



Mental Health and Well Being Fact Sheet 2025

Issaquah School District, Grade 8

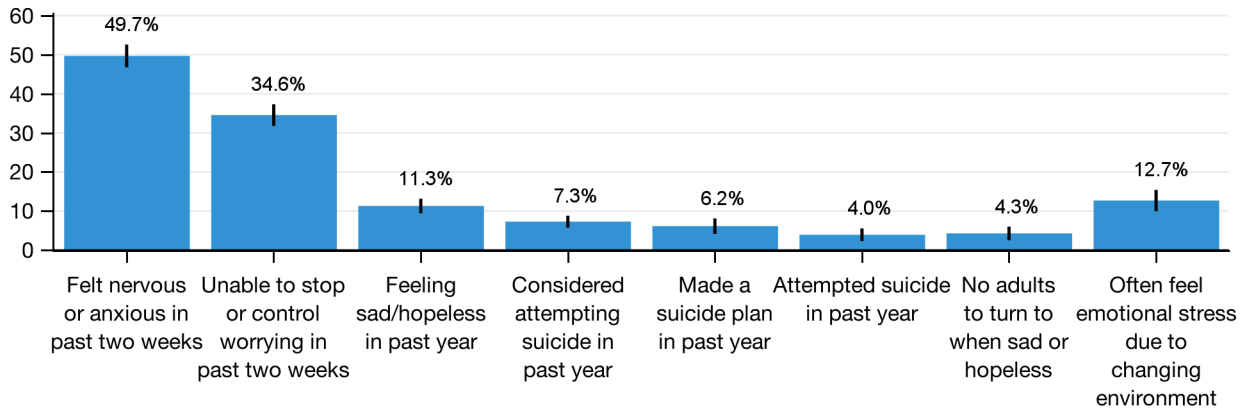
Students surveyed = 1,293

Introduction

- Feeling sad, hopeless, and fearful every so often is normal in adolescent growth and development.
- Adolescents who are feeling sadness, hopelessness, or worry persistently over long stretches of time or when these emotions affect their daily activities or physical health may be suffering from depression or anxiety, which are treatable mental health conditions.
- Trauma, abuse, and bullying can increase the likelihood of depressive feelings and anxiety in adolescents.¹
- Severe depression in adolescents can result in self-harm, suicidal thoughts, and suicidal attempts.
- Having a trusted adult that they can turn to for help and support is important for adolescents with depressive thoughts or with anxiety and can improve the chance for receiving proper medical treatment.

Mental Health Indicators - Grade 8, 2025

% of Students

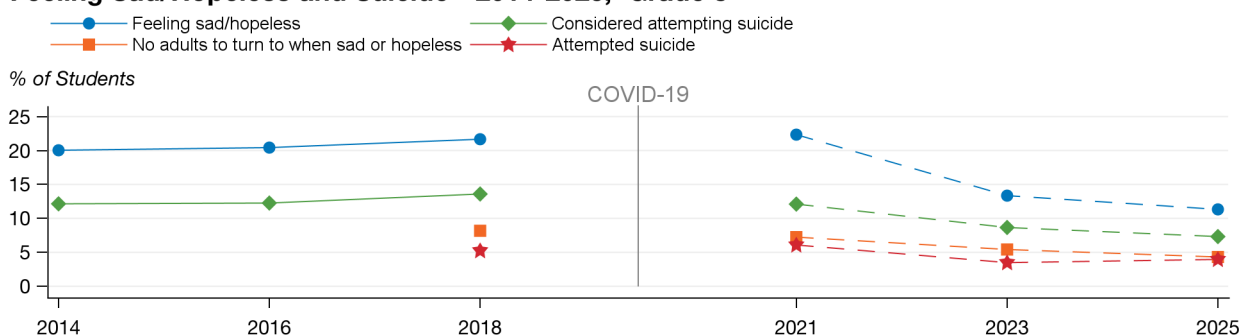


The bar chart above shows Mental Health Indicators for Grade 8, 2025. The measures and values are:

Measure	Value	Measure	Value
Felt nervous or anxious in past two weeks	49.7% ±2.9%	Made a suicide plan in past year	6.2% ±2.0%
Unable to stop or control worrying in past two weeks	34.6% ±2.8%	Attempted suicide in past year	4.0% ±1.6%
Feeling sad/hopeless in past year	11.3% ±1.9%	No adults to turn to when sad or hopeless	4.3% ±1.7%
Considered attempting suicide in past year	7.3% ±1.5%	Often feel emotional stress due to changing environment	12.7% ±2.7%

In 2025, 11% of 10th graders in our school district felt so sad or hopeless for two weeks or more that they stopped doing their usual activities

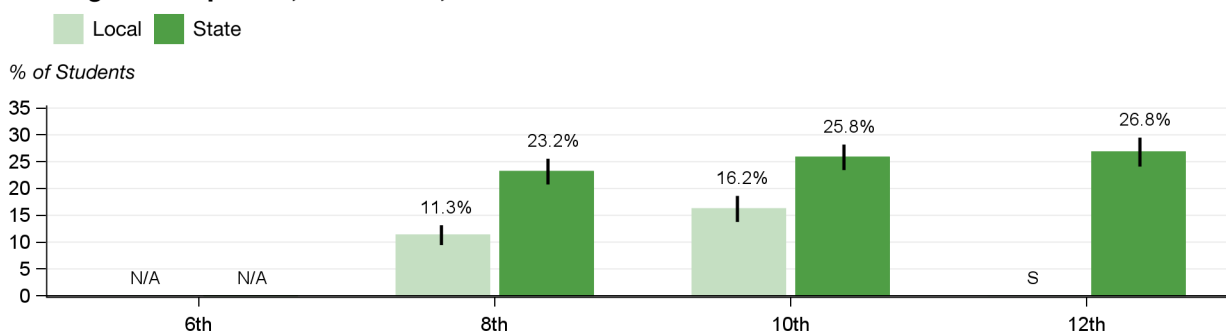
Feeling Sad/Hopeless and Suicide - 2014-2025, Grade 8



The trend plot above shows measures of Feeling Sad/Hopeless and Suicide between 2014 and 2025 for Grade 8. The measures and values are:

Measure	2014	2016	2018	2021	2023	2025
Feeling sad/hopeless	20% $\pm$ 2.3%	20.4% $\pm$ 2.1%	21.7% $\pm$ 2.2%	22.3% $\pm$ 2.4%	13.3% $\pm$ 1.9% ↓	11.3% $\pm$ 1.9%
Considered attempting suicide	12.1% $\pm$ 1.9%	12.3% $\pm$ 1.7%	13.6% $\pm$ 1.9%	12.1% $\pm$ 1.8%	8.7% $\pm$ 1.6% ↓	7.3% $\pm$ 1.5%
No adults to turn to when sad or hopeless	suppressed	suppressed	8.2% $\pm$ 2.1%	7.2% $\pm$ 2.1%	5.4% $\pm$ 1.8%	4.3% $\pm$ 1.7%
Attempted suicide	suppressed	suppressed	5.2% $\pm$ 1.7%	6.1% $\pm$ 1.9%	3.5% $\pm$ 1.5% ↓	4% $\pm$ 1.6%

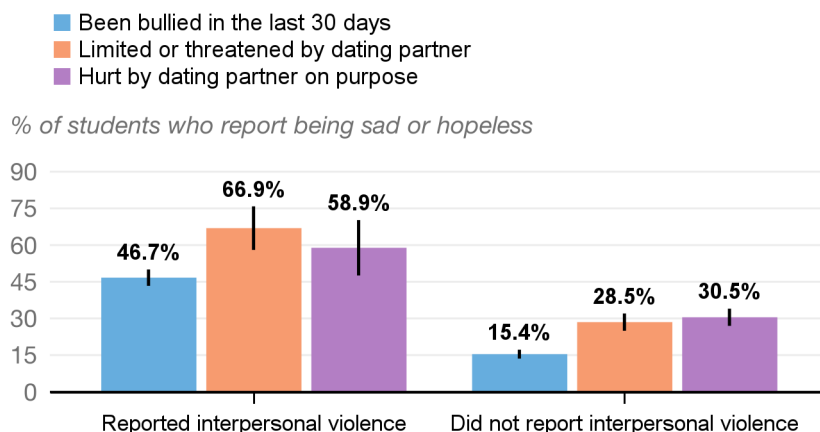
Feeling Sad/Hopeless, All Grades, 2025



The bar chart above compares Issaquah School District (local results) to the state sample results for Feeling Sad/Hopeless for All Grades, 2025. The values are:

Grade	Local Results	State Results
6th grade	not asked of grade	not asked of grade
8th grade	11.3% $\pm$ 1.9%	23.2% $\pm$ 2.4%
10th grade	16.2% $\pm$ 2.4%	25.8% $\pm$ 2.4%
12th grade	suppressed	26.8% $\pm$ 2.7%

Statewide Relationship between Feeling Sad/Hopeless and Interpersonal Violence, Grade 8



Statewide, youth who reported interpersonal violence were more likely to report feeling sad or hopeless than those who did not.

The bar chart above shows the statewide relationship between feeling sad/hopeless and interpersonal violence for grade 8 in 2025

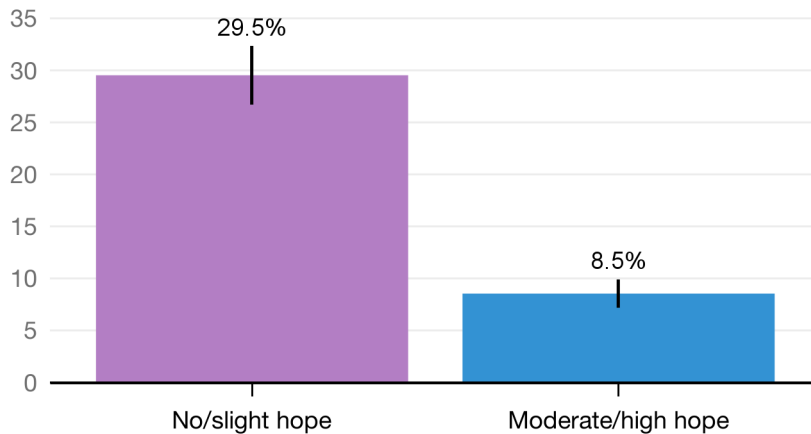
Student group	Results
Been bullied in the last 30 days	46.7% report being sad or hopeless ($\pm 3.3\%$)
Have not been been bullied in the last 30 days	15.4% report being sad or hopeless ($\pm 1.8\%$)

Student group	Results
Limited or threatened by dating partner	66.9% report being sad or hopeless ($\pm 8.9\%$)
Have not been limited or threatened by dating partner	28.5% report being sad or hopeless ($\pm 3.5\%$)

Student group	Results
Hurt by dating partner on purpose	58.9% report being sad or hopeless ($\pm 11.3\%$)
Have not been hurt by dating partner on purpose	30.5% report being sad or hopeless ($\pm 3.5\%$)

Statewide Percent of Students who Seriously Considered Suicide in the Past Year by Feelings of Hope from the Hope Scale, Grade 8

% of students considered suicide



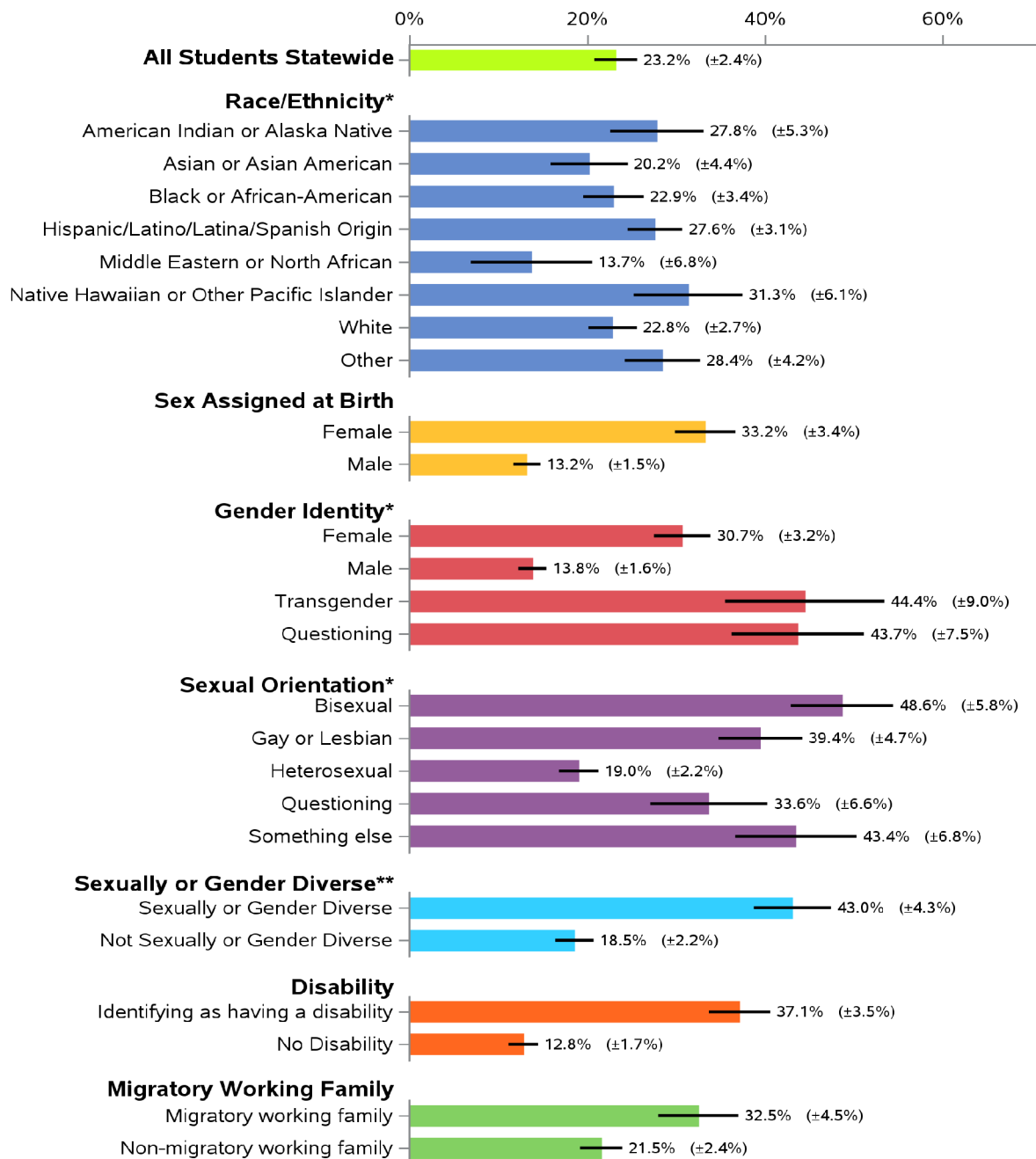
Statewide, youth with moderate or high hope are less likely to report considering suicide in the past year compared to students with no or low hope.

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.

The bar chart above shows the statewide percent of students who seriously considered suicide in the past year by feelings of hope from the hope scale for Grade 8 in 2025

Student group	Results
Those with no/slight hope	29.5% considered suicide ($\pm 2.8\%$)
Those with moderate/high hope	8.5% considered suicide ($\pm 1.4\%$)

Statewide Relationship between Feeling Sad/Hopeless and Demographics, Grade 8, 2025



*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.

The bar chart above shows the statewide relationship between Feeling Sad/Hopeless and Demographics for Grade 8, 2025

- Results for race/ethnicity, gender identity, and sexual orientation 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.
- Suppressed is displayed for results that are suppressed because less than 5 students answered this way.

The demographic categories and values are:

All Students Statewide 23.2% $\pm$ 2.4%

By Race/Ethnicity

American Indian or Alaska Native	27.8% $\pm$ 5.3%
Asian or Asian American	20.2% $\pm$ 4.4%
Black or African-American	22.9% $\pm$ 3.4%
Hispanic/Latino/Latina/Spanish Origin	27.6% $\pm$ 3.1%
Middle Eastern or North African	13.7% $\pm$ 6.8%
Native Hawaiian or Other Pacific Islander	31.3% $\pm$ 6.1%
White	22.8% $\pm$ 2.7%
Other	28.4% $\pm$ 4.2%

By Sex Assigned at Birth

Female	33.2% $\pm$ 3.4%
Male	13.2% $\pm$ 1.5%

By Gender Identity

Female	30.7% $\pm$ 3.2%
Male	13.8% $\pm$ 1.6%
Transgender	44.4% $\pm$ 9.0%
Questioning	43.7% $\pm$ 7.5%

By Sexual Orientation

Bisexual	48.6% $\pm$ 5.8%
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By Sexual Orientation

Gay or Lesbian	39.4% $\pm$ 4.7%
Heterosexual	19.0% $\pm$ 2.2%
Questioning	33.6% $\pm$ 6.6%
Something else	43.4% $\pm$ 6.8%

By Sexually or Gender Diverse

Sexually or Gender Diverse	43.0% $\pm$ 4.3%
Not Sexually or Gender Diverse	18.5% $\pm$ 2.2%

By Disability

Identifying as having a disability	37.1% $\pm$ 3.5%
No Disability	12.8% $\pm$ 1.7%

By Migratory Working Family

Migratory working family	32.5% $\pm$ 4.5%
Non-migratory working family	22.4% $\pm$ 2.4%
Non-migratory working family	22.4% $\pm$ 2.4%

For immediate help and support

- Use the 988 Suicide & Crisis Lifeline: Call or text 988 or visit <https://www.988lifeline.org> to chat
 - Call 988. You may select Option 1 to connect with the Veterans Crisis Line, Option 2 for the Spanish language line, or stay on for the local contact center
 - Text 988 to connect with a live counselor. Text 'AYUDA' to 988 for a Spanish-speaking counselor
- Text 741-741 24/7 for a free, confidential crisis counsel
 - Type 'HOME', 'START', or 'HELLO' to reach a live counselor.
 - Type 'HOLA' or 'AYUDA' for a Spanish-speaking counselor.
 - Type 'NATIVE' for Tribal support
- Use The Trevor Project for counselors trained to help LGBTQ+
 - Call 1-866-488-7386 or Text 'START' to 678-678 or Chat at thetrevorproject.org/get-help

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/2023&fileName=StudentResources.pdf>
- For resources for parents and caregivers in WA, visit <https://www.wsccsupport.org/resources>
- Visit the Washington State Youth Suicide Prevention Program Website:
<https://doh.wa.gov/you-and-your-family/injury-and-violence-prevention/suicide-prevention/crisis>
- To view the full text of the questions presented in this report, you can view the survey in its entirety here:
<https://www.askhys.net/Resources/SurveyQuestionnaires>

Resources

- Visit the American Academy of Child and Adolescent Psychiatry for more information about **anxiety** and **depression** in children and adolescents.
- Understand the risk factors and warning signs of suicide. Learn more at the American Foundation for Suicide Prevention: <https://afsp.org/risk-factors-protective-factors-and-warning-signs>
- Visit the WA Department of Health Youth Suicide Prevention page at:
<https://doh.wa.gov/you-and-your-family/injury-and-violence-prevention/suicide-prevention/youth-suicide-prevention>
- The Supporting Adolescents and Families Experiencing Suicidality (SAFES) Program is available for 10-18 year olds living in the following Washington state counties: Adams, Chelan, Douglas, Ferry, Grant, Lincoln, Okanogan, Pend Oreille, Spokane, and Stevens. Visit for more information:
<https://doh.wa.gov/you-and-your-family/adolescents-young-adults/supporting-adolescents-and-families-experiencing-suicidality-safes>
- The THRIVE Program is tailored for Tribal youth living in the Pacific Northwest:
<https://www.npaihb.org/thrive/>

Data Notes

Prevalence on charts is displayed with 95% confidence intervals (as $\pm$ or black bar |)

▲ ▼ indicates a significant change from the previous year, $p < 0.05$. Color indicates a **positive** or **negative** difference

Missing Codes:

- S = results suppressed due to insufficient reporting from students of school
- N/G = grade not available
- N/S = question was not surveyed this year
- N/A = question was not asked of this grade
- ns = no significant difference between groups in the Statewide relationship charts

Acknowledgements

The Healthy Youth Survey (HYS) is a collaborative effort of the Office of the Superintendent of Public Instruction, the Department of Health, the Health Care Authority - Division of Behavioral Health and Recovery, and the Liquor and Cannabis Board.

References

1. Wahid SS, Ottman K, Hudhud R, Gautam K, Fisher HL, Kieling C, Mondelli V, and Kohrt BA. Identifying risk factors and detection strategies for adolescent depression in diverse global settings: A Delphi consensus study. *J Affect Disord*. 2021 Jan;279:66-74. doi: 10.1016/j.jad.2020.09.098.
2. Kroenke K, Spitzer RL, Williams JBW, Monahan PO, and Lowe B. Anxiety disorders in primary care: prevalence, impairment, comorbidity, and detection. *Ann Intern Med*. 2007 Mar; 146(5): 317-25. doi: 10.7326/0003-4819-146-5-200703060-00004.



Mental Health and Well Being Fact Sheet 2025

Issaquah School District, Grade 10

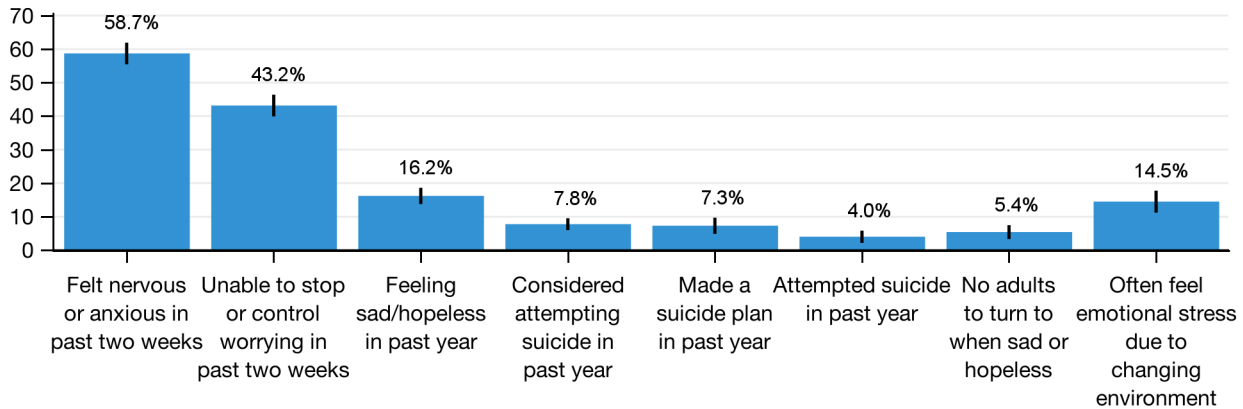
Students surveyed = 1,042

Introduction

- Feeling sad, hopeless, and fearful every so often is normal in adolescent growth and development.
- Adolescents who are feeling sadness, hopelessness, or worry persistently over long stretches of time or when these emotions affect their daily activities or physical health may be suffering from depression or anxiety, which are treatable mental health conditions.
- Trauma, abuse, and bullying can increase the likelihood of depressive feelings and anxiety in adolescents.¹
- Severe depression in adolescents can result in self-harm, suicidal thoughts, and suicidal attempts.
- Having a trusted adult that they can turn to for help and support is important for adolescents with depressive thoughts or with anxiety and can improve the chance for receiving proper medical treatment.

Mental Health Indicators - Grade 10, 2025

% of Students

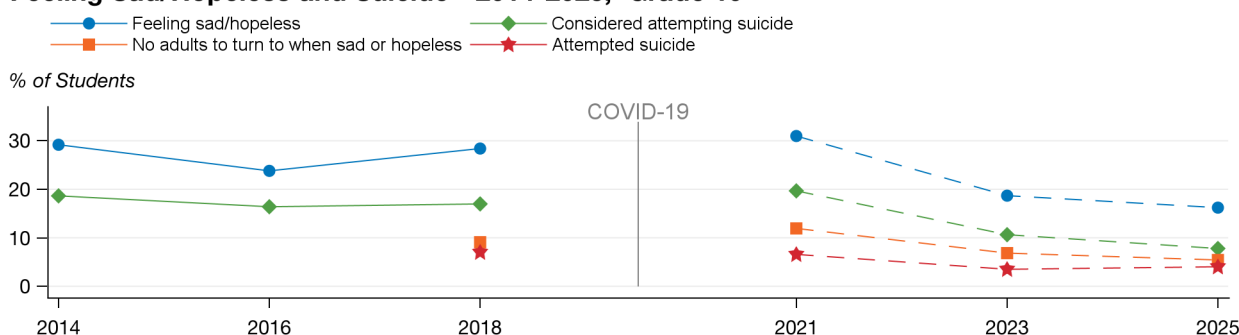


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Measure	Value	Measure	Value
Felt nervous or anxious in past two weeks	58.7% ±3.2%	Made a suicide plan in past year	7.3% ±2.4%
Unable to stop or control worrying in past two weeks	43.2% ±3.2%	Attempted suicide in past year	4.0% ±1.8%
Feeling sad/hopeless in past year	16.2% ±2.4%	No adults to turn to when sad or hopeless	5.4% ±2.1%
Considered attempting suicide in past year	7.8% ±1.8%	Often feel emotional stress due to changing environment	14.5% ±3.3%

In 2025, 16% of 10th graders in our school district felt so sad or hopeless for two weeks or more that they stopped doing their usual activities

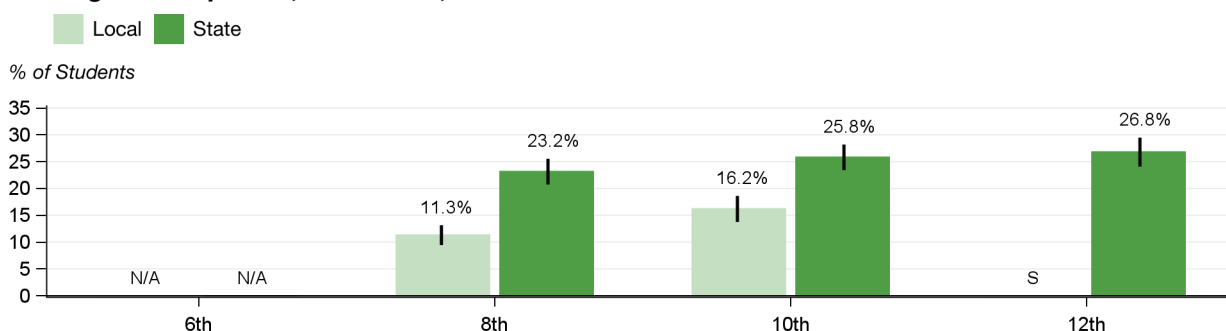
Feeling Sad/Hopeless and Suicide - 2014-2025, Grade 10



The trend plot above shows measures of Feeling Sad/Hopeless and Suicide between 2014 and 2025 for Grade 10. The measures and values are:

Measure	2014	2016	2018	2021	2023	2025
Feeling sad/hopeless	29.2% ±2.8%	23.8% ±2.6%	28.4% ±2.5%	31% ±2.7%	18.7% ±2.4%	16.2% ±2.4%
Considered attempting suicide	18.6% ±2.4%	16.4% ±2.3%	17% ±2.1%	19.7% ±2.3%	10.6% ±1.9%	7.8% ±1.8%
No adults to turn to when sad or hopeless	suppressed	suppressed	9.1% ±2.2%	11.9% ±2.6%	6.8% ±2.2%	5.4% ±2.1%
Attempted suicide	suppressed	suppressed	7% ±2%	6.6% ±2%	3.5% ±1.6%	4% ±1.8%

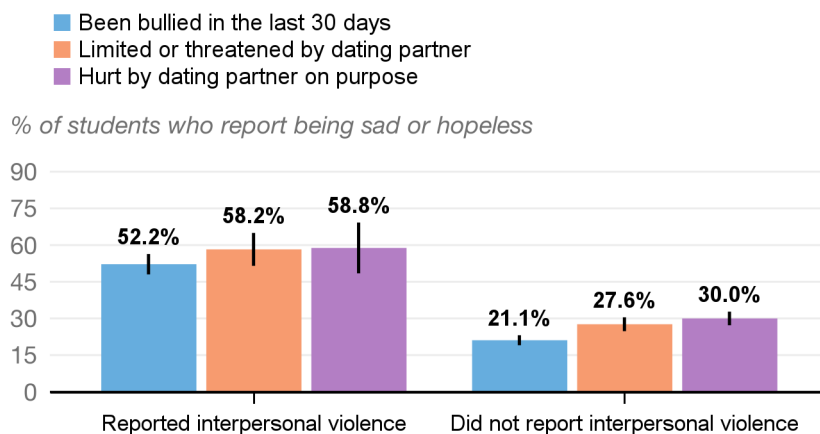
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8th grade	11.3% ±1.9%	23.2% ±2.4%
10th grade	16.2% ±2.4%	25.8% ±2.4%
12th grade	suppressed	26.8% ±2.7%

Statewide Relationship between Feeling Sad/Hopeless and Interpersonal Violence, Grade 10



Statewide, youth who reported interpersonal violence were more likely to report feeling sad or hopeless than those who did not.

The bar chart above shows the statewide relationship between feeling sad/hopeless and interpersonal violence for grade 10 in 2025

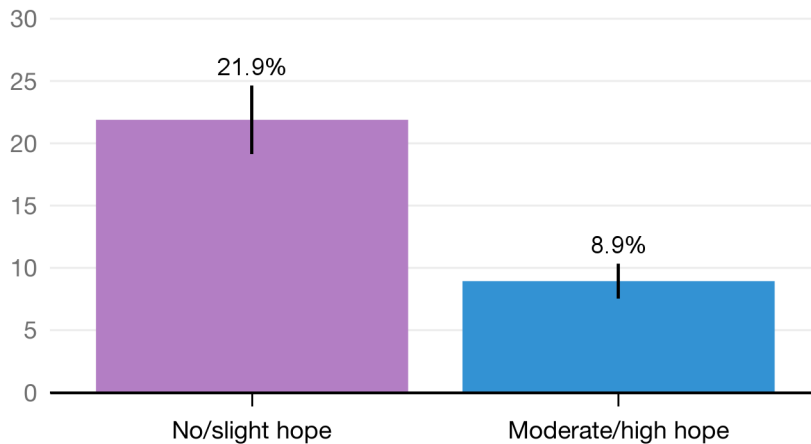
Student group	Results
Been bullied in the last 30 days	52.2% report being sad or hopeless ($\pm 4.2\%$)
Have not been been bullied in the last 30 days	21.1% report being sad or hopeless ($\pm 2.0\%$)

Student group	Results
Limited or threatened by dating partner	58.2% report being sad or hopeless ($\pm 6.7\%$)
Have not been limited or threatened by dating partner	27.6% report being sad or hopeless ($\pm 2.8\%$)

Student group	Results
Hurt by dating partner on purpose	58.8% report being sad or hopeless ($\pm 10.4\%$)
Have not been hurt by dating partner on purpose	30.0% report being sad or hopeless ($\pm 2.8\%$)

Statewide Percent of Students who Seriously Considered Suicide in the Past Year by Feelings of Hope from the Hope Scale, Grade 10

% of students considered suicide



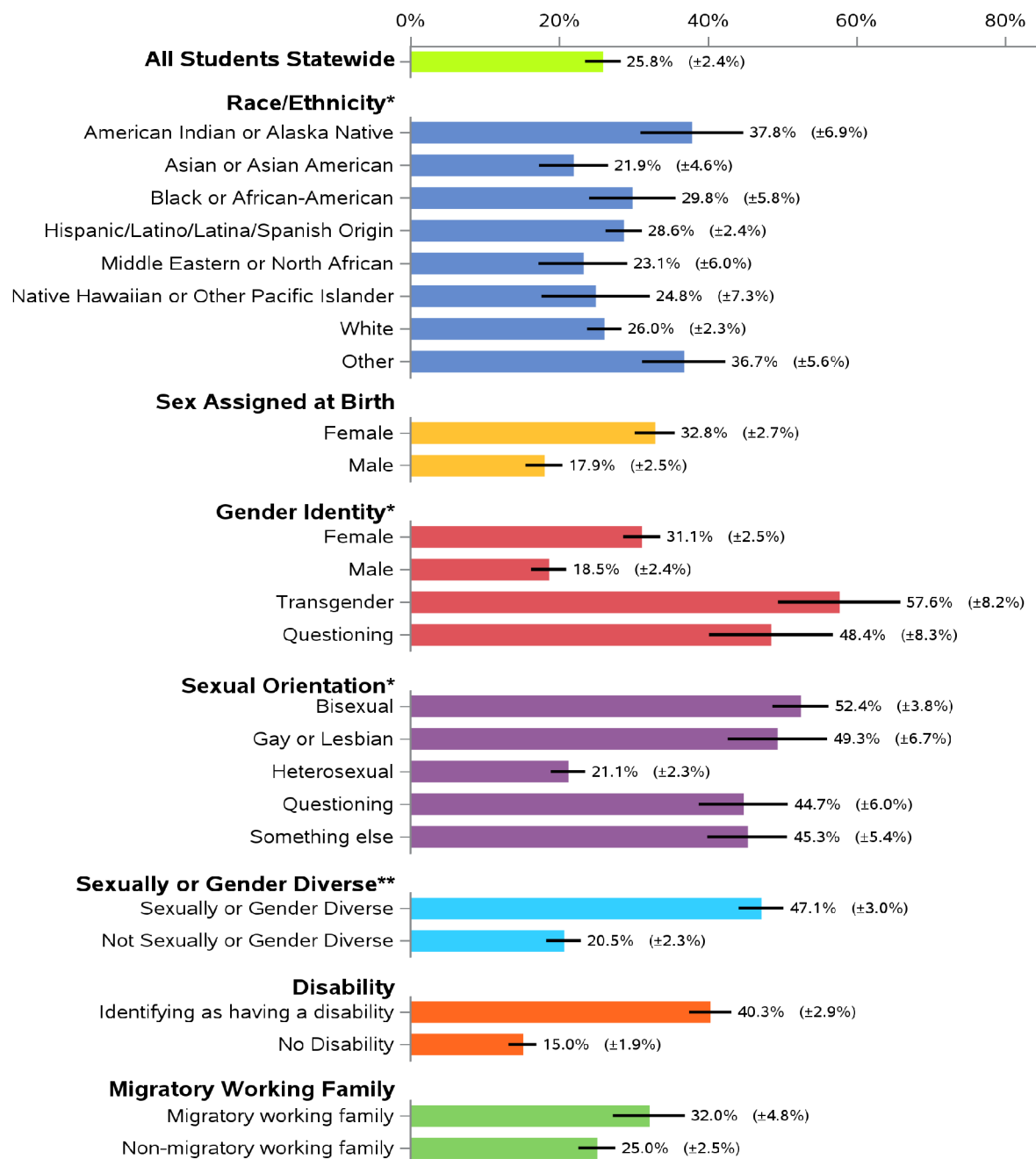
Statewide, youth with moderate or high hope are less likely to report considering suicide in the past year compared to students with no or low hope.

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.

The bar chart above shows the statewide percent of students who seriously considered suicide in the past year by feelings of hope from the hope scale for Grade 10 in 2025

Student group	Results
Those with no/slight hope	21.9% considered suicide ($\pm 2.8\%$)
Those with moderate/high hope	8.9% considered suicide ($\pm 1.4\%$)

Statewide Relationship between Feeling Sad/Hopeless and Demographics, Grade 10, 2025



*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.

The bar chart above shows the statewide relationship between Feeling Sad/Hopeless and Demographics for Grade 10, 2025

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- Suppressed is displayed for results that are suppressed because less than 5 students answered this way.

The demographic categories and values are:

All Students Statewide 25.8% $\pm$ 2.4%

By Race/Ethnicity

American Indian or Alaska Native	37.8% $\pm$ 6.9%
Asian or Asian American	21.9% $\pm$ 4.6%
Black or African-American	29.8% $\pm$ 5.8%
Hispanic/Latino/Latina/Spanish Origin	28.6% $\pm$ 2.4%
Middle Eastern or North African	23.1% $\pm$ 6.0%
Native Hawaiian or Other Pacific Islander	24.8% $\pm$ 7.3%
White	26.0% $\pm$ 2.3%
Other	36.7% $\pm$ 5.6%

By Sex Assigned at Birth

Female	32.8% $\pm$ 2.7%
Male	17.9% $\pm$ 2.5%

By Gender Identity

Female	31.1% $\pm$ 2.5%
Male	18.5% $\pm$ 2.4%
Transgender	57.6% $\pm$ 8.2%
Questioning	48.4% $\pm$ 8.3%

By Sexual Orientation

Bisexual	52.4% $\pm$ 3.8%
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By Sexual Orientation

Gay or Lesbian	49.3% $\pm$ 6.7%
Heterosexual	21.1% $\pm$ 2.3%
Questioning	44.7% $\pm$ 6.0%
Something else	45.3% $\pm$ 5.4%

By Sexually or Gender Diverse

Sexually or Gender Diverse	47.1% $\pm$ 3.0%
Not Sexually or Gender Diverse	20.5% $\pm$ 2.3%

By Disability

Identifying as having a disability	40.3% $\pm$ 2.9%
No Disability	15.0% $\pm$ 1.9%

By Migratory Working Family

Migratory working family	32.0% $\pm$ 4.8%
Non-migratory working family	25.4% $\pm$ 2.4%
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For immediate help and support

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For More Information

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- The Supporting Adolescents and Families Experiencing Suicidality (SAFES) Program is available for 10-18 year olds living in the following Washington state counties: Adams, Chelan, Douglas, Ferry, Grant, Lincoln, Okanogan, Pend Oreille, Spokane, and Stevens. Visit for more information:
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Data Notes

Prevalence on charts is displayed with 95% confidence intervals (as $\pm$ or black bar |)

▲ ▼ indicates a significant change from the previous year, $p < 0.05$. Color indicates a **positive** or **negative** difference

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