



STATE OF STUDENT WELLNESS 2021

THE IMPACT OF THE PANDEMIC ON STUDENT MENTAL HEALTH

Student mental health is highly connected to student success and well-being. California students were already the most underserved in the country in terms of school-based mental health. Our wellness surveys completed by over 1,200 students throughout the pandemic reveal the emergency has evolved into a crisis. This fact sheet shares some of the findings from our upcoming report. Students from over 50 school districts and 25 counties across California completed the two surveys administered in April 2020 and April 2021.

STUDENT-TO-STAFF RATIOS

	RECOMMENDED	NATIONAL	CALIFORNIA
COUNSELOR	250-to-1	444-to-1	626-to-1
NURSE	750-to-1	936-to-1	2,410-to-1
PSYCHOLOGIST	700-to-1	1,526-to-1	1,041-to-1
SOCIAL WORKER	250-to-1	2,106-to-1	7,308-to-1

SOURCE: California Department of Education CALPADS 2020, USDOE CRDC 2018

CALIFORNIA STUDENT VOICES ON THE IMPACT OF THE PANDEMIC

"I saw my mom almost dying and haven't had the time to heal because of school, grades, homework, testing, studying. I'm doing all this just to be able to get into a good college but haven't taken the time to heal. My mom is doing better now but it was something traumatic."

- Los Angeles Unified Student, 11th Grade

"I have lost all motivation in school this year. School ends in two months and I have not learned a single thing."

- Imperial Unified Student, 11th Grade

"I'm mentally exhausted from how COVID has impacted Asian Americans. My family and I are scared to go out in public."

- Carlsbad Unified Student, 8th Grade

"I feel as if teachers don't take into consideration that our mental health matters and they act as if this pandemic isn't hurting us. One teacher of mine said that even though we are in a pandemic, she is expecting us to uphold a standard that some students could not reach. She doesn't take into consideration how we feel."

- San Diego Unified Student, 10th Grade

"I just don't care anymore about school. It's not fun anymore."

- Lakeport Unified Student, 9th Grade

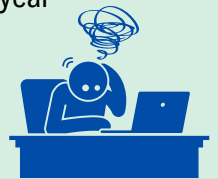
66% of students reported that their **mental health was negatively impacted** by the pandemic

54% of students reported experiencing a **decrease in mental health support** at their schools in the past year

57% of students reported **not having access to a counselor or therapist** in the past year

51% of students were **overwhelmed by virtual learning**

31% of students experienced the **loss of a loved one**



HOW WOULD YOU RATE YOUR MENTAL WELLNESS?

1 (on a scale from 1-10) → 10

PRE-PANDEMIC

69% of students selected 7 or above
24% of students selected 5 or below
8% of students selected 3 or below

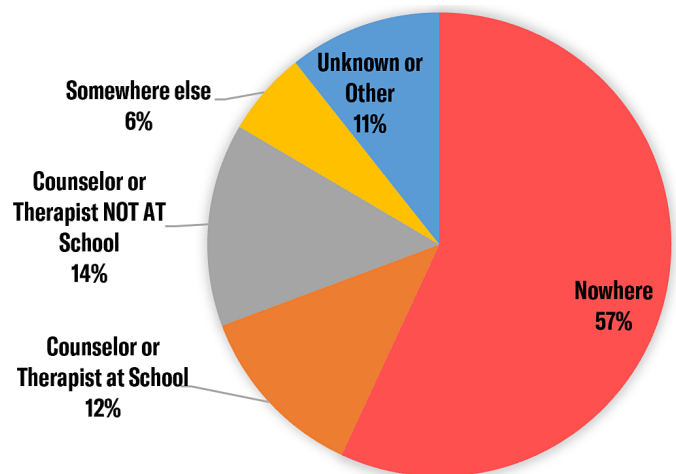
APRIL 2020

27% of students selected 7 or above
46% of students selected 5 or below
23% of students selected 3 or below

APRIL 2021

42% of students selected 7 or above
44% of students selected 5 or below
16% of students selected 3 or below

IN THE PAST YEAR, WHERE DID YOU GET HELP FROM A COUNSELOR OR THERAPIST? (2020-21)



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