

Wisconsin Youth Risk Behavior Survey Anxiety & Depression Data Summary

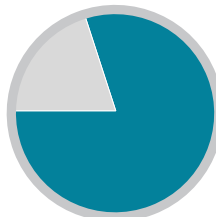
The Youth Risk Behavior Survey, administered to students across Wisconsin in 2021, provides us a window into the mental health and emotional well-being of Wisconsin youth. What we can see through this window is that Wisconsin youth are in crisis, and we must do more to help them.

Anxiety

Over half of all Wisconsin students reported significant problems with anxiety in the past year. The numbers are even worse for female students, and for students who identify as lesbian, gay, or bisexual (LGB).



2 of 3 FEMALE STUDENTS reported problems with anxiety.



80% of LGB STUDENTS reported problems with anxiety.

Depression

Over one-third of all Wisconsin students reported problems with depression in the past year. Again, the numbers are even worse for female students, and for students who identify as LGB.



FEMALE STUDENTS were twice as likely to report problems with depression.



66.1% of LGB STUDENTS reported problems with depression.

We know what can help here: ensuring feelings of belonging at school, being able to talk with family members and school staff about feelings and worries, and identifying supportive adults at home and in school. We also know that youth struggle to access mental health support, and that we need to remove barriers to that access and make it more readily available to all students. Inclusive policies and affirming practices can help protect and support all of our students, and especially our most vulnerable students, including LGBTQ+ youth.