



MEMORANDUM OF SUPPORT

Student Mental Health: Our Highest Priority

Supporting student mental health remains NYS PTA's highest priority. Did you know:

- 50% of chronic mental illnesses begin by age 14
- 50% of lifetime cases of anxiety disorders begin as early as 8 years old
- 22% of youth experience serious mental illness each year

The Executive Budget includes \$10 million for the expansion of school-based mental health services, which we fully support. Also, we support the many community-based mental health initiatives. However, the \$10 million for school-based services is woefully short of what school districts need to support students.

In a Fall 2022 survey of NYS PTA members, respondents were asked which youth mental health issues were most important facing our students today. The results showed alarming trends:

- Anxiety – 81.7% of respondents felt anxiety was the most important mental health issue facing students
- Depression – 74.5%
- Bullying – 62.6%
- Suicide or Suicidal Thoughts/Ideation – 54.4%
- Cyberbullying – 50.3%
- Substance Use – 35.7%
- Youth Violence – 34%

To address this crisis, NYS PTA will be empaneling a new NYS PTA Mental Health Task Force, led by NYS PTA Past President Dana Platin, and we continue to proudly work with MHANYS, the School Counselors Association, and other stakeholders to support students – but we cannot do this work alone.

Our State Budget Ask:

- **Please significantly increase school-based mental health funding in both the Assembly and Senate one-house budgets and enacted State Budget**



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