

YRBS Data Results: Mental Health

June 2026

What is the Youth Behavior Risk Survey?

Youth Risk Behavior Survey (YRBS) is a Centers for Disease Control-sponsored survey that monitors students' health risks and behaviors and provides data at the national and state levels. YRBS is conducted every other year on even-numbered years among high school students in grades 9-12. The survey asks students questions about their overall mental health in addition to screen time, social media usage, anxiety, depression and other mental health related topics.

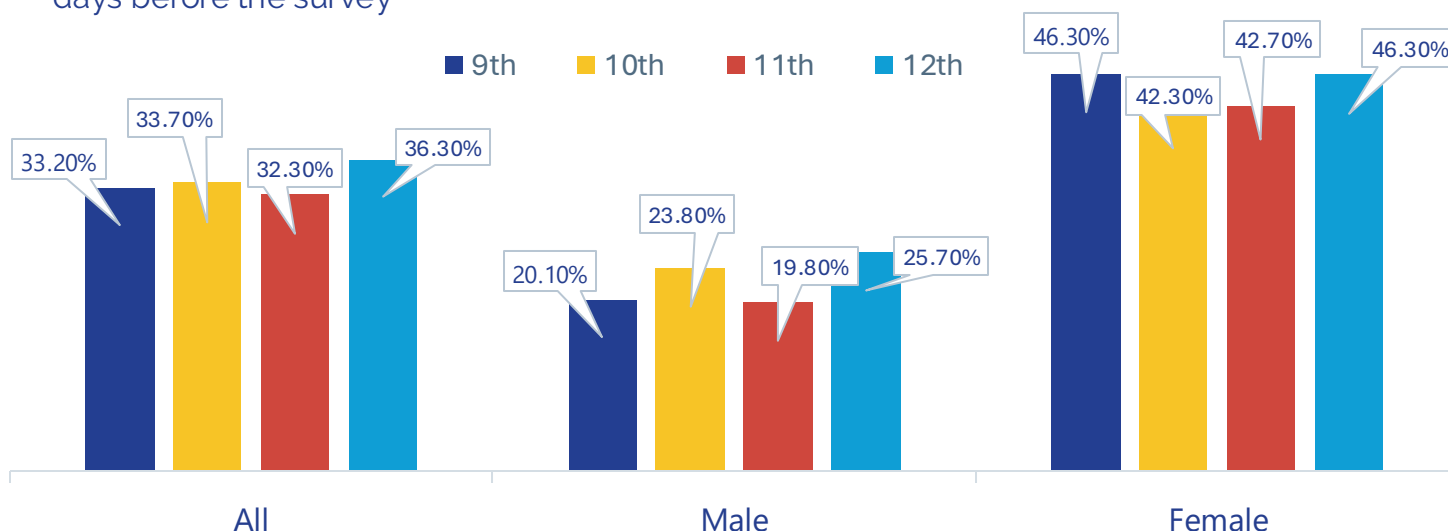
Fast Facts

- **33.7%** of students reported that their mental health was "most of the time or always" good (including depression, stress, and anxiety)*
- **47%** of students felt sad or hopeless (almost every day for 2 weeks so that they stopped doing some usual activities). **
- **25.2%** of students seriously considered attempting suicide. **
- **23.6%** of students made a plan about how they *would* attempt suicide . **
- **15.7%** of students attempted suicide. **

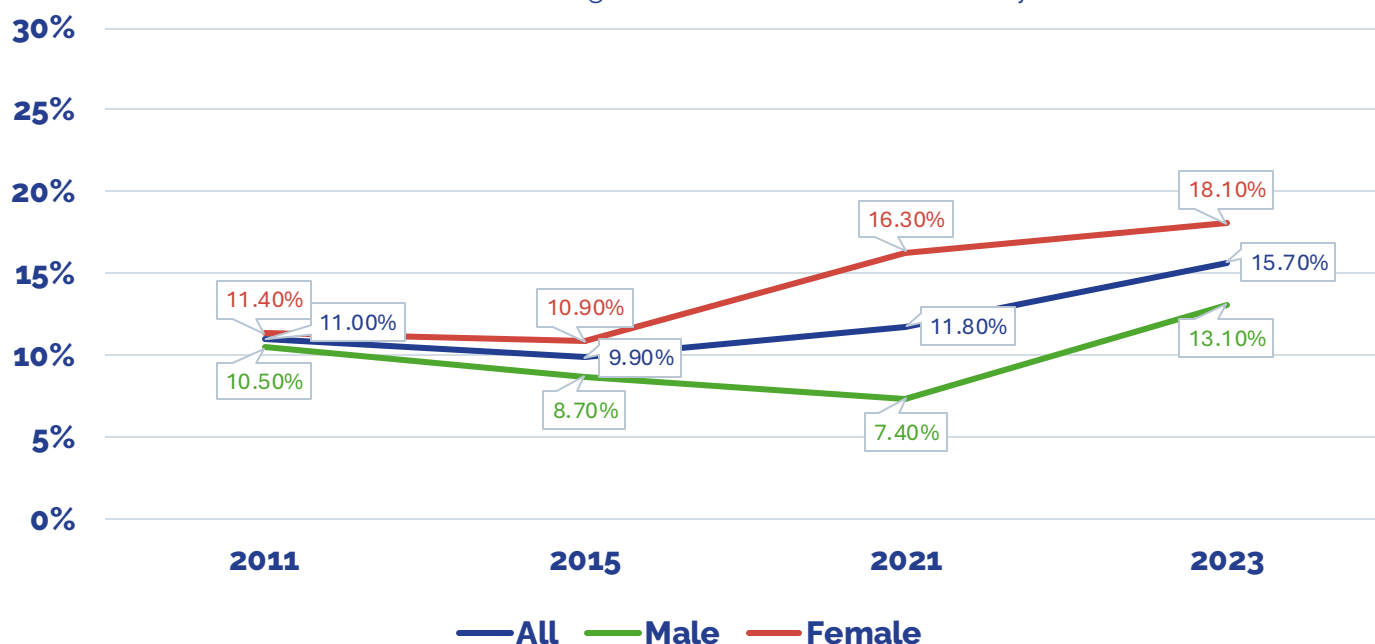
*during the 30 days before the survey

**during the 12 months before the survey

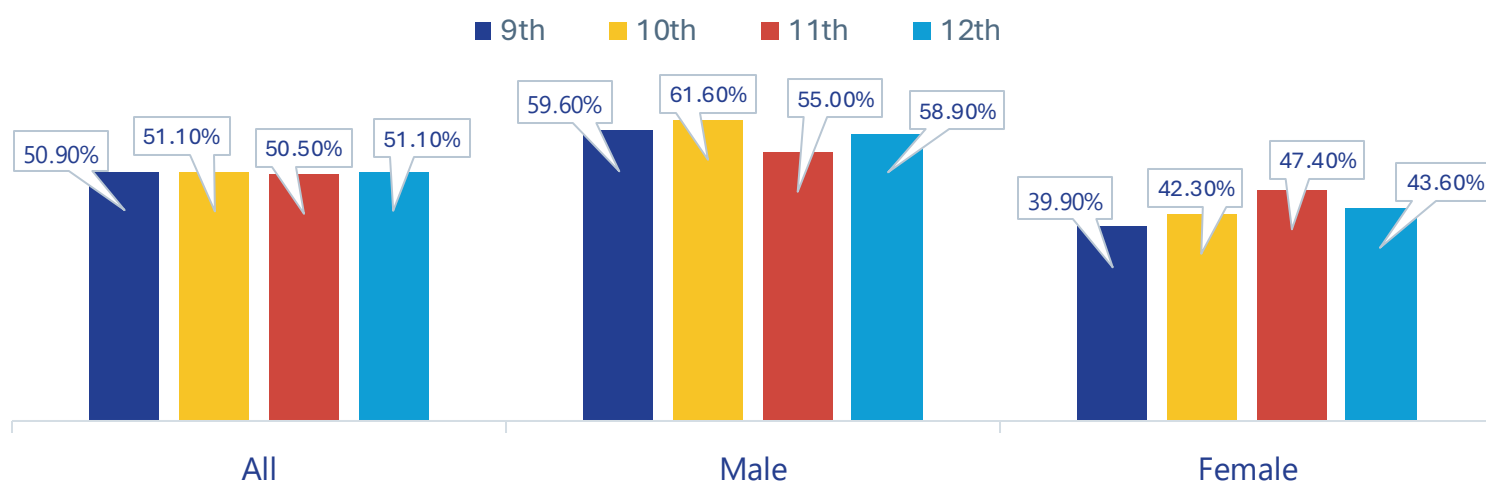
Percentage of students who indicated their mental health was "not good most of the time or always" (including stress, anxiety, and depression) during the 30 days before the survey



Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)



Percentage of students who strongly agree that they feel close to people at their school



For additional information on adolescent health:
in.gov/health/mch/data/adolescentyoung-adult-health/