

THE INTERSECTION OF YOUTH MENTAL HEALTH AND SUBSTANCE USE

Some Carroll County NH high school students participating in the 2019 Youth Risk Behavior Survey **REPORTED STRUGGLES WITH MENTAL HEALTH AND WELL-BEING.**



MORE THAN 1/3
REPORTED SIGNS OF DEPRESSION IN THE PREVIOUS YEAR.

36.4% reported feeling so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.



1 IN 6
REPORTED ENGAGING IN INTENTIONAL SELF HARM IN THE PREVIOUS YEAR.

15.7% reporting doing something to purposely hurt themselves without wanting to die, one or more times.



1 IN 5
REPORTED CONSIDERING SUICIDE IN THE PREVIOUS YEAR.

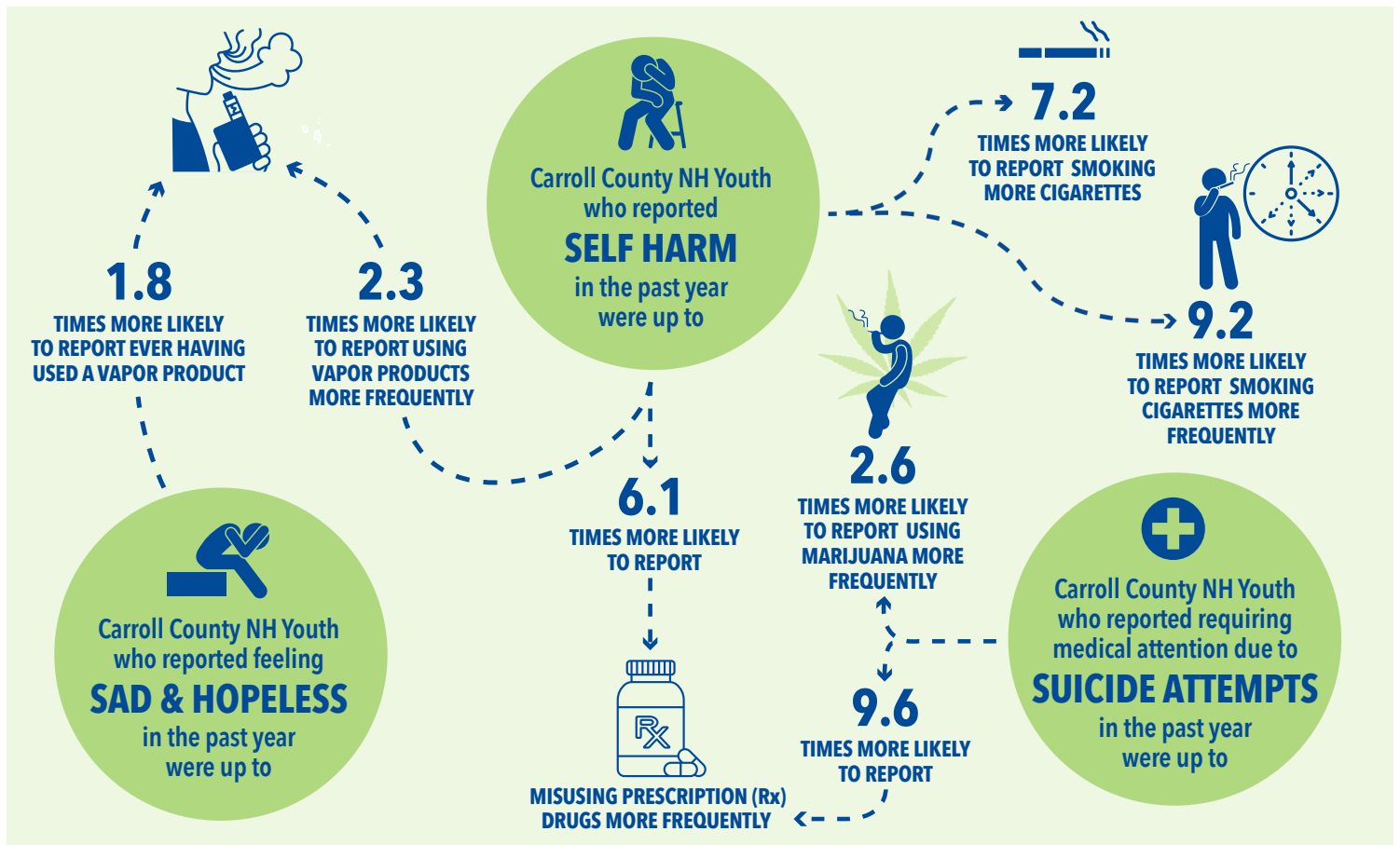
15.3% reported making a plan about how they would attempt suicide.

6.5% reported having attempted suicide at least once.

Of those who attempted suicide, 18.4% reported requiring medical attention.

MENTAL HEALTH CHALLENGES

are related to **ALCOHOL AND/OR OTHER DRUG USE** for many Carroll County NH youth.



CARROLL COUNTY COALITION
FOR PUBLIC HEALTH

For more information visit, www.c3ph.or

Here's how **YOU** can help Carroll County NH youth thrive:



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Talk with young people about their mental health – normalize conversations about mental wellness.

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Encourage young people to seek help when needed – it is okay to ask for help.



Help create welcoming environments that embrace diversity and inclusion.

Learn and share about mental health and substance use resources for young people in your community.



Advocate for resources and programs in your community that support youth mental wellness.

ADDITIONAL RESOURCES

National Alliance on Mental Health NH Info and Resources - Click [HERE](#)

Northern Human Services Mental Health Center - Click [HERE](#)

I Care NH Mental Health and Wellness Initiative - Click [HERE](#)

2•1•1 NH - Get Connected. Get Help. Available 24 hrs/day - Click [HERE](#)

UNH Cooperative Extension Youth and Family Resiliency - Click [HERE](#)

Building Resilience MWV - Facebook Community - Click [HERE](#)

National Suicide Prevention Lifeline: **1-800-272-TALK (8255)** for self, family, or friends in need

