

## Year 12s' mental health has declined significantly in 2021

**58%** are feeling anxious about their own mental health (up from 41% in 2020)

**41%** are feeling anxious about a friend's mental health (up from 23% in 2020)

**ONLY 41%** feel good about what's happening in their lives (down from 52% in 2020)

**ONLY 47%** think that they're dealing with their problems well (down from 52% in 2020)

**50%** feel connected to the people around them (down from 61% in 2020)

### Female students are finding it harder to cope



**71%** of females are **concerned** about their mental health



**ONLY 34%** agreed that they **feel good** about what's happening in their life (compared to 49% in 2020)

### 2021 Year 12s are doing it harder:

**78%** are struggling with staying motivated about school or are just getting by **↑8%**

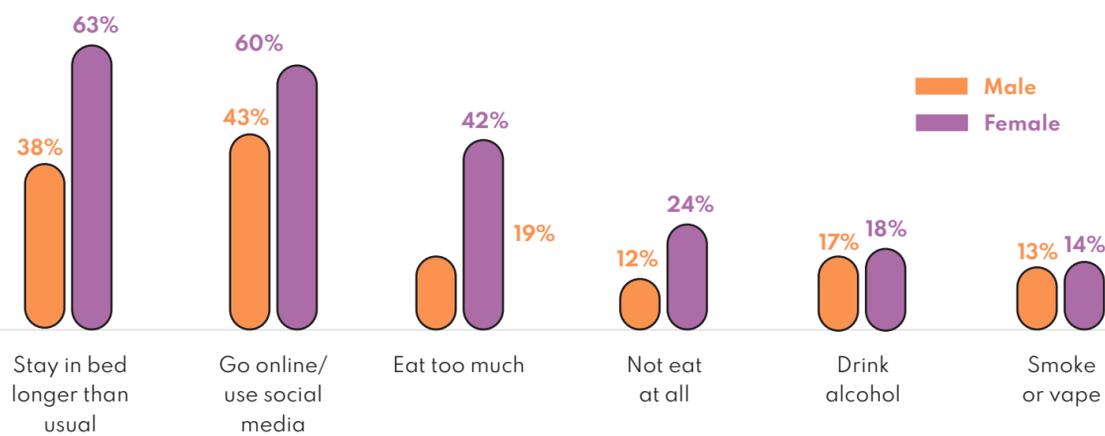
**74%** are struggling with their level of stress and anxiety or are just coping **↑8%**

**62%** aren't thinking clearly or are just getting by **↑5%**

**61%** aren't staying fit and healthy or are just coping **↑10%**

**59%** aren't feeling happy or are just getting by **↑4%**

### The ways they're coping with stress and anxiety



### How Year 12s are feeling – in their own words



### Reaching out for support

The number of school leavers seeking professional support services (such as Headspace) when anxious or stressed has doubled (since 2020).

**37%**

of Year 12s wouldn't be comfortable accessing support services for themselves (up 7% from 2020)

**51%**

feel comfortable suggesting to a friend that they call a support service such as Kids Helpline or Headspace

**8%**

of school leavers have accessed support services

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I have felt absolutely horrible this whole year as well as Year 11. The whole covid situation has made me feel extremely alone and depressed. I feel so unmotivated to do any work and now I'm stressing so much about uni and if my ATAR will be ok.

Sydney

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I'm exhausted. These endless lockdowns have taken a toll on me and my studies. I just want everyone to get vaccinated. I'm out of this nightmare quickly. My year 11 and 12 was ruined because of COVID.

Regional Victoria

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Anxious. Nothing we are told about leaving school makes any sense - if you don't do well you will be a failure at life. Everyone is stressed and friendships are getting harder.

Regional NSW

A nationally representative study of 508 Year 12 students across Australia was conducted in September 2021 to understand the ongoing impact of COVID-19 disruptions, it is a repeat of the same survey undertaken in October 2020 of 519 students. The survey was developed by **89 Degrees East** on behalf of **DrinkWise**.

Find messages of support for year 12s at:

[youtgotthis.org.au](http://youtgotthis.org.au)