

Youth Mental Health

Insights from the 2024 Oregon Student Health Survey



of Oregon teens have a **positive view of their mental/emotional health***

*Students were asked to rate their general mental & emotional health, with choices including: poor, fair, good, very good, or excellent. This figure shows the proportion of 8th and 11th graders who responded *good, very good, or excellent*.

Strong relationships

protect youth mental & emotional health.



have a safe place or person to go to if they need help.

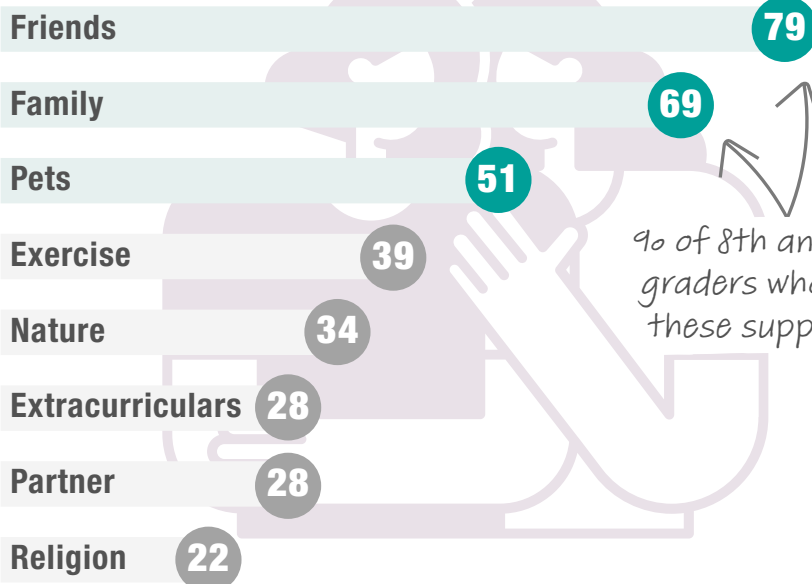


have people that encourage them to do their best.



have a teacher/adult at school who really cares about them.

Friends, family & pets are daily emotional & mental health supports for most students.



90 of 8th and 11th graders who use these supports



18% of Oregon youth have mental health needs that are not being met.

Scan here to find resources and learn about ways to provide support.



The Student Health Survey (SHS) is a comprehensive, school-based health survey of 6th, 8th and 11th graders. The SHS is administered annually online. Participation is voluntary and answers cannot be linked back to individuals.

To learn about the SHS and see the data, visit: www.healthoregon.org/SHS