



The Jason Foundation, Inc.

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FOR IMMEDIATE RELEASE

The Jason Foundation Highlights 2025 National Youth Risk Behavior Survey Findings

HENDERSONVILLE, Tenn., September 23, 2026 — The release of the [2025 National Youth Risk Behavior Survey](#) (YRBS) provides important insight into the mental health and suicide-related experiences of high school students across the United States. While the latest data show improvement in several key indicators, the findings reinforce the continued need for youth suicide awareness, prevention, and early intervention.

According to the 2025 YRBS, approximately 1 in 3 high school students (33.3%) experienced persistent feelings of sadness or hopelessness during the past year. Additionally, 14.5% seriously considered attempting suicide, 12.5% made a suicide plan, and 6.4% reported attempting suicide.

The data also offer encouraging signs. From 2023 to 2025, five of the six measured indicators of poor mental health and suicide risk showed statistically significant improvement, including persistent sadness or hopelessness, poor mental health, seriously considering suicide, making a suicide plan, and attempting suicide.

However, the 10-year data demonstrate that continued prevention efforts remain important. From 2015 to 2025, persistent feelings of sadness or hopelessness increased, while several other indicators showed no statistically significant change.

The survey also found that female students were more likely than male students to experience all six measured indicators of mental health and suicide risk. Ninth-grade students were more likely than 12th-grade students to make a suicide plan and more likely than 11th- and 12th-grade students to report attempting suicide.

“The latest data show us that progress is possible, but there is still work to do,” said Brett Marciel, Chief Communications Officer at The Jason Foundation. “Prevention begins with awareness. When students, parents, educators, and other caring adults know the warning signs and how to respond, they are better equipped to connect a young person with appropriate support.”

The Jason Foundation, Inc. (JFI) is dedicated to the awareness and prevention of youth and young adult suicide. Through educational programs, resources, and training provided at no cost, JFI empowers students, parents, educators, and communities to recognize warning signs and take appropriate action.

For more information about The Jason Foundation and its suicide prevention resources, visit jasonfoundation.com.