

Wisconsin Youth Risk Behavior Survey

Mental Health Data Summary

The Youth Risk Behavior Survey, administered to students across Wisconsin in 2023, shows **Wisconsin youth are in a mental health and emotional well-being crisis**. Mental health and emotional well-being are paramount to school success. While many factors outside of school influence a student's mental health, school environments impact their positive or negative mental health.



59% of high school students report experiencing at least one mental health challenge within the past year.



1 in 5 students who felt sad, empty, hopeless, angry, or anxious said they received the help they needed most of the time or always.

Anxiety

- More than half of students (51.6%) reported experiencing anxiety.
- A significant increase from 2017 (39.9% of students).

Depression

- One in three students (35%) reported feeling sad or hopeless almost every day for two weeks or more in a row.
- An increase of more than 10% in the past decade (24.6% in 2013).

Suicidality

- 18.6% of students seriously considered suicide.
- 14.9% made a plan to attempt suicide.
- 8.7% attempted suicide.

What Helps?

Seeking and finding help is essential. Feelings of belonging at school, being able to talk with family members and school staff about feelings and worries and having supportive adults at home and in school are keys. Removing barriers to mental health access and implementing inclusive policies and affirming practices can help to protect and support students.

Help is Available

If you feel like you are in a crisis, please text "HOPELINE" to 741741; call or text 988; or use the chat feature at [988 lifeline.org](https://988lifeline.org). Additional resources are also available [on the DPI's Student Services /Prevention and Wellness \(SSPW\) website](#).