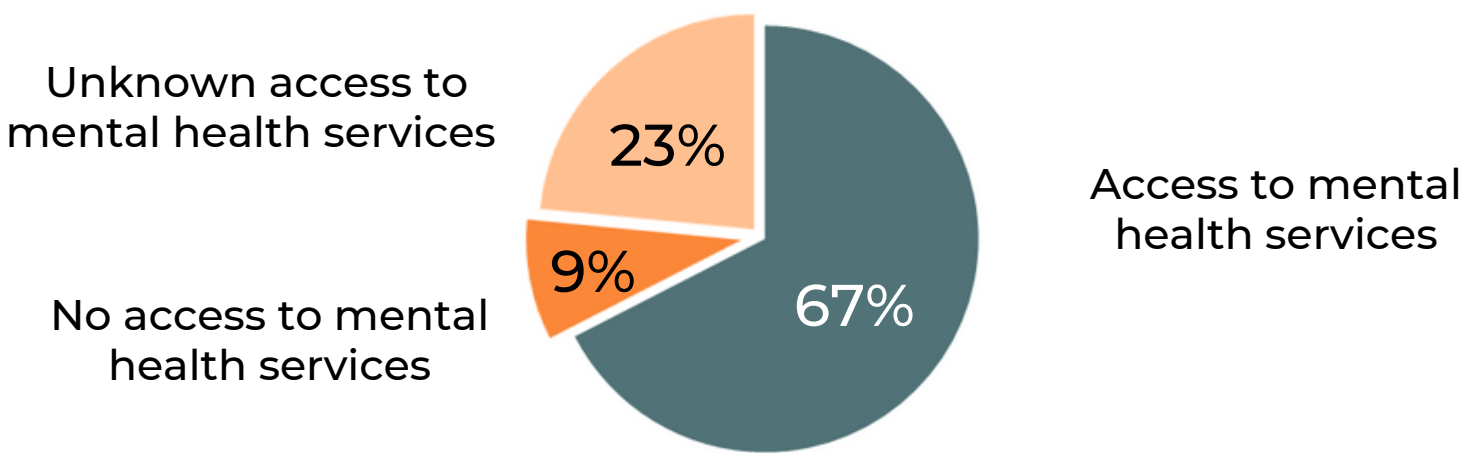


## SUPPORTING THE MENTAL HEALTH WELL-BEING OF HIGH SCHOOL STUDENTS

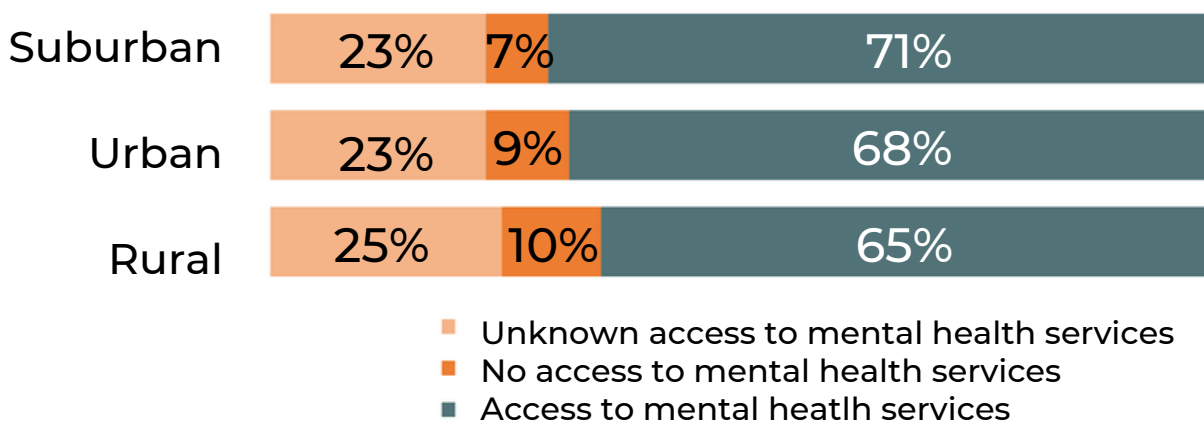


Students who have their mental health supported do better in school. We wanted to hear from students who recently took the ACT to tell us about the types of mental health supports they have access to at school. The results of this new ACT survey suggest...

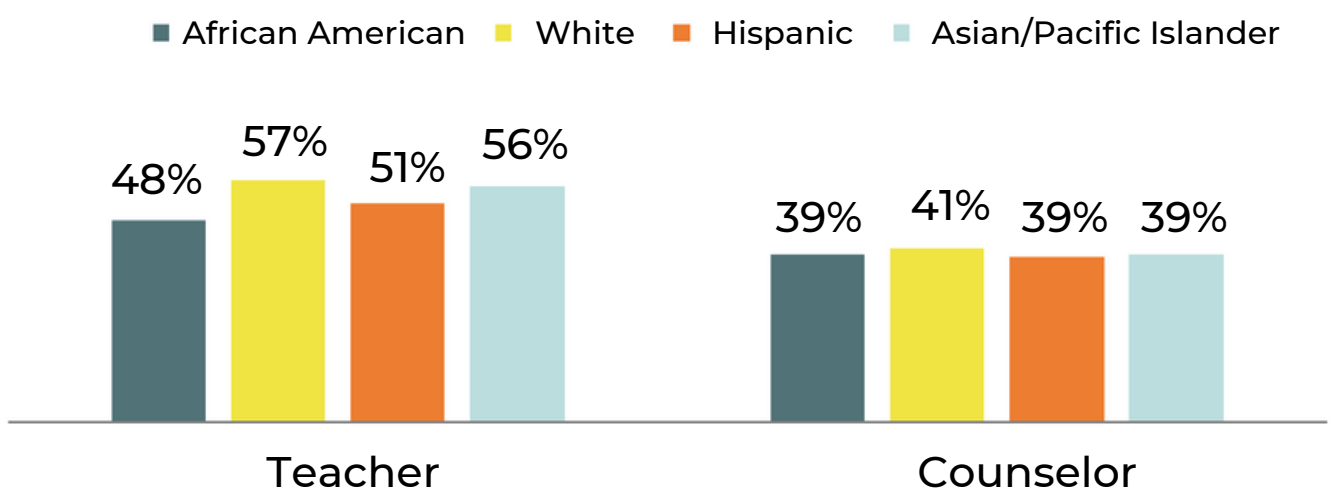
23% of students reported not knowing whether they had access to mental health services.



More suburban students than urban or rural reported having access to school-based mental health services.



Fewer African Americans reported being able to reach out to a teacher for mental health support relative to students in other racial categories.



### We recommend the following:

**1** Promote awareness of the availability of existing mental health services.

**2** Provide access to universal mental health screenings.

**3** Increase efforts to recruit and provide ongoing professional development for school counselors.

**4** Increase state and federal funding for school-based mental health supports.

**5** Provide mental health services through community partnerships.

**6** Establish competitive grant programs to evaluate program effectiveness.