K-12 mental Pearson health by the numbers In the spring of 2023, Pearson asked US educators to lend their experience and voices in order to help us understand the state of K-12 mental health. Of those 532 educational professionals: ► 50 % school psychologists 20% speech language pathologists 10 % occupational therapists Experience matters 10% social workers Over 85% of respondents have been in education for 11+ years and 32% have ▶ 10 % other been in education for over 25 years! 2023 US mental health report card 66% of respondents gave America's 66% mental health a grade of "D" or "F" Based on their professional experience, 98% of 98 % educators feel that the mental health of young people has gotten overwhelmingly worse in the last two years. 75 % About **75%** of educators have seen the greatest increase in mental health needs in grades K-8.

Study hall

Students are still overwhelmingly feeling the negative impact of the pandemic. The three areas that have been impacted the most are:

• 82% Academically • 86% Emotionally

• 78% Socially





Breakroom chatter

Going into the 2023–2024 school year, educators feel the biggest challenges will be:

- 70% Student behavior
- 51% Educator burnout
- 62% A need for increased 49% Staff shortages mental health services

Extra credit Mental health support begins and ends at home.

When asked about how parents are managing in the face of this mental health crisis, educators noted:

81% of educators feel that parents are not in touch with the mental health of their children 88% of educators feel that parents are out of touch with getting support for their children **79%** of educators feel that parents

are out of touch with the stresses young people face today

When mental health resources are recommended for their students, educators feel the parents react with:

36% relief 31% confusion

29% fear

25% guilt



Educators are on the front line of recognizing their students' needs and have graded the state of K-12 mental health accordingly. In an effort to provide as much support as possible to help alleviate educator burnout and bolster student well-being, we have assembled our top mental health tools, tips, and information in one place in our Mental Health Resource Center. Learn more at PearsonAssessments.com/MentalHealth.

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