

What Are High School Students Saying About Their Mental Health?

1 in 2

feel very stressed most of the time

2 in 5

feel sad and hopeless almost every day



1 in 5

did something to purposely hurt themselves

1 in 3

reported having poor mental health

15%

considered attempting suicide

8%

actually attempted suicide



TURN TO LEARN MORE



Based on results from 2021 Cuyahoga County High School Youth Risk Behavior Survey conducted by the Prevention Research Center for Healthy Neighborhoods at Case Western Reserve University

For more information, visit <http://prchn.org/ccyrbs-hs/>

Support Can Help

Students that had a supportive adult to talk to were..

 **2 TIMES LESS LIKELY** to report having poor mental health
3 TIMES LESS LIKELY to attempt suicide

Youth who talk to their parents about school nearly every day were less likely to have depressive symptoms

Youth who get help when having depressive symptoms were less likely to harm themselves or consider suicide



Youth living with an adult that meets their basic needs are less likely to consider attempting suicide



SCAN QR CODE TO TAKE THE SURVEY



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