



Student Mental Health

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

We support the expansion of school based mental health clinics, and the state's commitment to fund any school district which implements this program. We also support:

- \$1.5 million investment to expand Mental Health First Aid training, to train both teens and adults who work with youth to identify, understand, and respond to signs of mental health and substance use challenges, including the impacts of bullying and school violence; and
- \$10 million to establish up to 7 new clubhouses and 4 new Youth Safe Spaces in NYS – to provide youth with access to behavioral wellness resources, foster positive relationships with their peers, and receive support in a positive setting.

In our 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 - 88% of respondents felt anxiety was the most important mental health issue facing students
- Social Media – 82%
- Depression - 71%
- Bullying – 66%
- Suicide or Suicidal Thoughts/Ideation – 33%
- Cyberbullying – 57%
- Substance Use – 34%
- Youth Violence – 24%

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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