

Youth's mental health can directly affect their ability to learn and succeed in school and beyond, yet most with mental health concerns do not receive necessary care. This brief describes data from the California Healthy Kids Survey Core & Behavioral Health modules on the mental health needs of fifth grade students during the 2024-25 school year [1]. Although these data may not be representative of all students, they highlight the need for increased mental health supports in schools to address students' concerns.

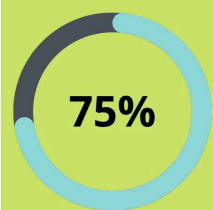
In the past month, elementary students felt the following "most" or "all of the time"...



**1 out of 6 felt
very lonely**



**1 out of 4 felt
very stressed**



75%

of elementary students reported knowing who to get help from at school when they felt very sad, stressed, lonely, or depressed.

53% of students reported that if they felt very sad, stressed, lonely or depressed, talking to an adult could help them feel better, however...



1 out of 4 students reported they would not know what to do if they felt very sad, stressed, lonely, or depressed



1 out of 5 students reported they would be afraid to get help if they felt very sad, stressed, lonely, or depressed

1 out of 5 elementary students wanted to talk to a counselor or therapist about mental health concerns in the past year, yet only **56%** who wanted help reported getting it when needed



Elementary students reported that, if they were feeling very sad, stressed, lonely or depressed, they would talk to...

Their parents or someone else in their family **68%**

Their friends **68%**

A teacher or another adult from their school **42%**

A counselor or therapist **26%**