

Teen Mental Health in Southern California: The Numbers

National, California and Los Angeles County figures on teen sadness, suicide risk, anxiety, depression, vaping and sleep, with the year and source for each.

KEY FINDINGS

33%

One in three U.S. high school students (33%) felt persistently sad or hopeless in 2025, down from 40% in 2023.

CDC Youth Risk Behavior Survey, 2025

43%

Girls were far more affected than boys in 2025: 43% of high school girls and 24% of boys reported persistent sadness or hopelessness.

CDC Youth Risk Behavior Survey, 2025

14%

14% of U.S. high school students seriously considered attempting suicide in 2025, down from 20% in 2023.

CDC Youth Risk Behavior Survey, 2025

17.7%

An annual average of 17.7% of U.S. teens ages 12 to 17 had a major depressive episode in the past year.

SAMHSA NSDUH, 2022 to 2024

42%

42% of California 11th graders reported chronic sad or hopeless feelings, up from 32% in 2015 to 2017.

California Healthy Kids Survey, 2019 to 2021

7.6%

Parents reported that 7.6% of Los Angeles County teens ages 12 to 17, about 57,000, felt sad or depressed daily or weekly.

LA County Health Survey, 2023

23%

Only 23% of U.S. high school students got 8 or more hours of sleep on an average school night.

CDC Youth Risk Behavior Survey, 2023

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<https://blackburnclinical.com/teen-mental-health-southern-california-statistics/>

SOURCES

CDC Youth Risk Behavior Survey 2025 (Youth Health in Focus, September 2026) and 2023 (MMWR Supplement); SAMHSA NSDUH 2022 to 2024 adolescent report; California Healthy Kids Survey, 18th Biennial State key findings; LA County Department of Public Health, 2023 LA County Health Survey; FDA and CDC, National Youth Tobacco Survey 2025. Full method, tables and links: <https://blackburnclinical.com/teen-mental-health-southern-california-statistics/>