

Why American Teens Are So Sad

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The United States is experiencing an extreme teenage mental-health crisis. From 2009 to 2021, the share of American high-school students who say they feel “persistent feelings of sadness or hopelessness” rose from 26 percent to 44 percent, according to a new CDC study. This is the highest level of teenage sadness ever recorded.

The government [survey](#) of almost 8,000 high-school students, which was conducted in the first six months of 2021, found a great deal of variation in mental health among different groups. More than one in four girls reported that they had seriously contemplated attempting suicide during the pandemic, which was twice the rate of boys. Nearly half of LGBTQ teens said they had contemplated suicide during the pandemic, compared with 14 percent of their heterosexual peers. Sadness among white teens seems to be rising faster than among other groups.

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