

## Issaquah School District Mental Health and Well-being



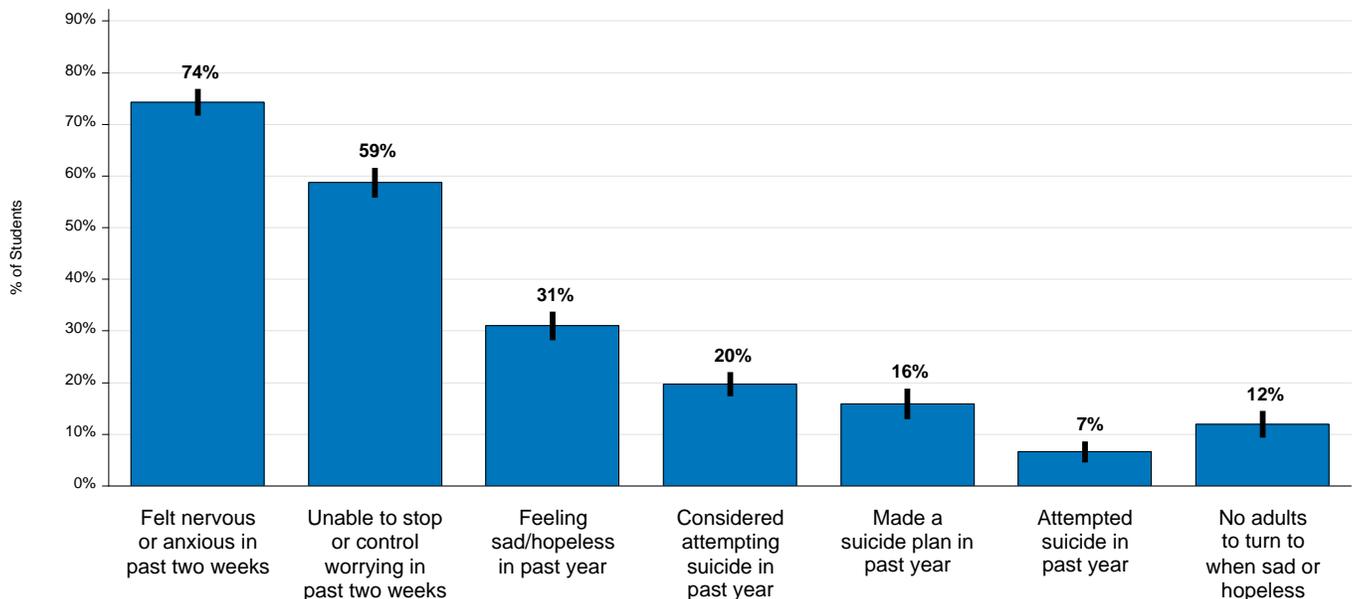
Year: 2021    Grade: 10    Sex: All    Number of Students Surveyed: 1,227

### Background

- Suicide is the second leading cause of death for Washington teens 15-19 years old.
- Most youth suicides occur at home.
- Depression is a common yet treatable condition and many people with depression need treatment to get better. Depression can

include feelings of sadness, helplessness, and hopelessness that linger over time. Depression can occur along with substance use and thoughts of suicide. (Teen Depression, National Institute of Mental Health [www.nimh.nih.gov](http://www.nimh.nih.gov))

### Mental Health Indicators, Grade 10, 2021



*In 2021, 31% of 10th graders in our school district felt so sad or hopeless for two weeks or more that they stopped doing their usual activities*

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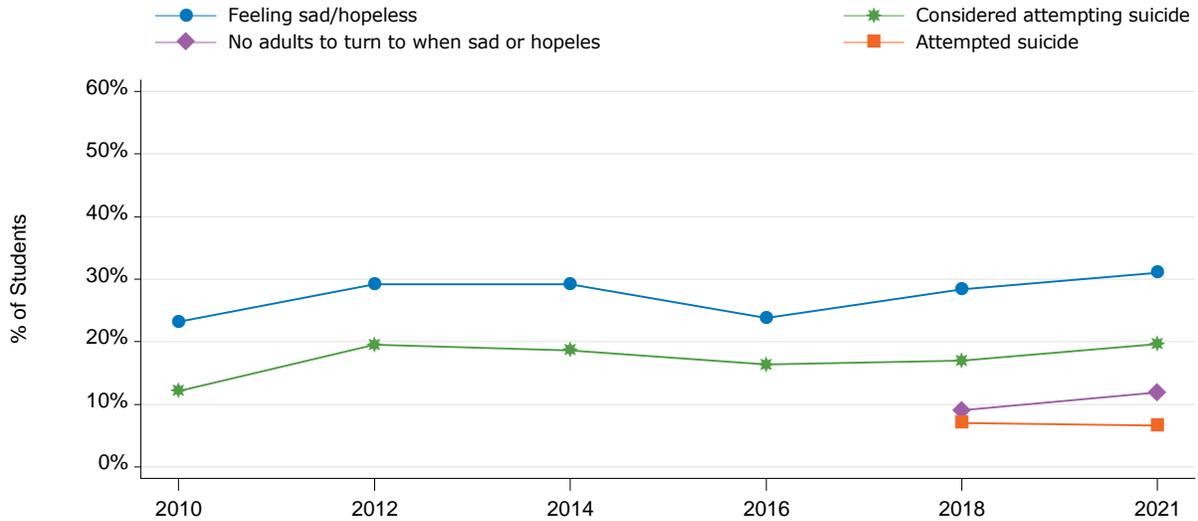
S = result suppressed due to insufficient reporting from students of schools;  
 N/G = grade not available; N/S = question was not surveyed this year;  
 N/A = question was not asked of this grade;

prevalence is displayed with 95% confidence intervals (as± or black bar | )  
 \*indicates a significant change from the previous year, <0.05

results generated at [www.askhys.net](http://www.askhys.net) on 03/15/2022

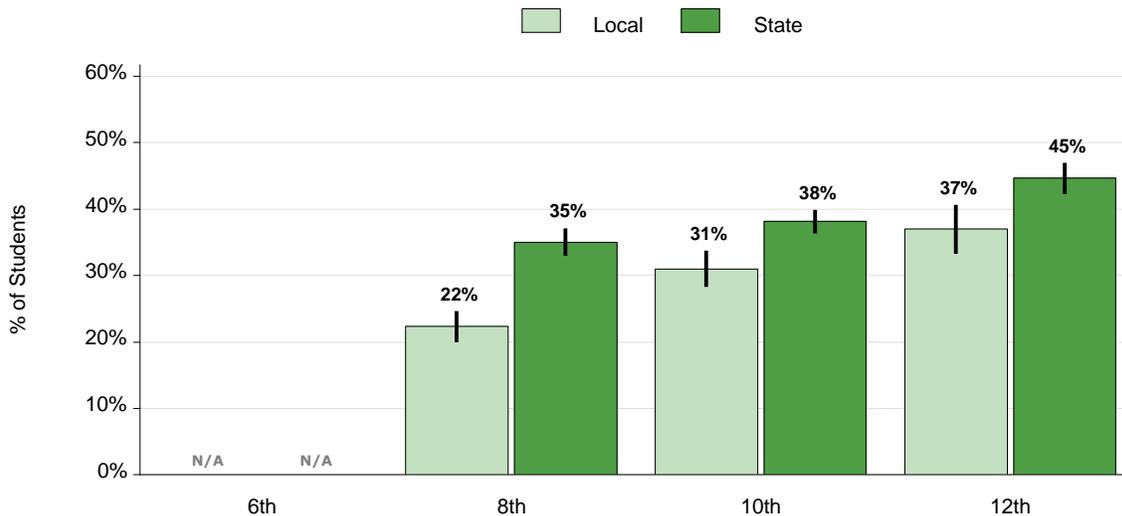


**Feeling sad/hopeless and suicide 2010-2021, Grade 10**



Prevalence	2010	2012	2014	2016	2018	2021
Feeling sad/hopeless	23% ±3	29% ±3*	29% ±3	24% ±3*	28% ±2*	31% ±3
Considered attempting suicide	12% ±2	20% ±2*	19% ±2	16% ±2	17% ±2	20% ±2
No adults to turn to when sad or hopeless	N/S	N/S	N/S	N/S	9% ±2	12% ±3
Attempted suicide	N/S	N/S	N/S	N/S	7% ±2	7% ±2

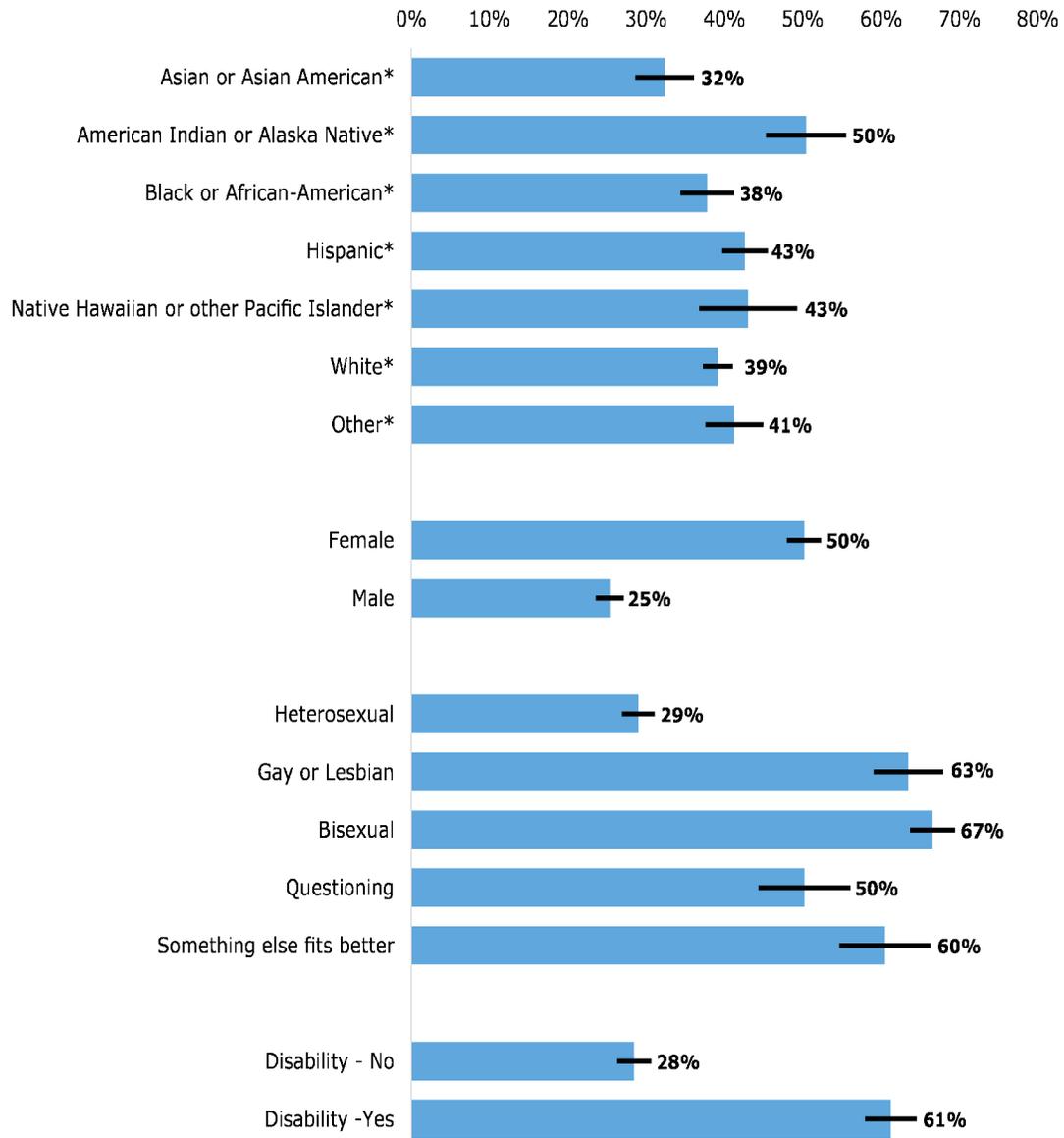
**Feeling sad/hopeless (statewide vs. local) by grade, 2021**



Prevalence	6th	8th	10th	12th
Local	N/A	22% ±2*	31% ±3*	37% ±4*
State	N/A	35% ±2	38% ±2	45% ±2



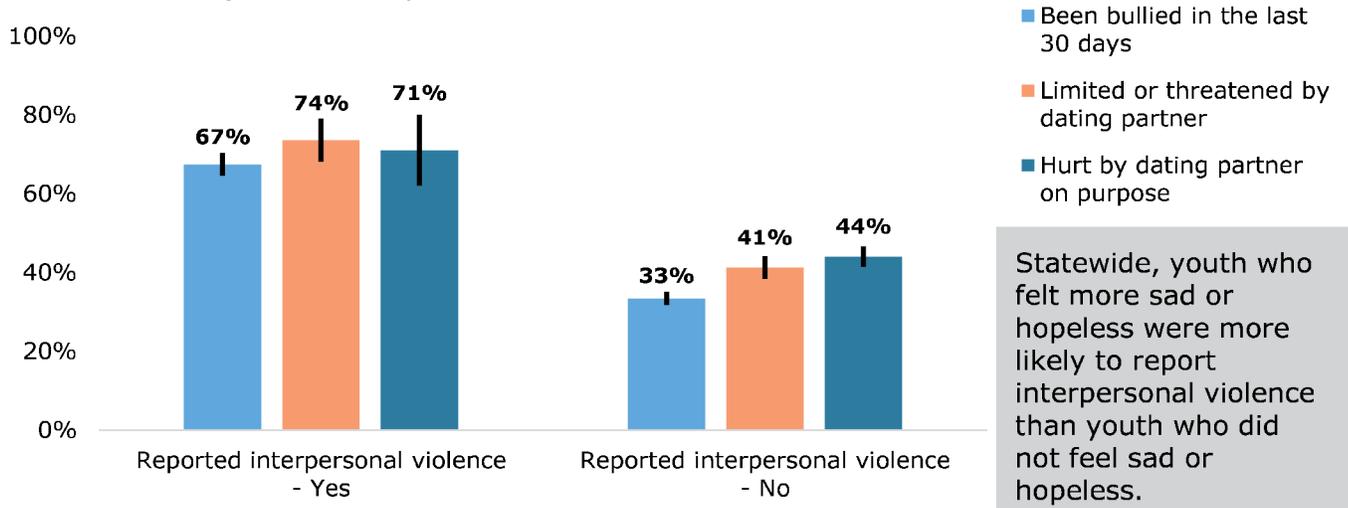
**Statewide relationship between feeling sad/hopeless and demographics, Grade 10**



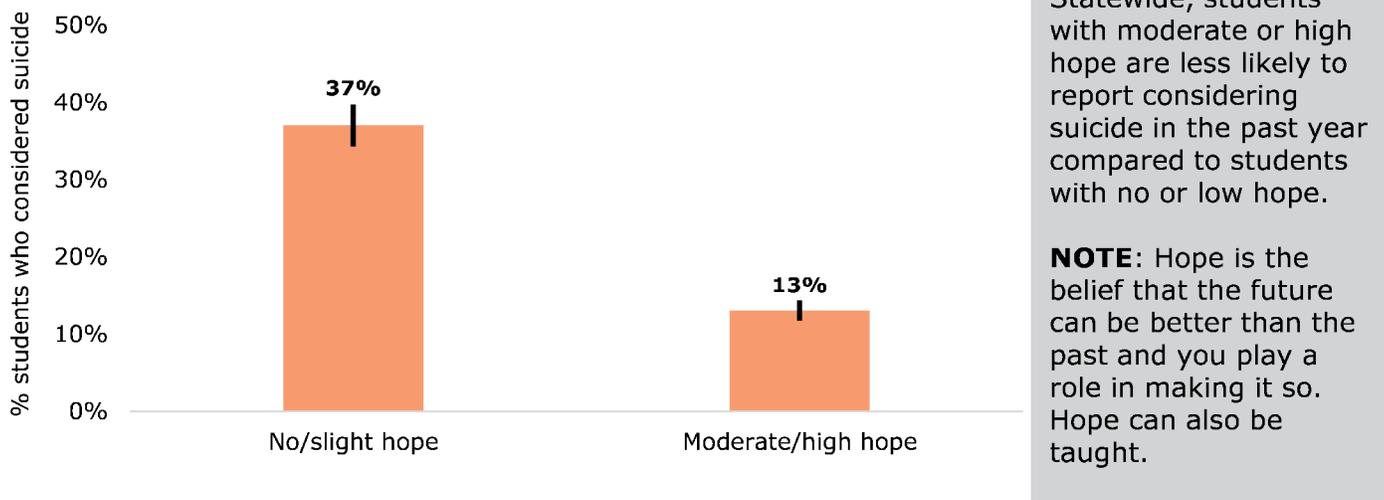
\*Alone or in combination with other race/ethnicities.



**Statewide relationship between feeling sad/hopeless and interpersonal violence, Grade 10, 2021**



**Statewide relationship between considering suicide and Hope Scale, Grade 10, 2021**



**FOR MORE INFORMATION**

- Visit the Washington State Youth Suicide Prevention Program Website: [www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention](http://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention).
- For support, call the National Suicide Prevention Lifeline 1-800-273-TALK (8255). Services are free, confidential and available 24 hours a day. [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org).
- The OSPI suicide prevention page: [www.k12.wa.us/safetycenter/YouthSuicide/SuicidePrevention.aspx](http://www.k12.wa.us/safetycenter/YouthSuicide/SuicidePrevention.aspx)
- For support, text "HOME" to 741741 to connect with a crisis counselor. Services are free, confidential and available 24 hours a day.
- For resources for parents and caregivers in WA, visit [www.wccsupport.org/resources](http://www.wccsupport.org/resources)

## Issaquah School District Mental Health and Well-being



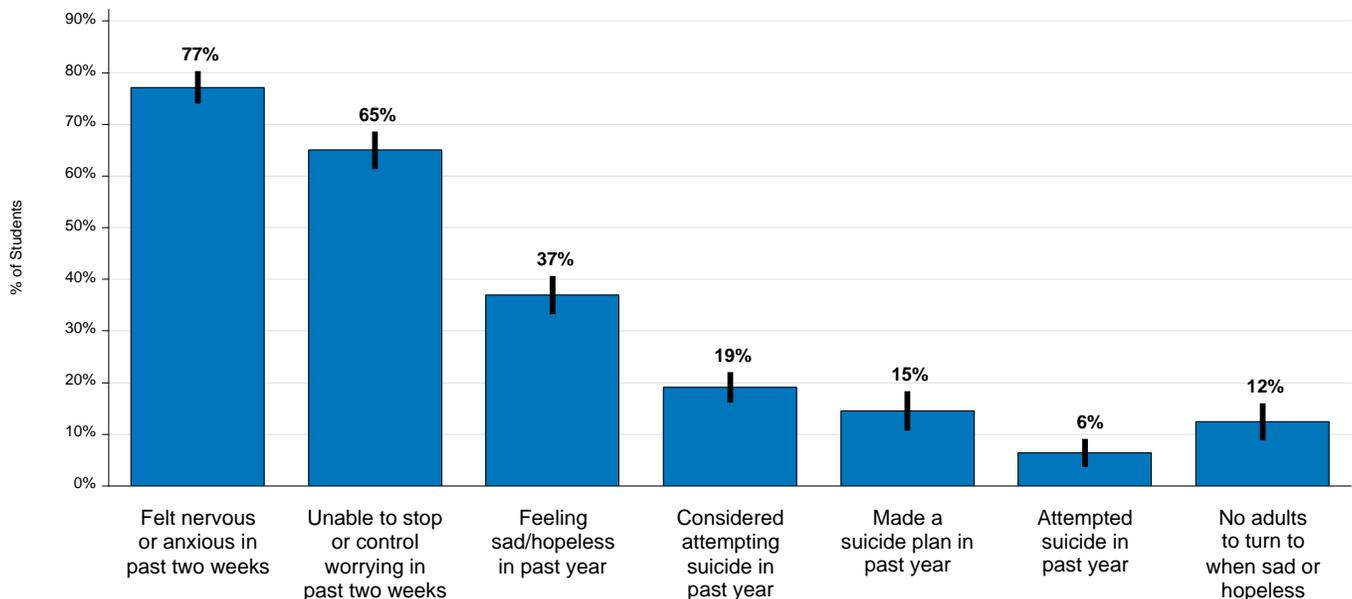
Year: 2021    Grade: 12    Sex: All    Number of Students Surveyed: 752

### Background

- Suicide is the second leading cause of death for Washington teens 15-19 years old.
- Most youth suicides occur at home.
- Depression is a common yet treatable condition and many people with depression need treatment to get better. Depression can

include feelings of sadness, helplessness, and hopelessness that linger over time. Depression can occur along with substance use and thoughts of suicide. (Teen Depression, National Institute of Mental Health [www.nimh.nih.gov](http://www.nimh.nih.gov))

### Mental Health Indicators, Grade 12, 2021



*In 2021, 37% of 12th graders in our school district felt so sad or hopeless for two weeks or more that they stopped doing their usual activities*

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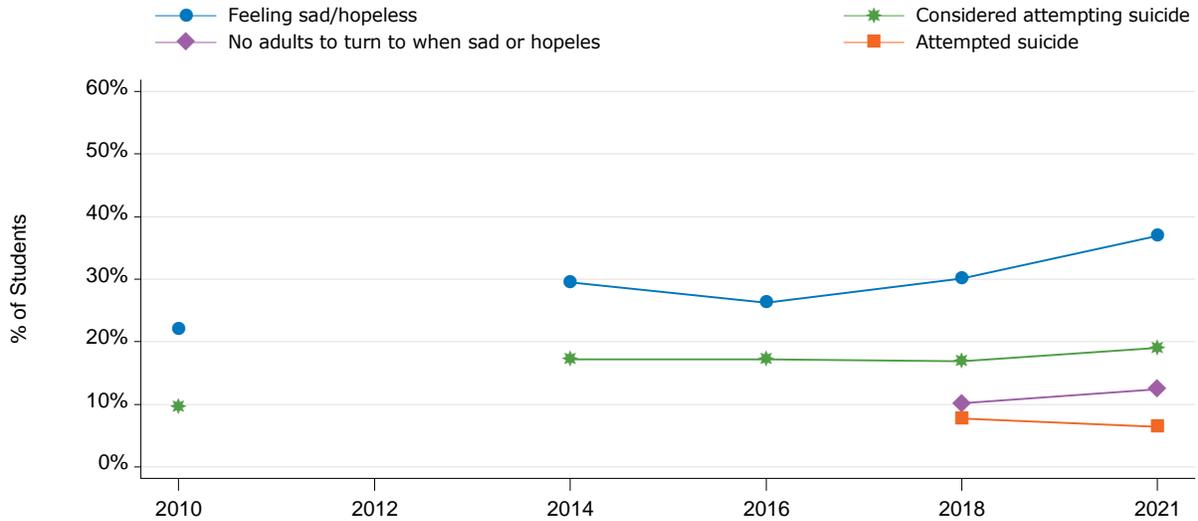
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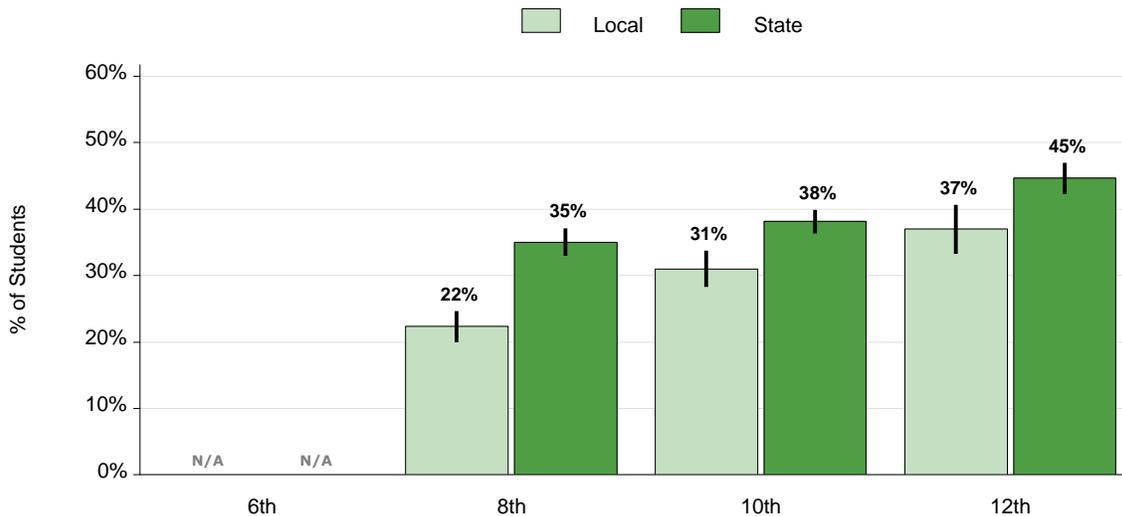


**Feeling sad/hopeless and suicide 2010-2021, Grade 12**



Prevalence	2010	2012	2014	2016	2018	2021
Feeling sad/hopeless	22% ±3	S	30% ±3	26% ±4	30% ±4	37% ±4*
Considered attempting suicide	10% ±2	S	17% ±3	17% ±3	17% ±3	19% ±3
No adults to turn to when sad or hopeless	N/A	N/A	N/A	N/A	10% ±3	12% ±4
Attempted suicide	N/A	N/A	N/A	N/A	8% ±3	6% ±3

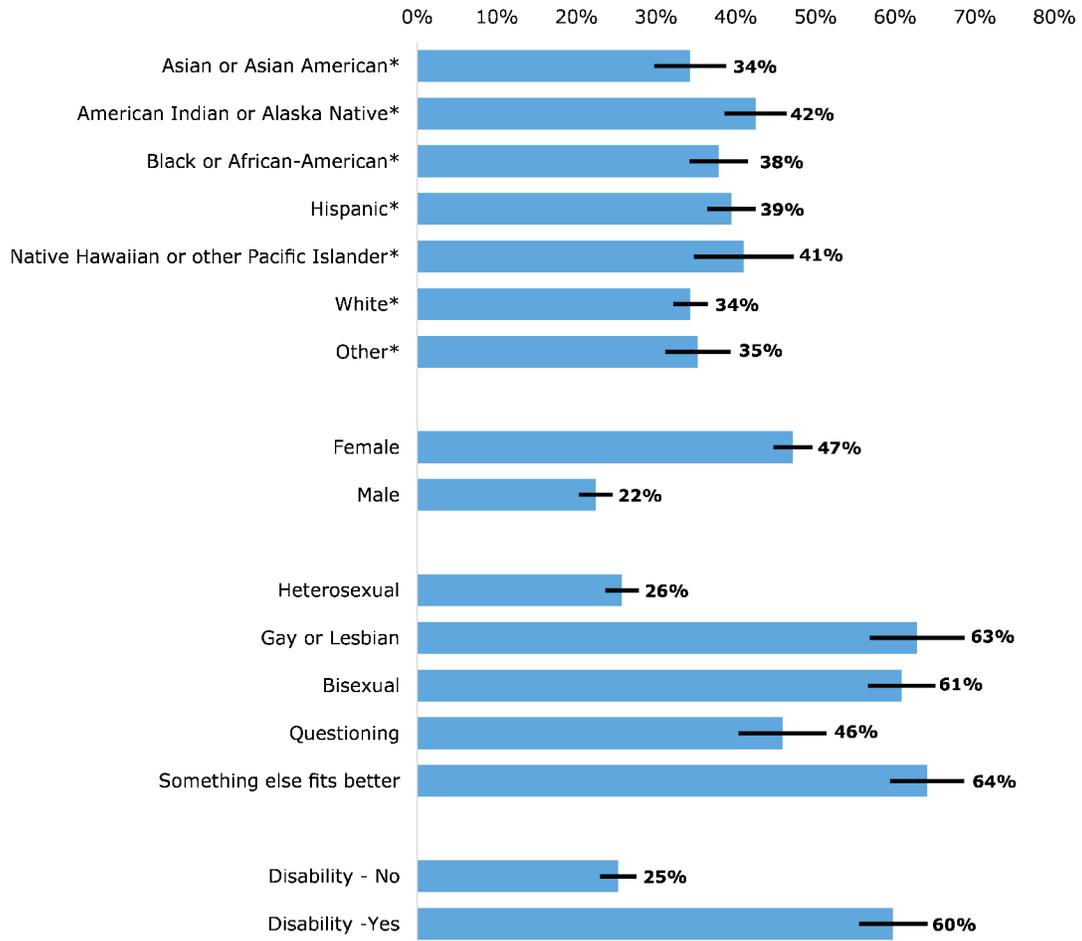
**Feeling sad/hopeless (statewide vs. local) by grade, 2021**



Prevalence	6th	8th	10th	12th
Local	N/A	22% ±2*	31% ±3*	37% ±4*
State	N/A	35% ±2	38% ±2	45% ±2



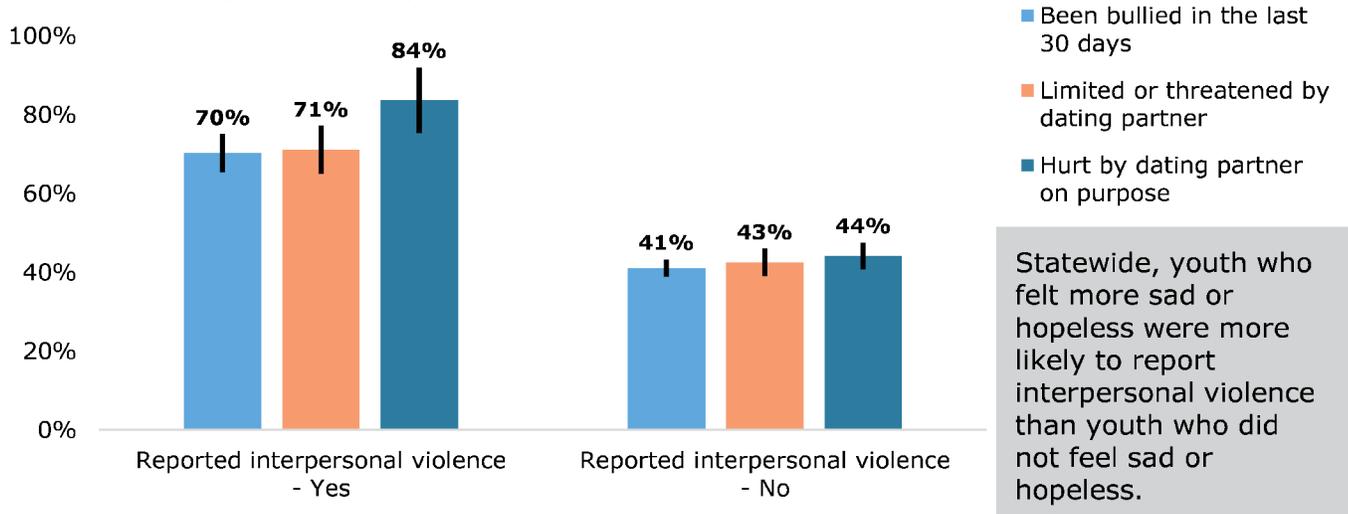
**Statewide relationship between feeling sad/hopeless and demographics, Grade 12**



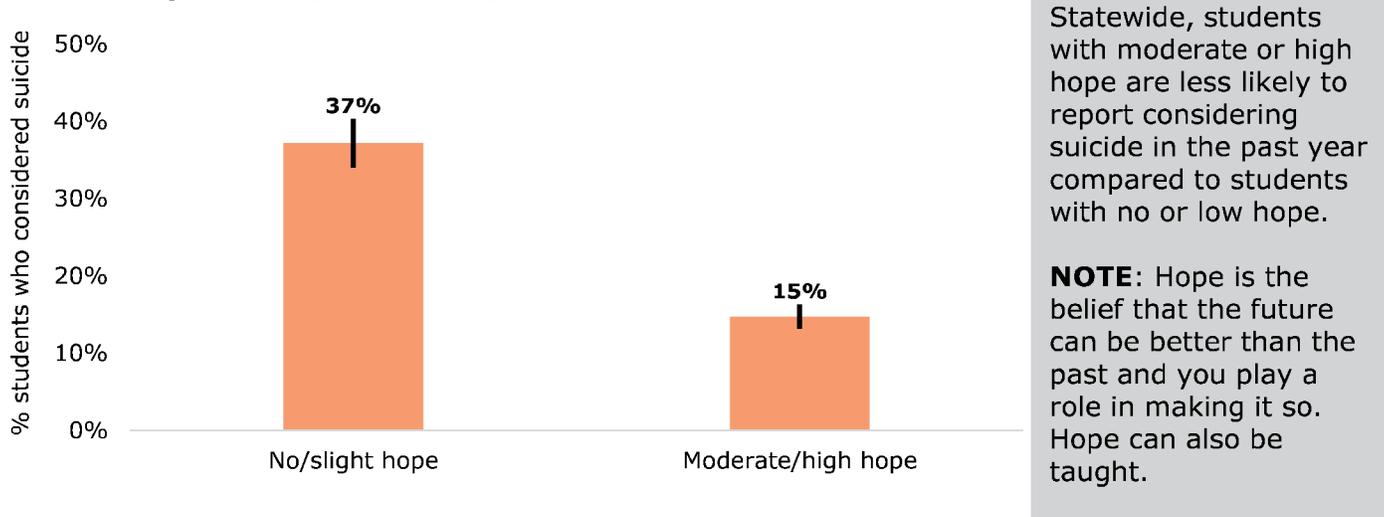
\*Alone or in combination with other race/ethnicities.



**Statewide relationship between feeling sad/hopeless and interpersonal violence, Grade 12, 2021**



**Statewide relationship between considering suicide and Hope Scale, Grade 12, 2021**



**FOR MORE INFORMATION**

- Visit the Washington State Youth Suicide Prevention Program Website: [www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention](http://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention).
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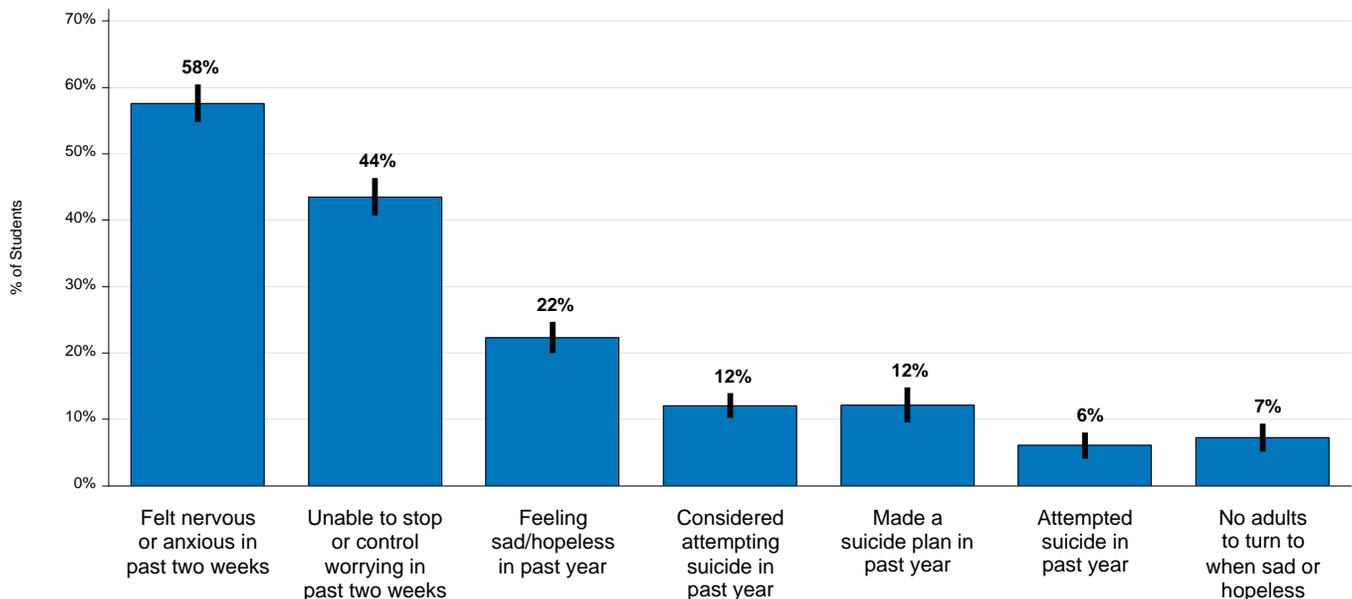
Year: 2021    Grade: 8    Sex: All    Number of Students Surveyed: 1,295

### Background

- Suicide is the second leading cause of death for Washington teens 15-19 years old.
- Most youth suicides occur at home.
- Depression is a common yet treatable condition and many people with depression need treatment to get better. Depression can

include feelings of sadness, helplessness, and hopelessness that linger over time. Depression can occur along with substance use and thoughts of suicide. (Teen Depression, National Institute of Mental Health [www.nimh.nih.gov](http://www.nimh.nih.gov))

### Mental Health Indicators, Grade 8, 2021



*In 2021, 22% of 8th graders in our school district felt so sad or hopeless for two weeks or more that they stopped doing their usual activities*

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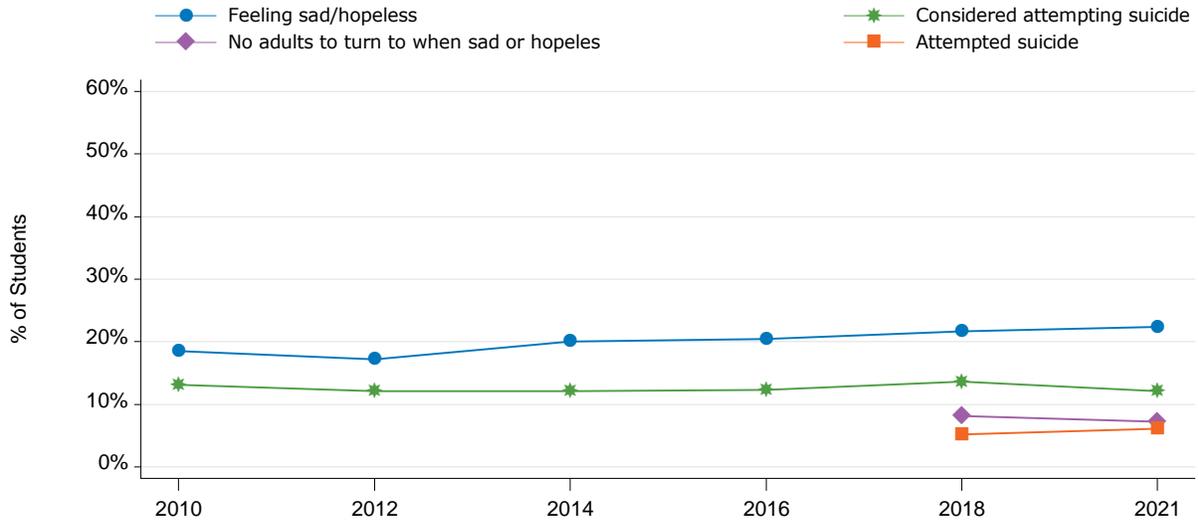
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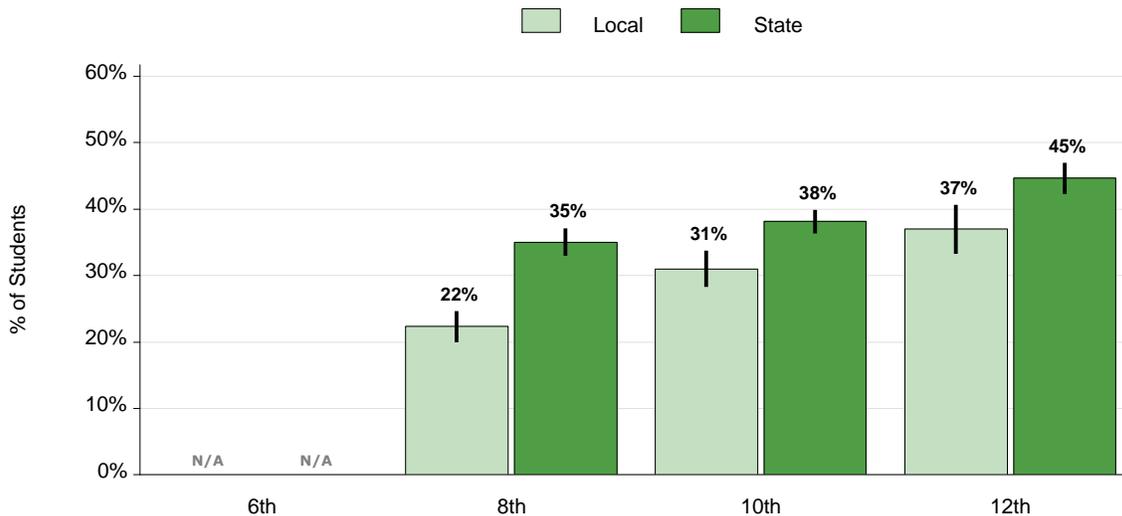


**Feeling sad/hopeless and suicide 2010-2021, Grade 8**



Prevalence	2010	2012	2014	2016	2018	2021
Feeling sad/hopeless	19% ±2	17% ±2	20% ±2	20% ±2	22% ±2	22% ±2
Considered attempting suicide	13% ±2	12% ±2	12% ±2	12% ±2	14% ±2	12% ±2
No adults to turn to when sad or hopeless	N/S	N/S	N/S	N/S	8% ±2	7% ±2
Attempted suicide	N/S	N/S	N/S	N/S	5% ±2	6% ±2

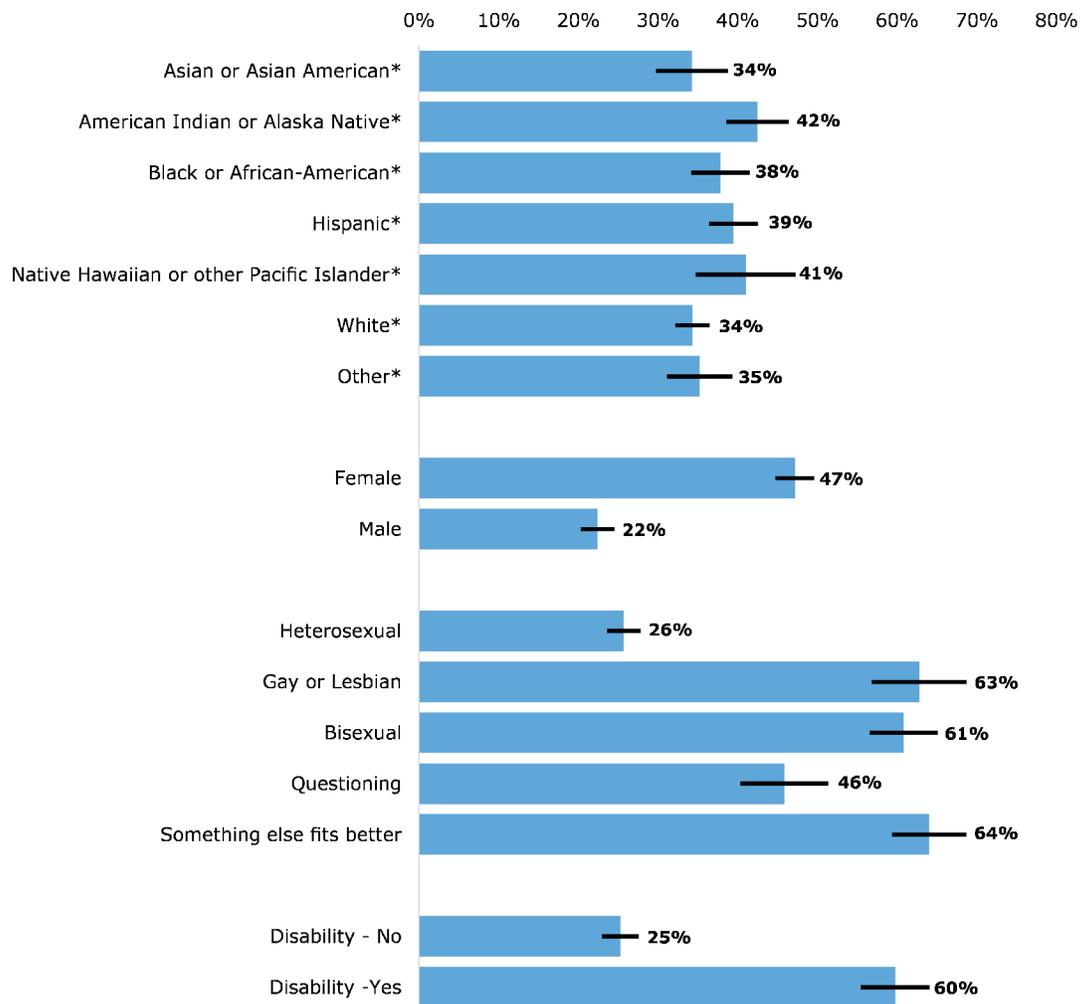
**Feeling sad/hopeless (statewide vs. local) by grade, 2021**



Prevalence	6th	8th	10th	12th
Local	N/A	22% ±2*	31% ±3*	37% ±4*
State	N/A	35% ±2	38% ±2	45% ±2



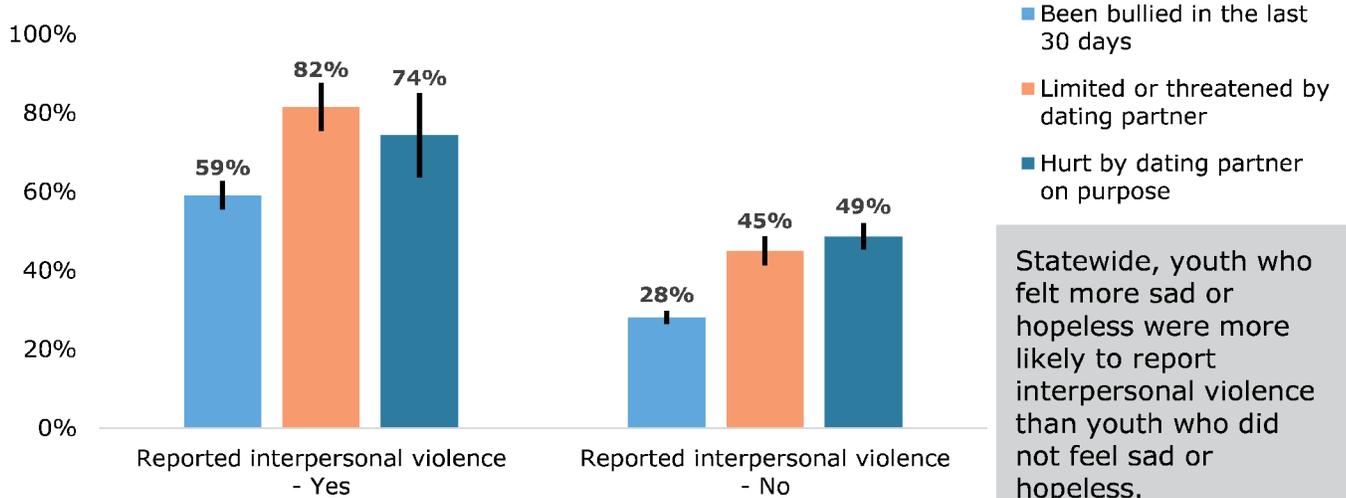
**Statewide relationship between feeling sad/hopeless and demographics, Grade 8, 2021**



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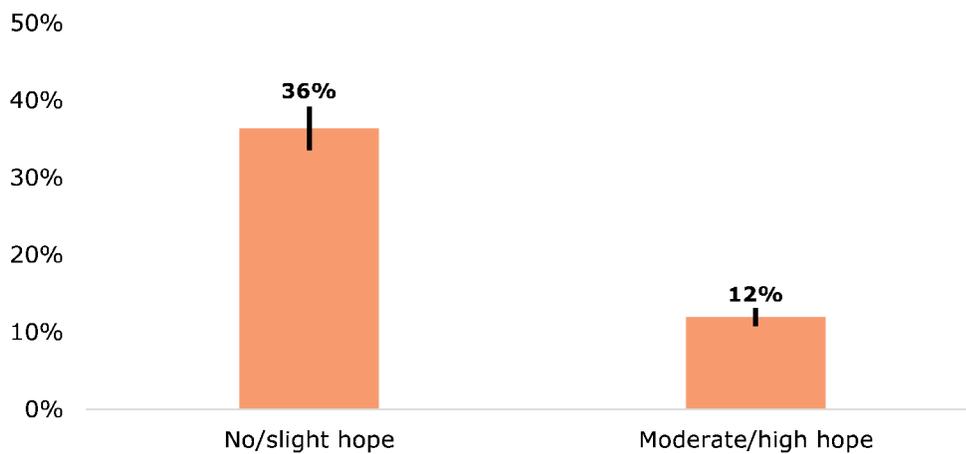


**Statewide relationship between feeling sad/hopeless and interpersonal violence, Grade 8, 2021**



Statewide, youth who felt more sad or hopeless were more likely to report interpersonal violence than youth who did not feel sad or hopeless.

**Statewide relationship between considering suicide and Hope Scale, Grade 8, 2021**



Statewide, students with moderate or high hope are less likely to report considering suicide in the past year compared to students with no or low hope.

**NOTE:** Hope is the belief that the future can be better than the past and you play a role in making it so. Hope can also be taught.

**FOR MORE INFORMATION**

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