

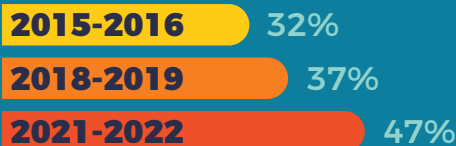
# Youth Mental Health in New Brunswick 2021-2022

WHAT STUDENTS IN GRADES 6-12 TOLD US IN THE LATEST  
**NEW BRUNSWICK STUDENT WELLNESS SURVEY**

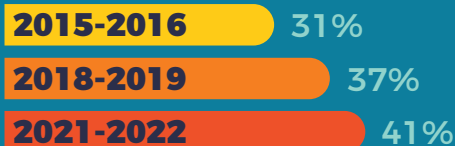
**38%** of students considered their  
mental health to be **very good or excellent**

## YOUTH MENTAL HEALTH IS GETTING WORSE

### SYMPTOMS OF ANXIETY



### SYMPTOMS OF DEPRESSION



For some students, it can be  
**DIFFICULT TO GET THE HELP THEY NEED**



**17,600** students needed to see or talk to  
someone for a mental or emotional problem

**3,400** students did not get to see anyone

Because...

I felt  
uncomfortable  
going for help.

**52%**

I thought the  
problem would go  
away on its own.

**34%**

I did not  
know where to  
go to get help.

**21%**

**IF YOU NEED HELP:**

[nb.211.ca](http://nb.211.ca) | [kidshelpphone.ca](http://kidshelpphone.ca) | [nb.bridgethegapp.ca](http://nb.bridgethegapp.ca)



New Brunswick  
Health Council

Conseil de la santé  
du Nouveau-Brunswick