

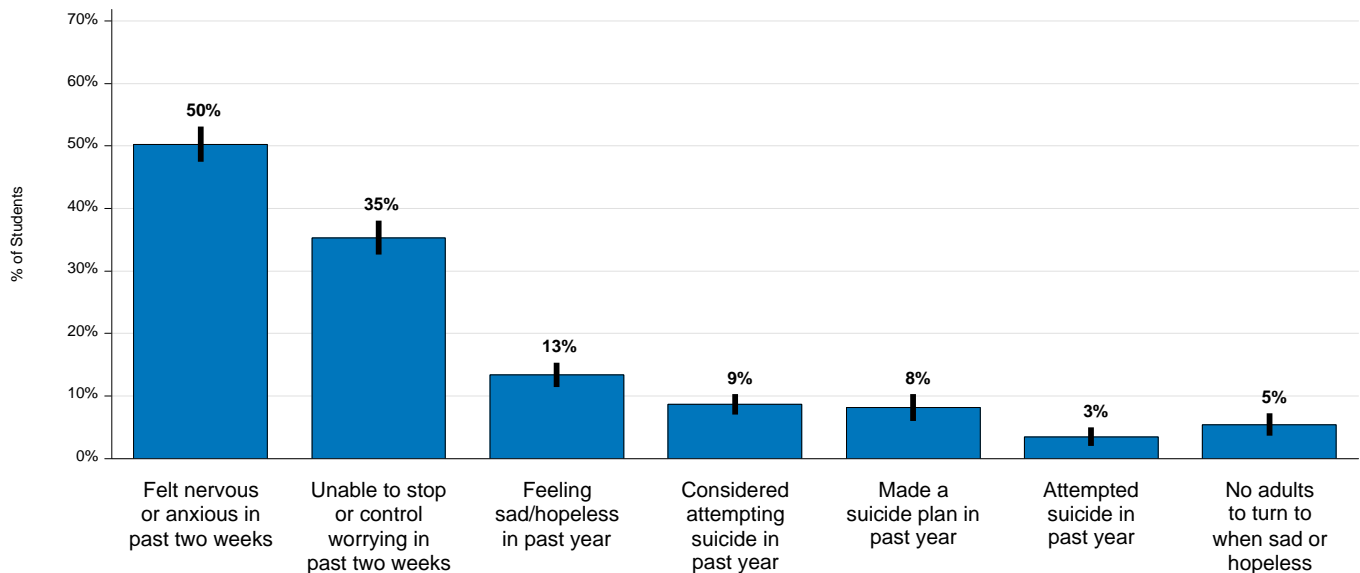
Issaquah School District Mental Health and Well-being

Year: 2023 Grade: 8 Sex: All Number of Students Surveyed: 1,348

Background

- Depression is a common condition; it can include persistent feelings of sadness and hopelessness.
- Anxiety is a common condition; it can include uncontrollable feelings of fear and worry.
- Anxiety and depression are treatable.
- Suicide is the second leading cause of death for Washington teens 15-19 years old.
- Positive social connections with family, friends, and at school promote good mental health.
- Mental health problems can impact academic performance.
- [Teen Depression: More Than Just Moodiness](#)

Mental Health Indicators, Grade 8, 2023



In 2023, 13% 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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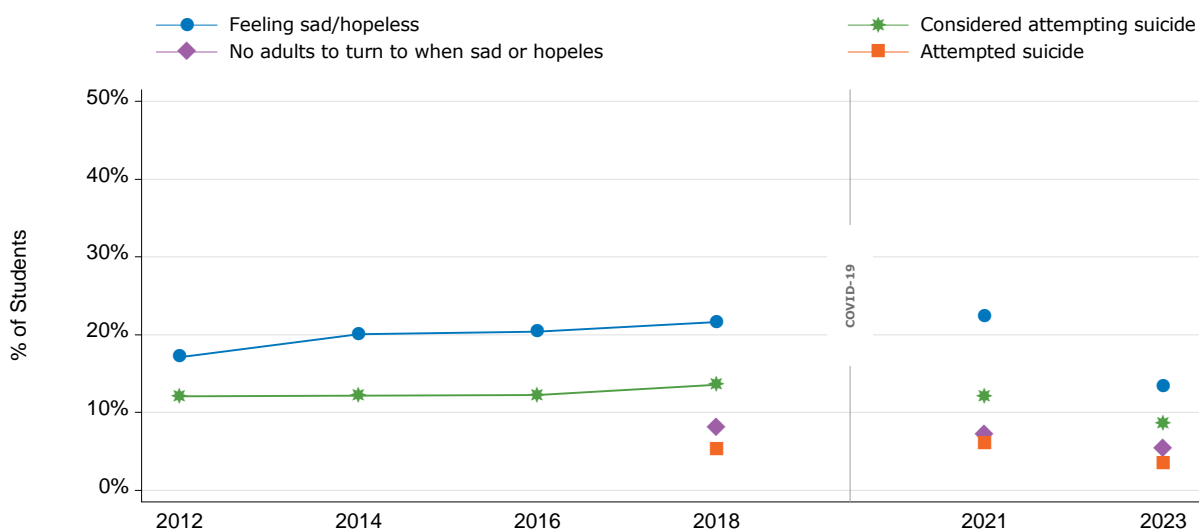
S = result suppressed due to insufficient reporting from students of schools;
N/G = grade not available; **N/S** = question was not surveyed this year;
N/A = question was not asked of this grade;

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 on 02/25/2024

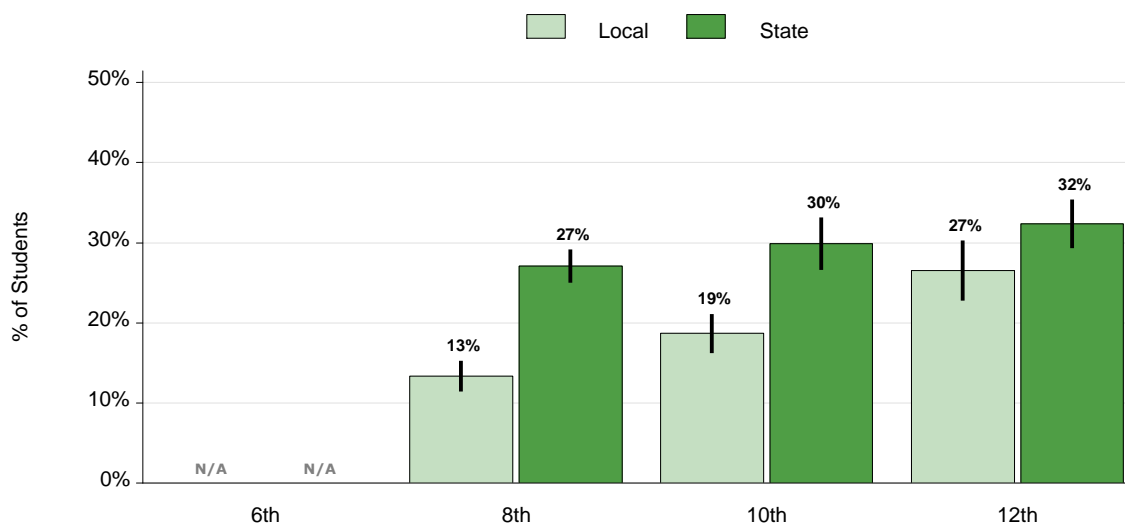


Feeling sad/hopeless and suicide 2012-2023, Grade 8



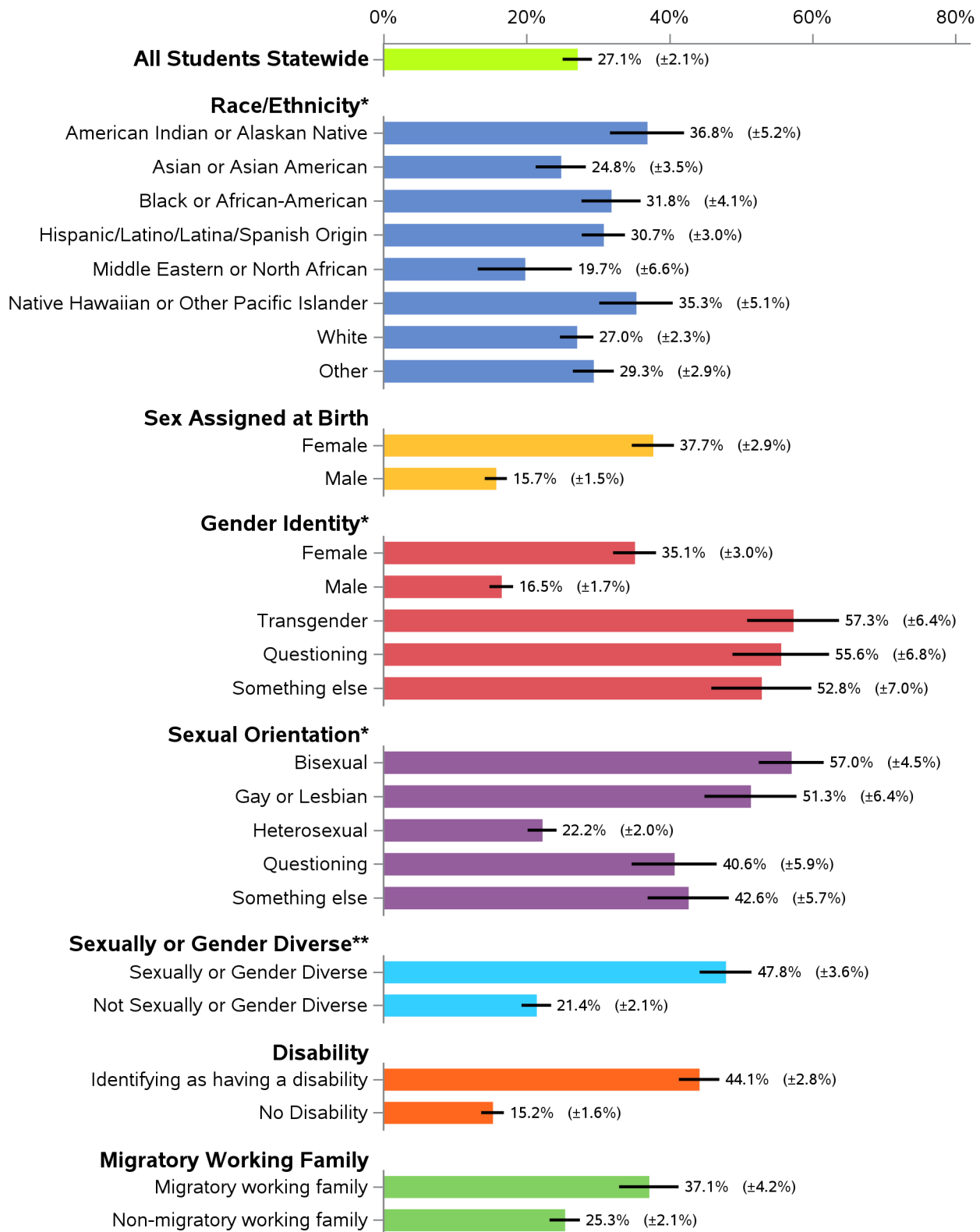
Prevalence	2012	2014	2016	2018	2021	2023
Feeling sad/hopeless	17% ±2	20% ±2	20% ±2	22% ±2	22% ±2	13% ±2▼
Considered attempting suicide	12% ±2	12% ±2	12% ±2	14% ±2	12% ±2	9% ±2▼
No adults to turn to when sad or hopeless	N/S	N/S	N/S	8% ±2	7% ±2	5% ±2
Attempted suicide	N/S	N/S	N/S	5% ±2	6% ±2	3% ±2▼

Feeling sad/hopeless (statewide vs. local) by grade, 2023



Prevalence	6th	8th	10th	12th
Local	N/A	13% ±2▲	19% ±2▲	27% ±4▲
State	N/A	27% ±2	30% ±3	32% ±3

Statewide Relationship between Feeling Sad/Hopeless and Demographics, Grade 8, 2023

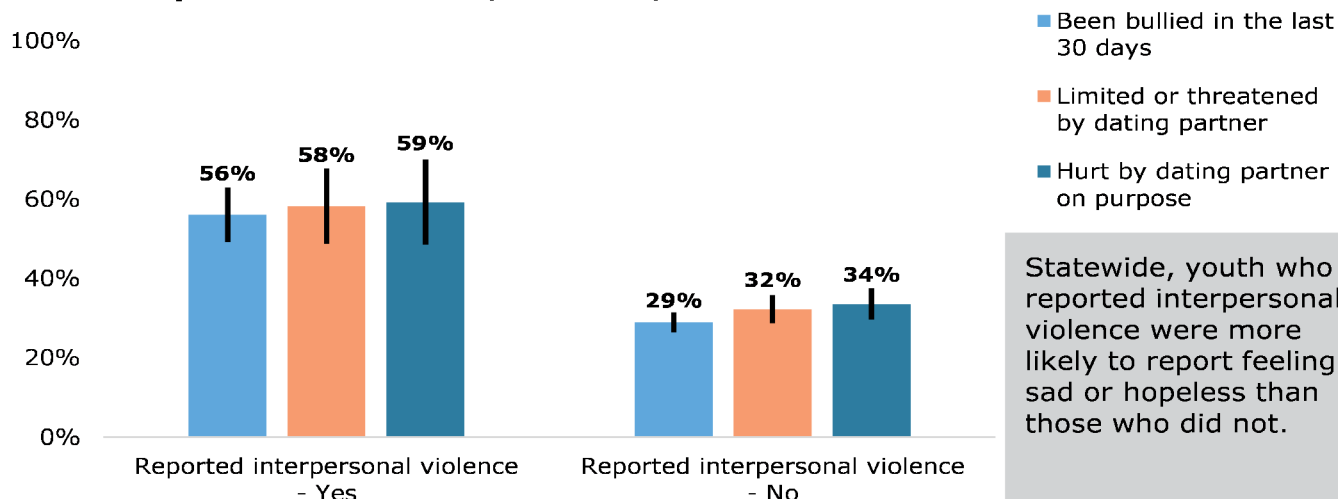


*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

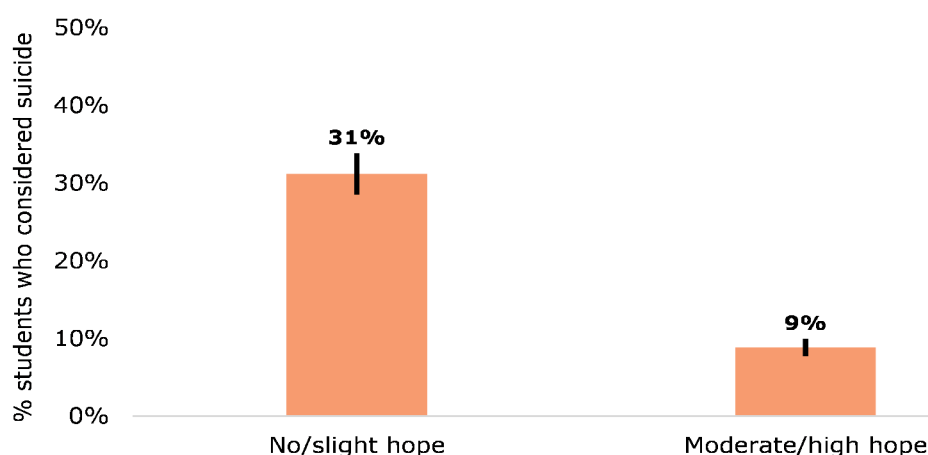
**Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.



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



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



Statewide, youth 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

- To view a list of resources for students, you can visit the following link:
<https://www.askhys.net/HYS/GetDocument?path=Administration%5C2023&fileName=Student%20Resources.pdf>
- For support, call, text or chat 988 for the Suicide & Crisis Lifeline or visit www.988lifeline.org
- For support, text ""HOME"" to 741741 to connect with a crisis counselor at the Crisis Text Line. Mental health support is free and available 24 hours a day.
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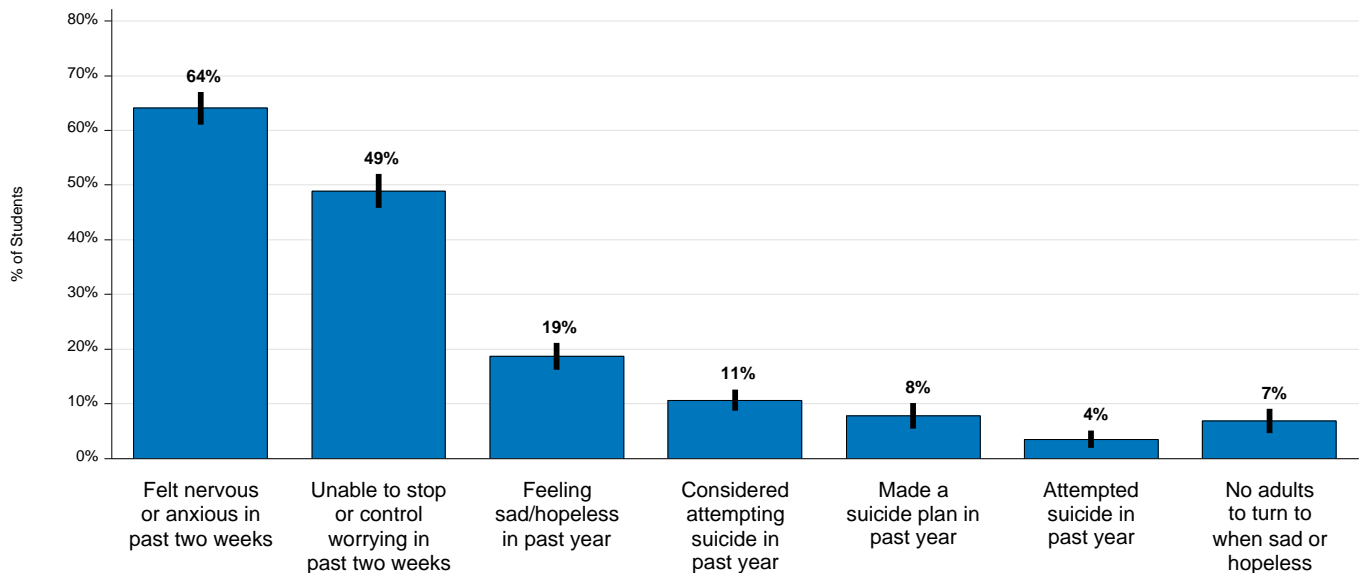
Issaquah School District Mental Health and Well-being

Year: 2023 Grade: 10 Sex: All Number of Students Surveyed: 1,175

Background

- Depression is a common condition; it can include persistent feelings of sadness and hopelessness.
- Anxiety is a common condition; it can include uncontrollable feelings of fear and worry.
- Anxiety and depression are treatable.
- Suicide is the second leading cause of death for Washington teens 15-19 years old.
- Positive social connections with family, friends, and at school promote good mental health.
- Mental health problems can impact academic performance.
- [Teen Depression: More Than Just Moodiness](#)

Mental Health Indicators, Grade 10, 2023



In 2023, 19% 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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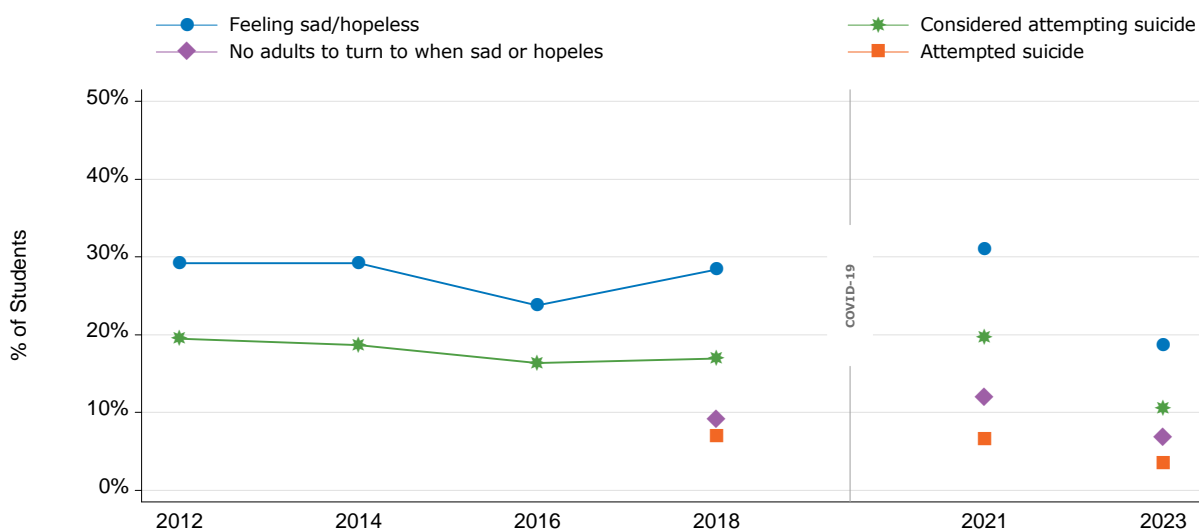
S = result suppressed due to insufficient reporting from students of schools;
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results generated at www.askhys.net on 02/25/2024

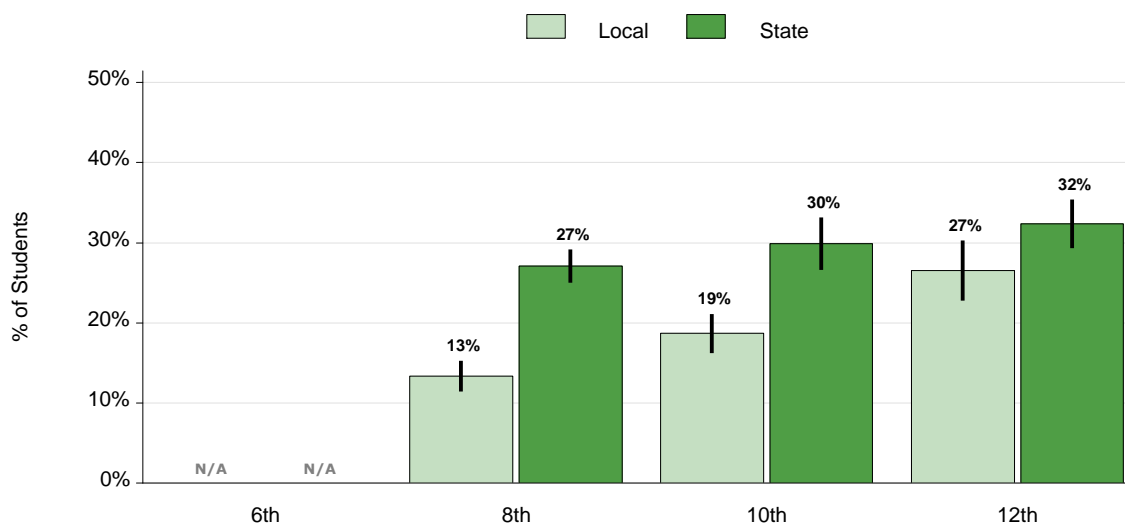


Feeling sad/hopeless and suicide 2012-2023, Grade 10



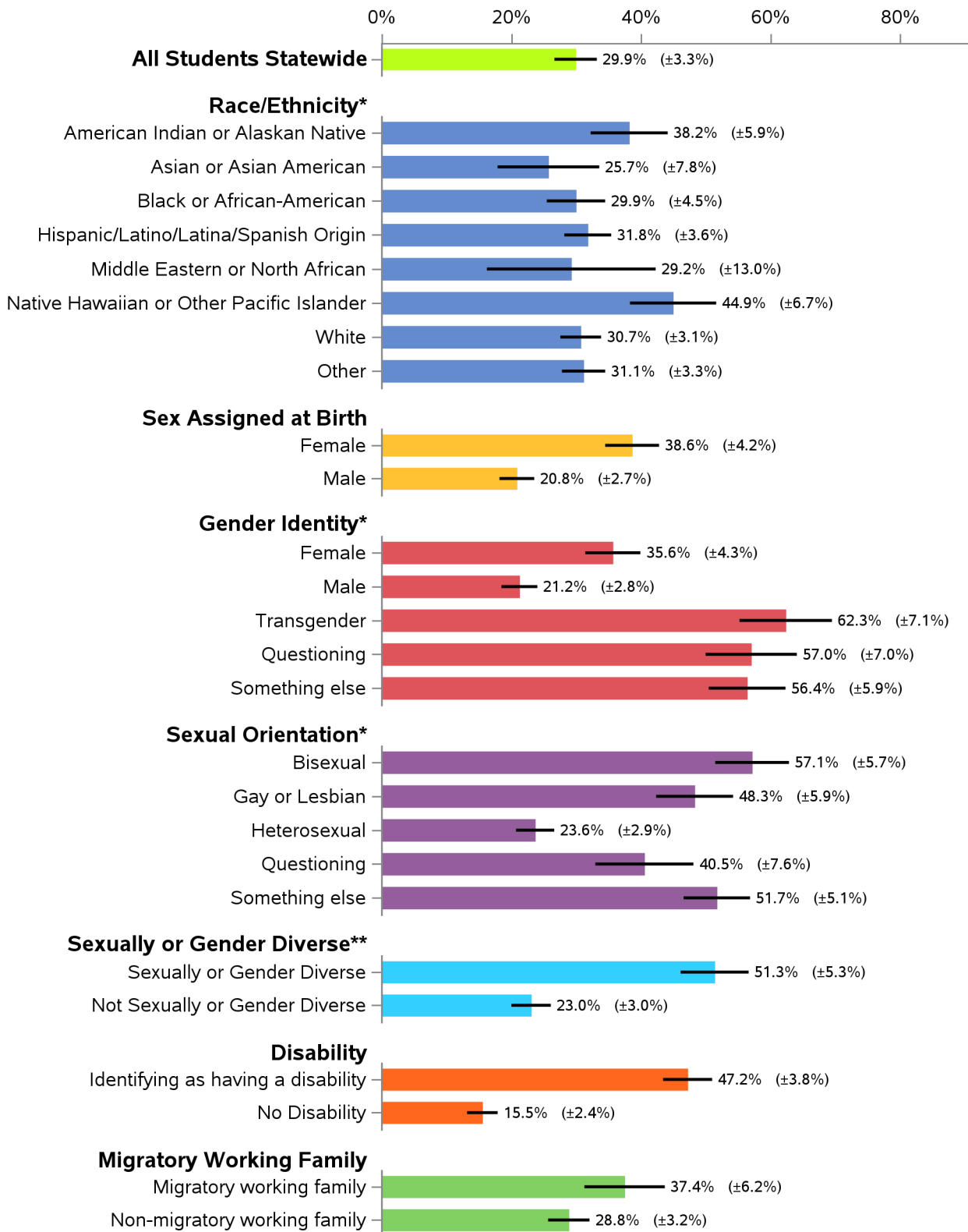
Prevalence	2012	2014	2016	2018	2021	2023
Feeling sad/hopeless	29% ±3	29% ±3	24% ±3▼	28% ±2▲	31% ±3	19% ±2▼
Considered attempting suicide	20% ±2	19% ±2	16% ±2	17% ±2	20% ±2	11% ±2▼
No adults to turn to when sad or hopeless	N/A	N/A	N/A	9% ±2	12% ±3	7% ±2▼
Attempted suicide	N/A	N/A	N/A	7% ±2	7% ±2	4% ±2▼

Feeling sad/hopeless (statewide vs. local) by grade, 2023



Prevalence	6th	8th	10th	12th
Local	N/A	13% ±2▲	19% ±2▲	27% ±4▲
State	N/A	27% ±2	30% ±3	32% ±3

Statewide Relationship between Feeling Sad/Hopeless and Demographics, Grade 10, 2023

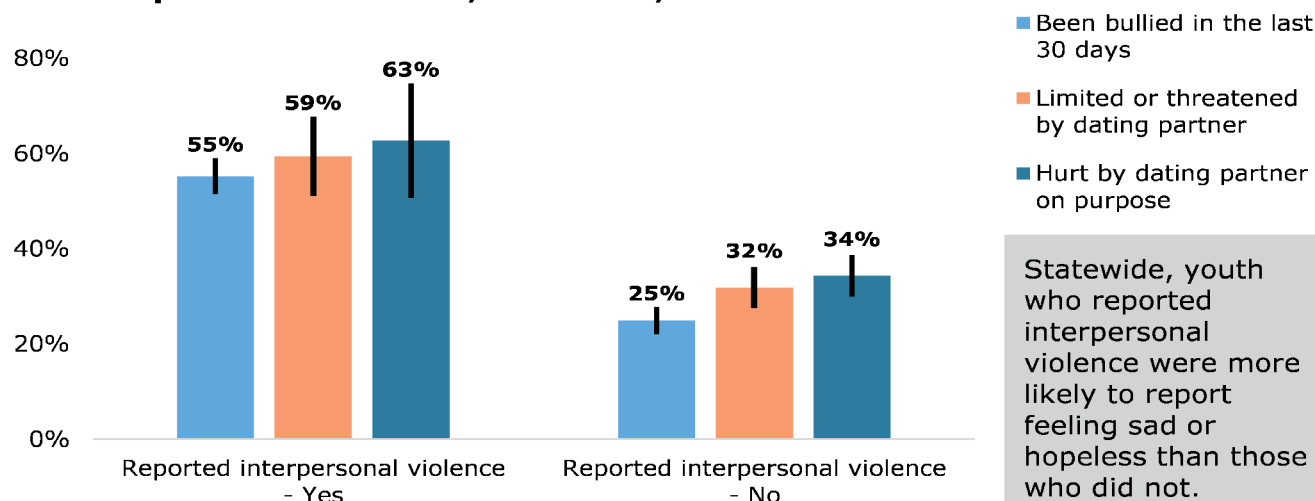


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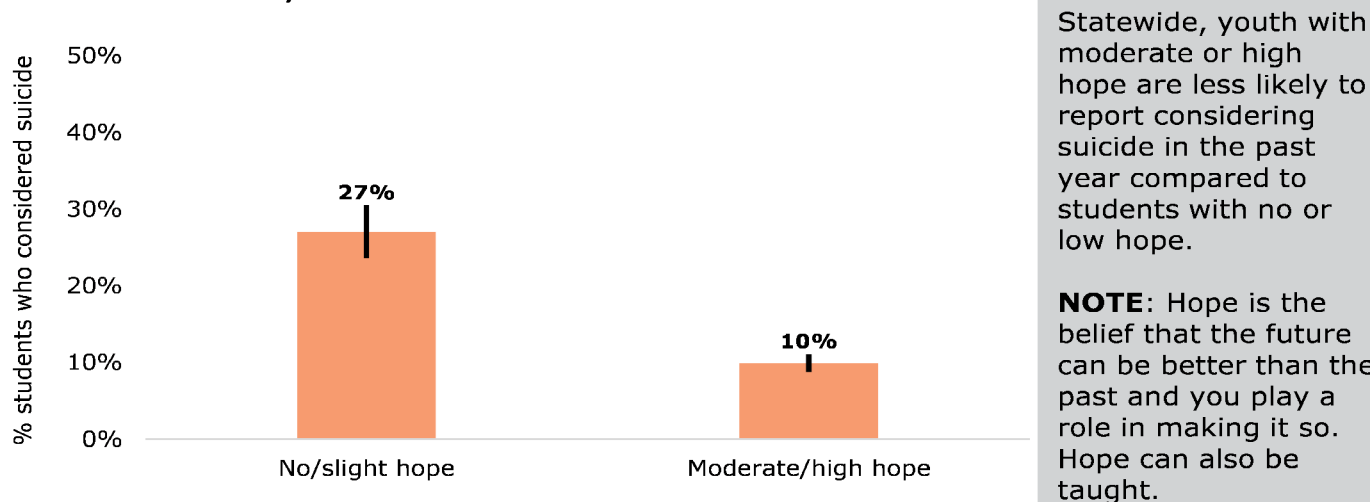
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Statewide relationship between feeling sad/hopeless and interpersonal violence, Grade 10, 2021



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



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Issaquah School District Mental Health and Well-being

Year: 2023

Grade: 12

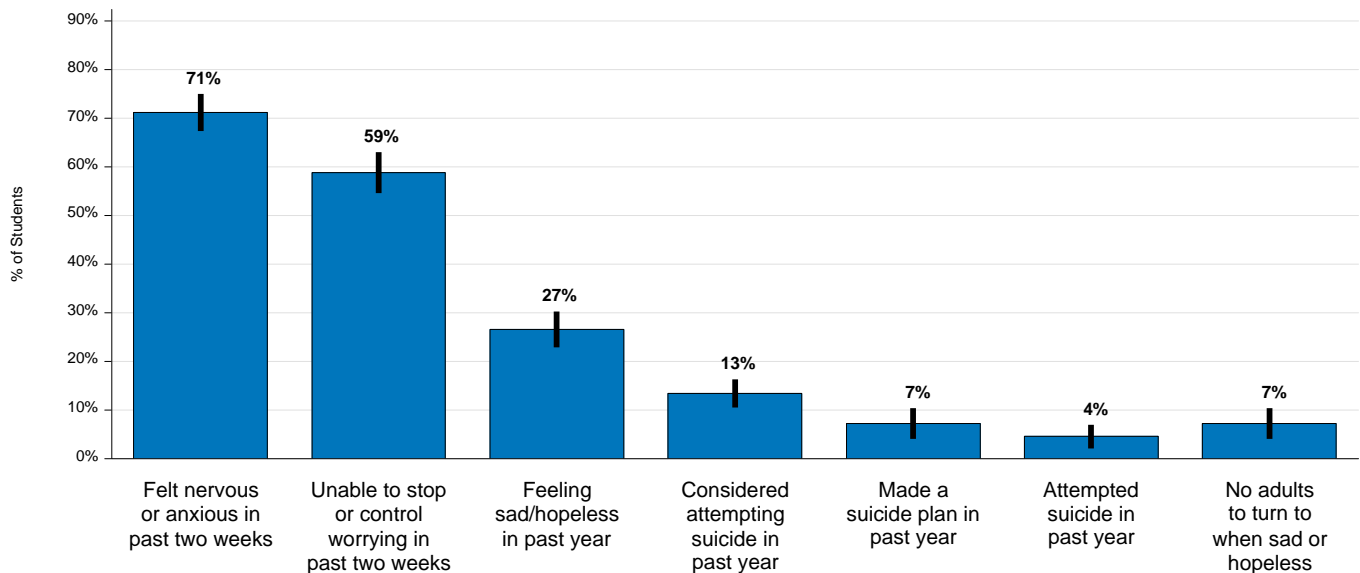
Sex: All

Number of Students Surveyed: 683

Background

- Depression is a common condition; it can include persistent feelings of sadness and hopelessness.
- Anxiety is a common condition; it can include uncontrollable feelings of fear and worry.
- Anxiety and depression are treatable.
- Suicide is the second leading cause of death for Washington teens 15-19 years old.
- Positive social connections with family, friends, and at school promote good mental health.
- Mental health problems can impact academic performance.
- [Teen Depression: More Than Just Moodiness](#)

Mental Health Indicators, Grade 12, 2023



In 2023, 27% 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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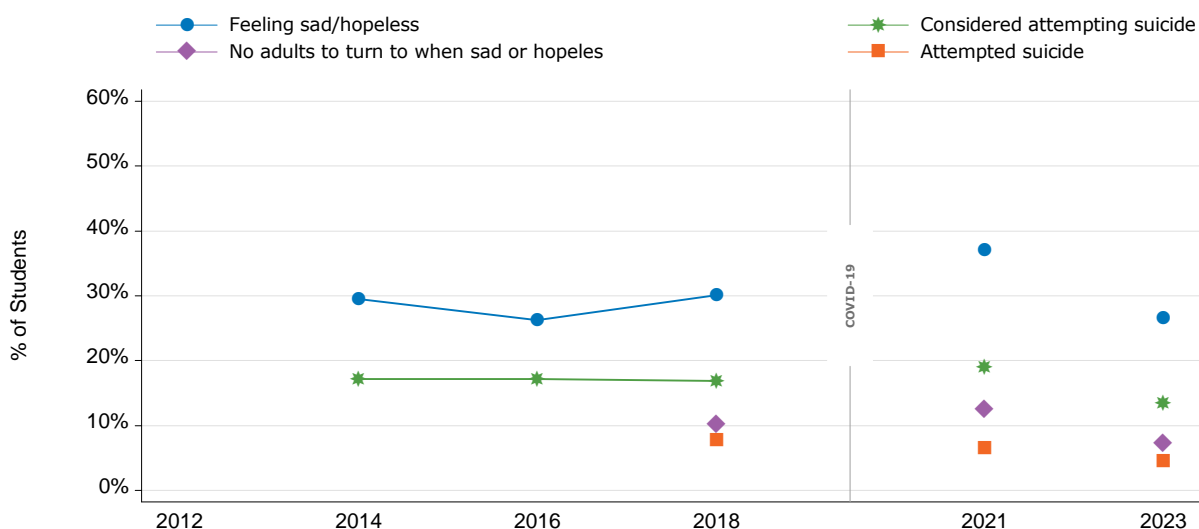
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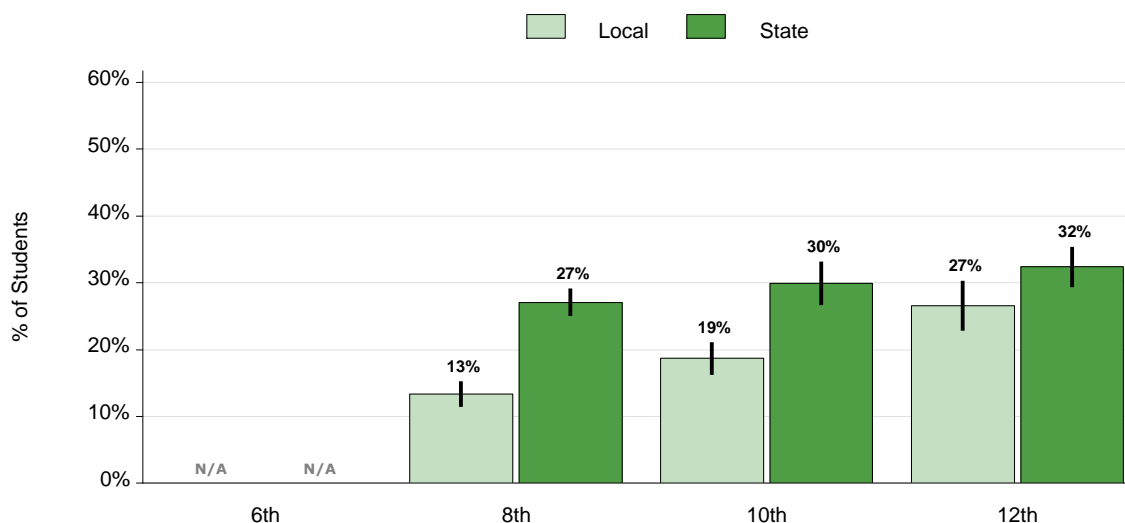


Feeling sad/hopeless and suicide 2012-2023, Grade 12



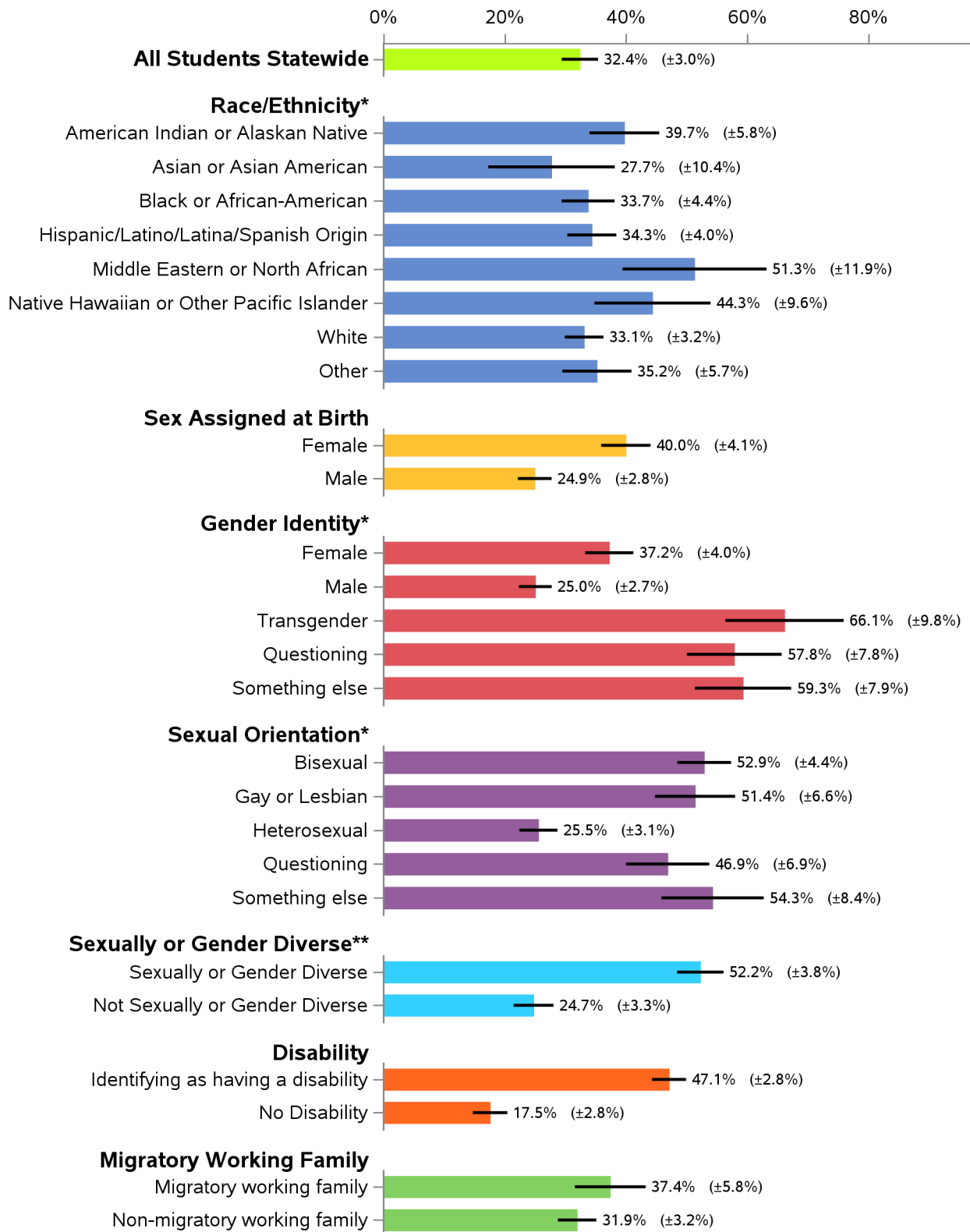
Prevalence	2012	2014	2016	2018	2021	2023
Feeling sad/hopeless	S	30% ±3	26% ±4	30% ±4	37% ±4▲	27% ±4▼
Considered attempting suicide	S	17% ±3	17% ±3	17% ±3	19% ±3	13% ±3▼
No adults to turn to when sad or hopeless	N/S	N/S	N/S	10% ±3	12% ±4	7% ±3▼
Attempted suicide	N/S	N/S	N/S	8% ±3	6% ±3	4% ±2

Feeling sad/hopeless (statewide vs. local) by grade, 2023



Prevalence	6th	8th	10th	12th
Local	N/A	13% ±2▲	19% ±2▲	27% ±4▲
State	N/A	27% ±2	30% ±3	32% ±3

Statewide Relationship between Feeling Sad/Hopeless and Demographics, Grade 12, 2023

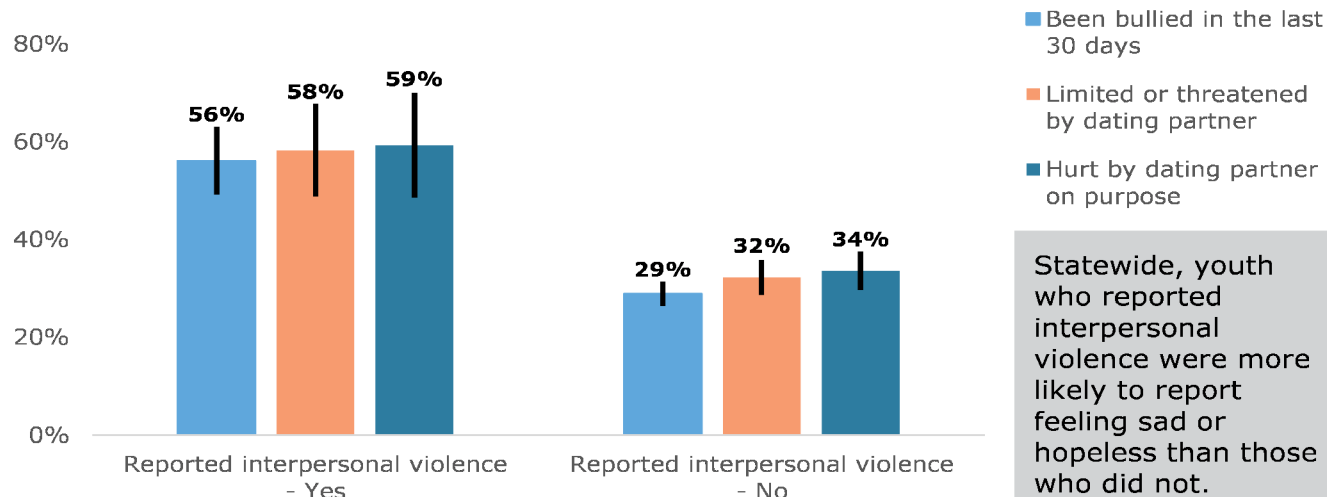


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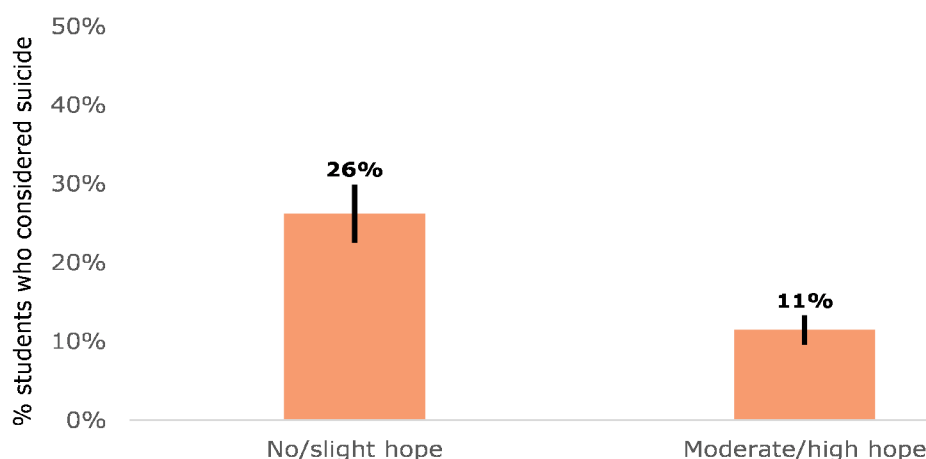
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Statewide relationship between feeling sad/hopeless and interpersonal violence, Grade 12, 2021



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



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

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