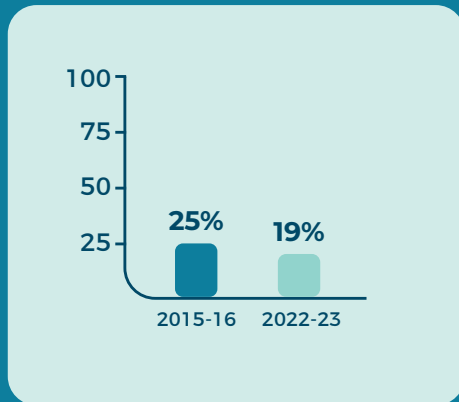
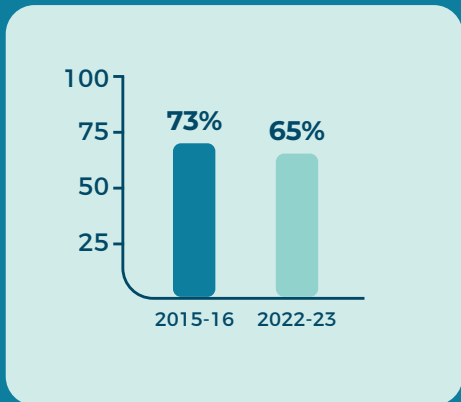
The percentage of youth with a high or moderate level of **resilience**, or the ability to adapt to challenges, **decreased**.



The percentage of youth with a high level of **mental fitness**, or a person's psychological needs being met by family, friends and school, **decreased**.



The percentage of youth who reported having symptoms of **anxiety or depression** in the last 12 months **increased**.



IF YOU NEED HELP:

nb.211.ca - kidshelpphone.ca - nb.bridgethegapp.ca
Chimo Helpline: 1-800-667-5005



New Brunswick Health Council | Conseil de la santé du Nouveau-Brunswick

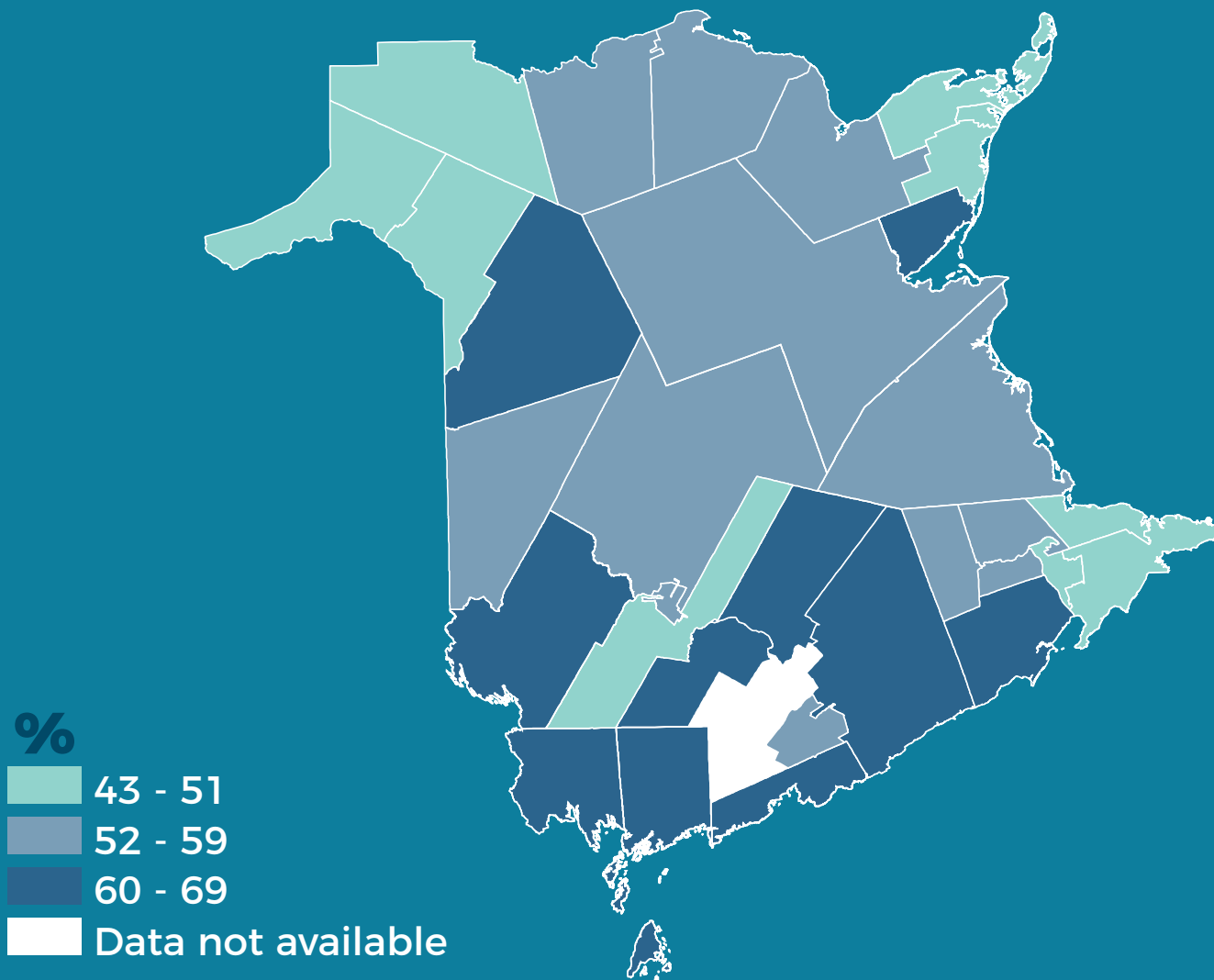
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The percentage of youth who report having symptoms of **anxiety** or **depression** varies between communities, ranging from 43% to 69%.

New Brunswick: 56%



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