

## Youth Mental Health Needs & Supports: California School Staff Perspectives, 2024-25



## **California Department of Education**

Youth are facing increasing mental health needs, which increased the role of schools and school staff to recognize and respond to these needs. This brief describes data on school staff's self-reported capacity to support students' mental health needs from a cross-sectional survey administered to California school staff during the 2024-25 school year [1].

of staff survey respondents reported that student depression or other mental health problems were 'moderate' or 'severe' at their schools.



4 out of 5 respondents felt that their school emphasized helping students with their mental health needs.



2 out of 3 felt that their schools provided adequate counseling and support services for students.



Yet, only 1 out of 2 school staff felt 'very confident'...

Recognizing a student who may be in emotional distress or at risk due to stressful or traumatic life events, or

Referring a student in need to mental health supports or services.





## % School Staff Reporting Factor is a Barrier to Students **Accessing Services/Supports to Address Mental Health Needs**

Parent/guardian concerns/cooperation

59%

They are afraid of what people might think if they seek help

50%

There are not enough services to meet students' needs

43%

They do not know where to go for help

another way to pay for it

79%

agreed that their school collaborated well with community organizations to help address students' mental health needs.



