

# The Youth Mental Health Crisis

**2X**

Symptoms of depression and anxiety have doubled during the pandemic, with 25% of youth experiencing depressive symptoms and 20% experiencing anxiety symptoms.



Emergency department visits for suspected suicide attempts were 51% higher for adolescent girls and 4% higher for adolescent boys compared to early 2019.

**424**  
**1**

The national average of caseloads for school counselors remains high, with 424 students per counselor for the 2019-20 school year. Professional guidelines recommend a ratio of 250 students per counselor.

**57%**

Between 2007 and 2018, suicide rates among youth ages 10-24 in the US increased by 57%



Historically, the problem has been the lack of money to hire counselors. For now, the money is there, but the professionals are not.



## What Educators Can Do

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- Create positive, safe, and affirming school environments.
- Learn how to recognize signs of changes in mental and physical health among students.
- Provide a continuum of supports to meet student mental health needs, including evidence-based prevention practices and trauma-informed mental health care.
- Expand the school-based mental health workforce.
- Support the mental health of all school personnel.
- Protect and prioritize students with higher needs and those at higher risk of mental health challenges.

## What Young People Can Do

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- Remember that mental health challenges are real, common, and treatable.
- Ask for help.
- Invest in healthy relationships.
- Find ways to serve.
- Learn and practice techniques to manage stress and other difficult emotions.
- Take care of your body and mind.
- Be a source of support for others.



# How Oasis Supports Mental Health

## Wellness Support & Content

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### Support Chat

- Early prevention, triage services, and referral support through secure 2-way messaging
- Promotes help-seeking behaviors
- Evidence-based and trauma-informed trained chat specialists

### Wellbeing Content and Tools

- Student-centered psychoeducational articles and videos
- Guided mindfulness and grounding exercises
- Customizable campus/community information and resources
- Mood logging with actionable insights
- View or submit lived experience stories

## Faculty & Staff Support

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### Faculty and Staff Toolkit

- Quick tips and templates to better support faculty, staff, and student engagement
- Fact sheets for recognizing and responding to mental and physical health changes in students
- Dynamic wellbeing content and mindfulness practices

