K-12 mental 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
- 10% social workers
- 10% other

Experience matters
Over 85% of respondents have been in education for 11+ years and 32% have been in education for over 25 years!

2023 US mental health report card

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
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<tbody>
<tr>
<td>66%</td>
<td>66% of respondents gave America’s mental health a grade of “D” or “F”</td>
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<tr>
<td>98%</td>
<td>Based on their professional experience, 98% of educators feel that the mental health of young people has gotten overwhelmingly worse in the last two years.</td>
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<td>75%</td>
<td>About 75% of educators have seen the greatest increase in mental health needs in grades K-8.</td>
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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 mental health services
- 49% Staff shortages

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.