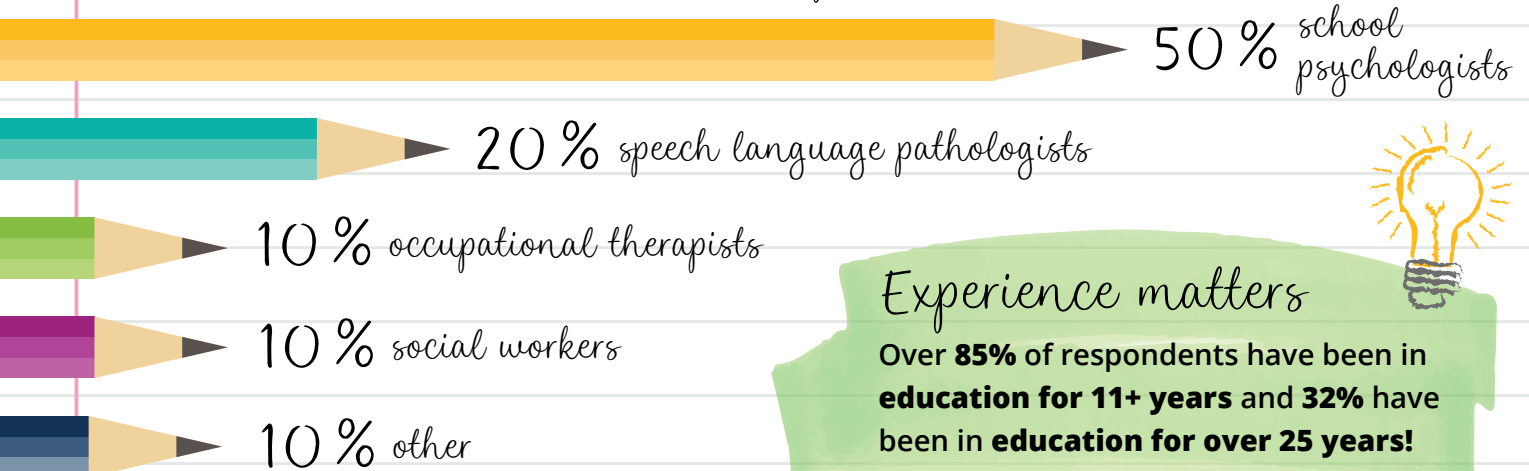


# K-12 mental health by the numbers



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:

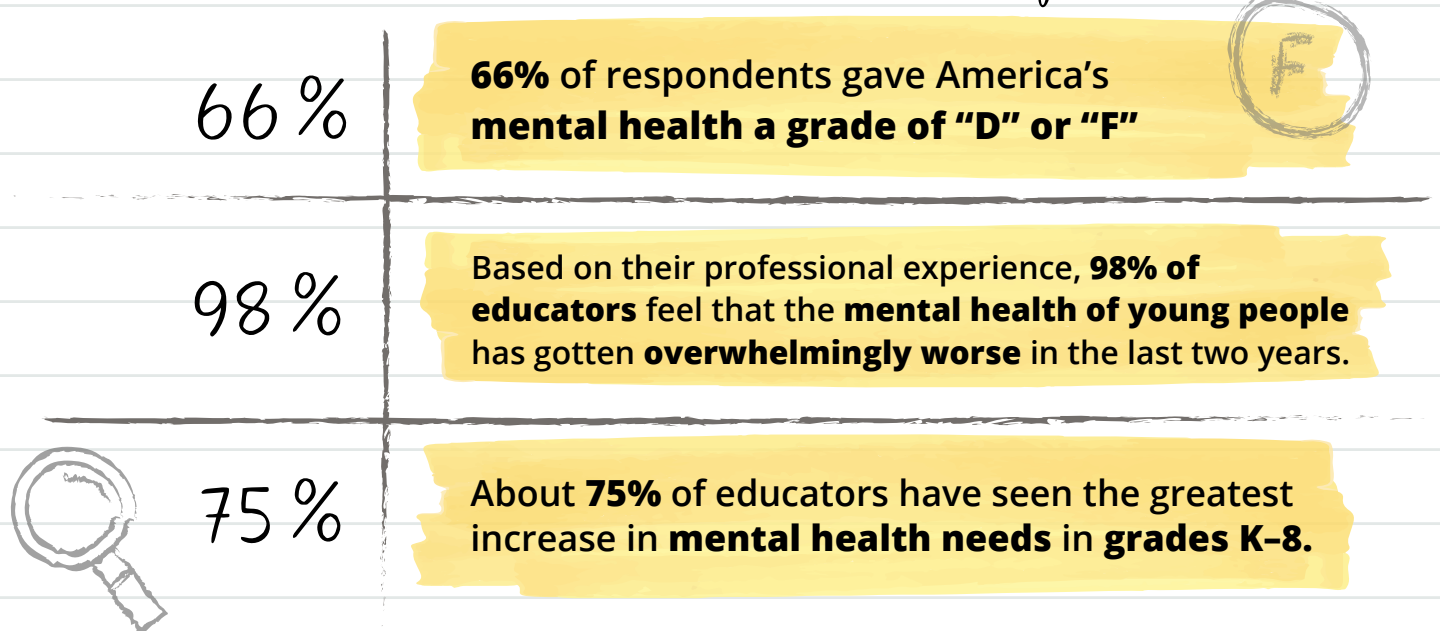


## Experience matters

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



## Study hall

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

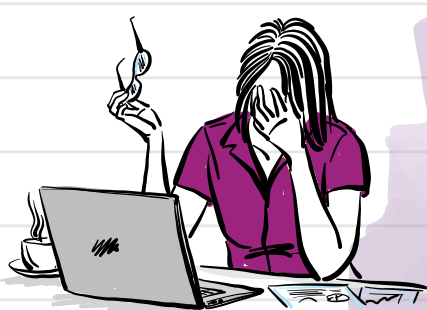
- **82% Academically**
- **86% Emotionally**
- **78% Socially**



## 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](https://PearsonAssessments.com/MentalHealth).