



Depressive Feelings, Anxiety and Suicide Fact Sheet 2025

Issaquah School District, All Grades (not including 6th)

Students surveyed = ; 8th grade: 1,293; 10th grade: 1,042; 12th grade: 439

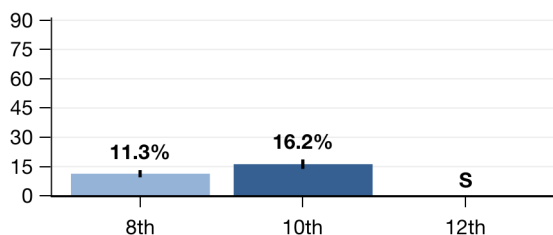
Introduction

- 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.²

Depressive feelings...

Students who report feeling sad or hopeless for at least two weeks in the past year

% of students

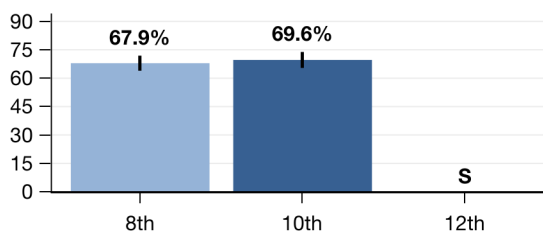


Grade	Depressive feelings...
8th	11.3% $\pm$ 1.9%
10th	16.2% $\pm$ 2.4%
12th	suppressed

Support...

Students who report they have an adult to turn to when they feel sad or hopeless

% of students



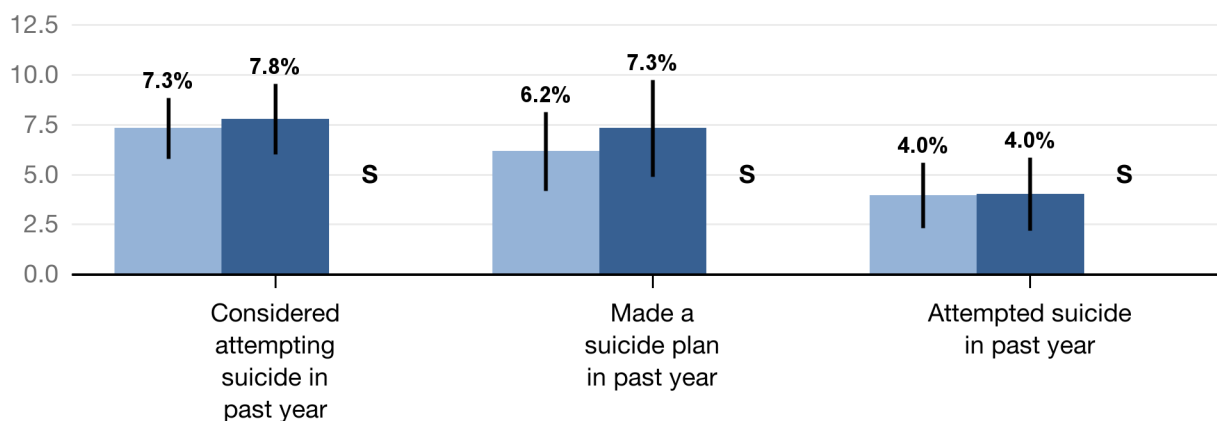
Grade	Support...
8th	67.9% $\pm$ 4.0%
10th	69.6% $\pm$ 4.2%
12th	suppressed

Suicidal feelings and actions...

Students who report considering suicide, making a suicide plan, and attempting suicide in the past year

8th 10th 12th

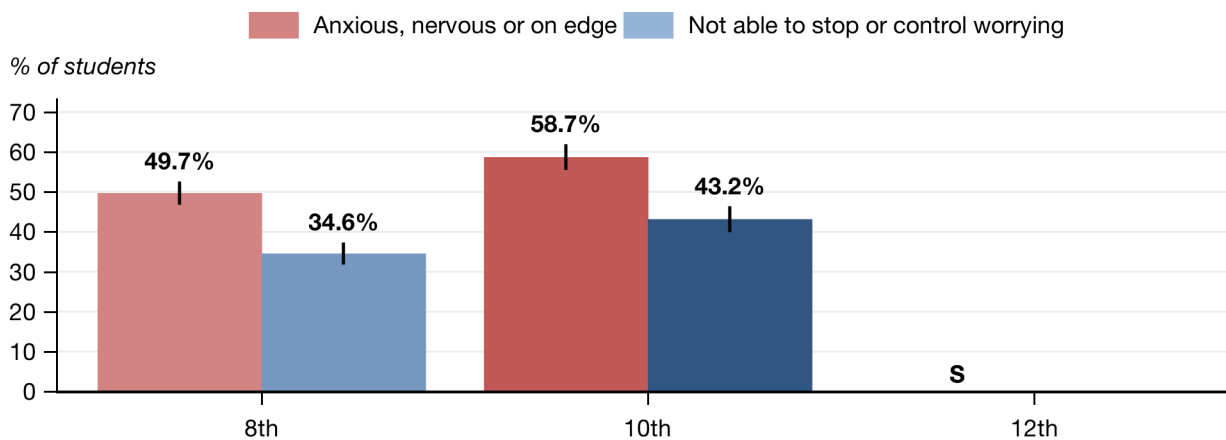
% of students



Type of action	8th grade	10th grade	12th grade
Considered attempting suicide in past year	7.3% $\pm$ 1.5%	7.8% $\pm$ 1.8%	suppressed
Made a suicide plan in past year	6.2% $\pm$ 2.0%	7.3% $\pm$ 2.4%	suppressed
Attempted suicide in past year	4.0% $\pm$ 1.6%	4.0% $\pm$ 1.8%	suppressed

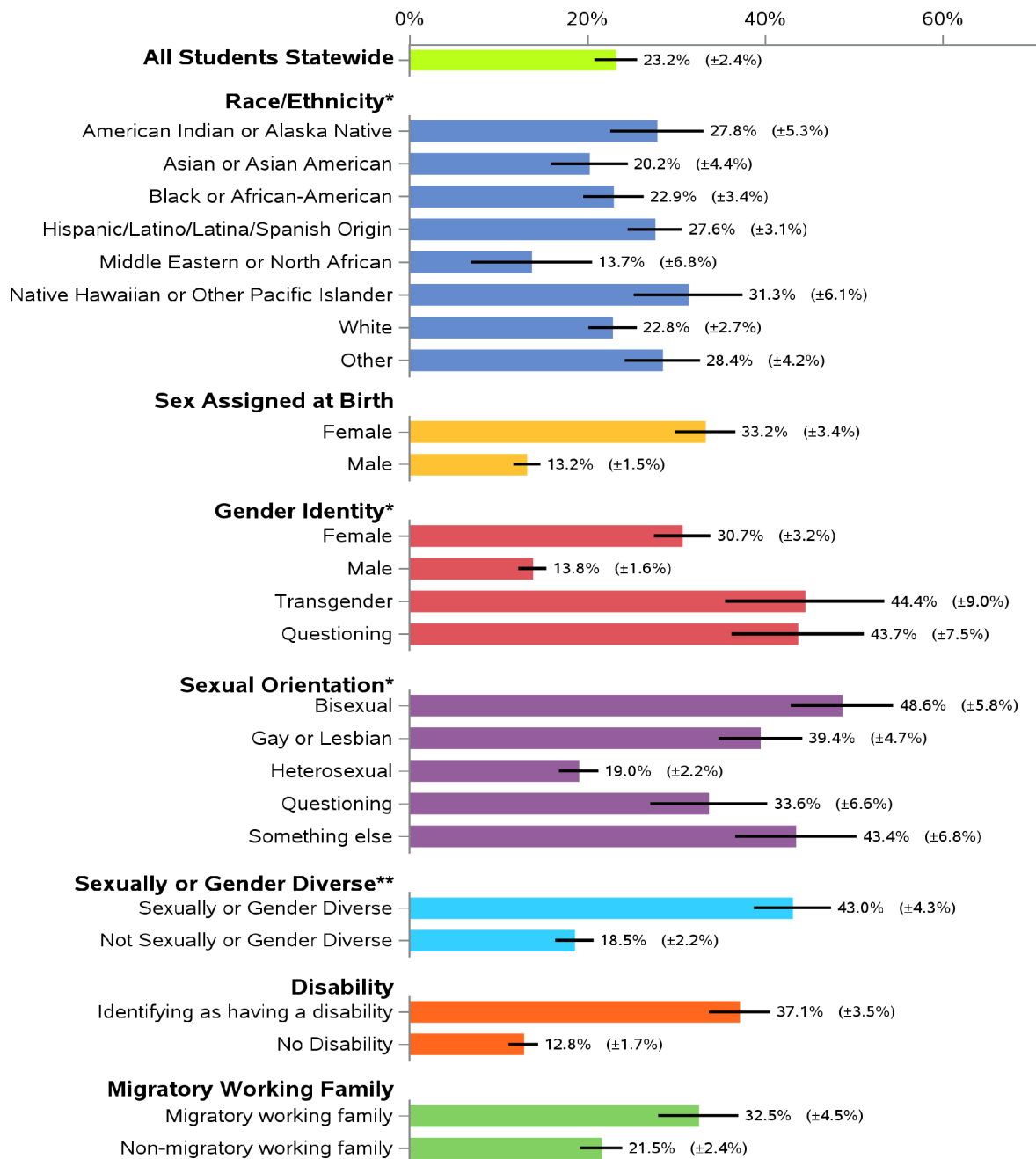
Feeling anxious and not able to stop worrying...

Students who report feeling nervous, anxious or over the edge or not being able to stop or control worrying in the past 2 weeks



Measure	8th grade	10th grade	12th grade
Anxious, nervous or on edge	49.7% $\pm$ 2.9%	58.7% $\pm$ 3.2%	suppressed
Not able to stop or control worrying	34.6% $\pm$ 2.8%	43.2% $\pm$ 3.2%	suppressed

Statewide Relationship between Feeling Sad or 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 or 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.
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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 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%

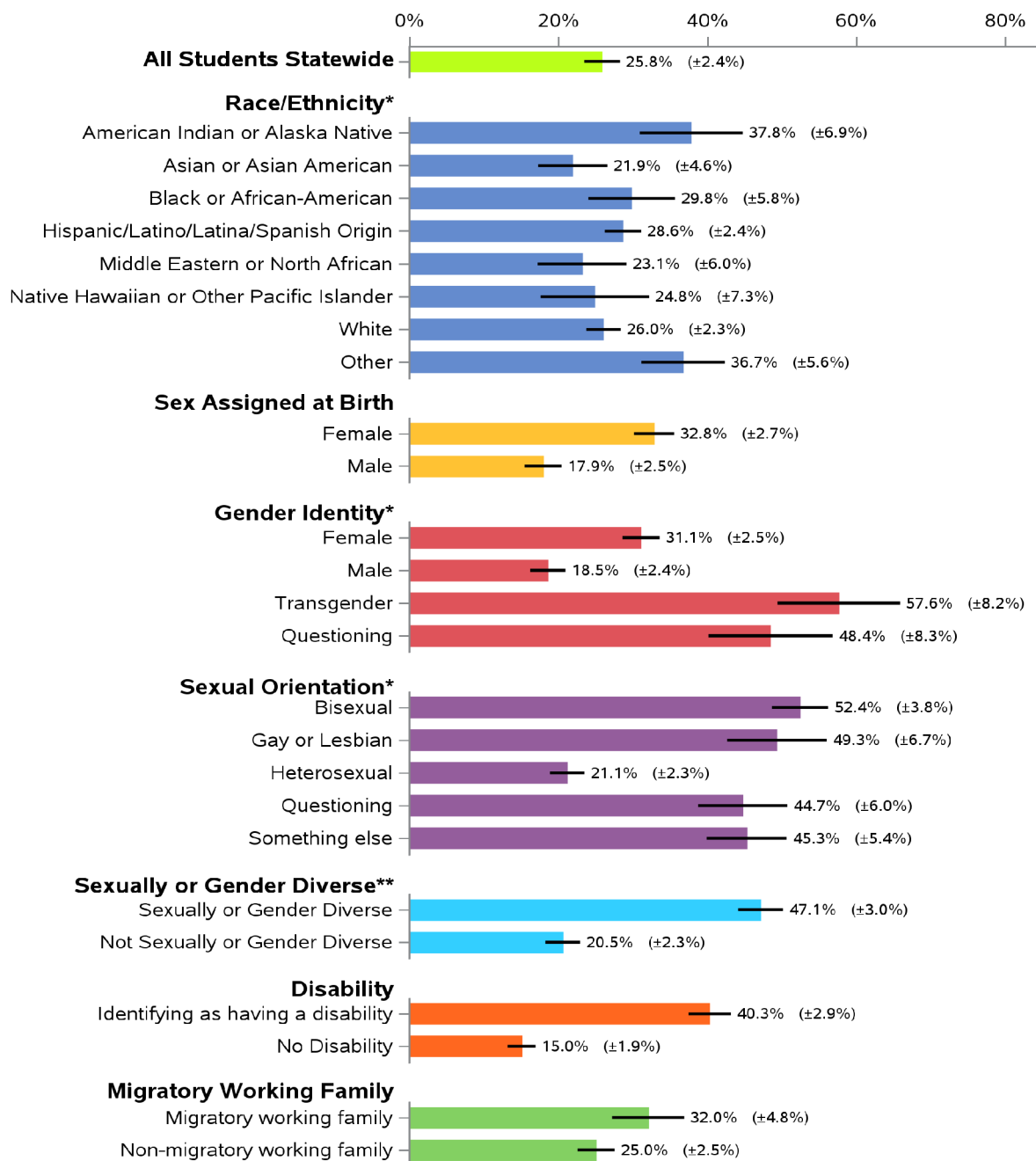
By Disability

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%

Statewide Relationship between Feeling Sad or 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 or Hopeless and Demographics for Grade 10, 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.
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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%

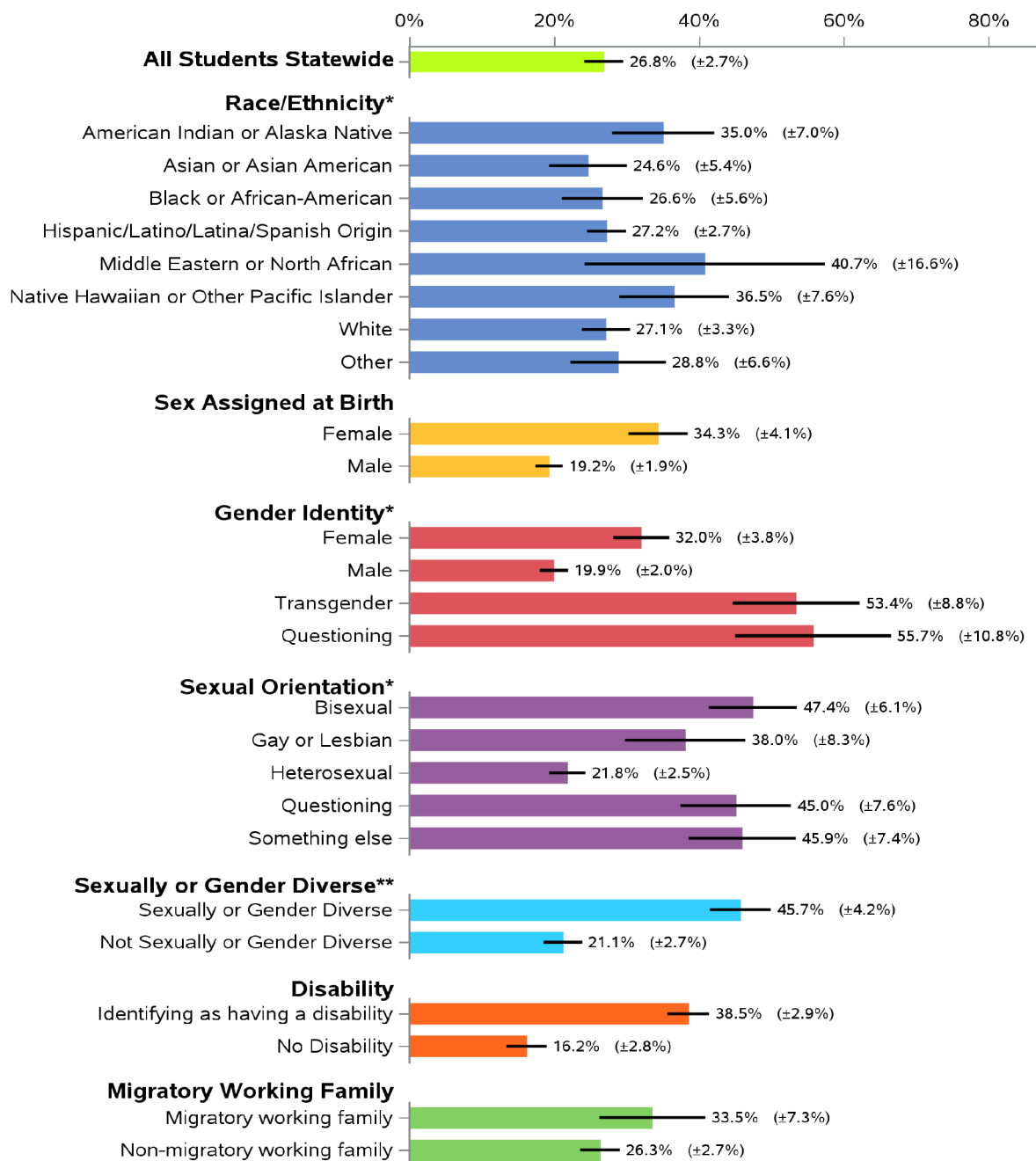
By Disability

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%
Non-migratory working family	25.4% $\pm$ 2.4%

Statewide Relationship between Feeling Sad or Hopeless and Demographics, Grade 12, 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.

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The bar chart above shows the statewide relationship between Feeling Sad or Hopeless and Demographics for Grade 12, 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 26.8% $\pm$ 2.7%

By Race/Ethnicity

American Indian or Alaska Native	35.0% $\pm$ 7.0%
Asian or Asian American	24.6% $\pm$ 5.4%
Black or African-American	26.6% $\pm$ 5.6%
Hispanic/Latino/Latina/Spanish Origin	27.2% $\pm$ 2.7%
Middle Eastern or North African	40.7% $\pm$ 16.6%
Native Hawaiian or Other Pacific Islander	36.5% $\pm$ 7.6%
White	27.1% $\pm$ 3.3%
Other	28.8% $\pm$ 6.6%

By Sex Assigned at Birth

Female	34.3% $\pm$ 4.1%
Male	19.2% $\pm$ 1.9%

By Gender Identity

Female	32.0% $\pm$ 3.8%
Male	19.9% $\pm$ 2.0%
Transgender	53.4% $\pm$ 8.8%
Questioning	55.7% $\pm$ 10.8%

By Sexual Orientation

Bisexual	47.4% $\pm$ 6.1%
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By Sexual Orientation

Gay or Lesbian	38.0% $\pm$ 8.3%
Heterosexual	21.8% $\pm$ 2.5%
Questioning	45.0% $\pm$ 7.6%
Something else	45.9% $\pm$ 7.4%

By Sexually or Gender Diverse

Sexually or Gender Diverse	45.7% $\pm$ 4.2%
Not Sexually or Gender Diverse	21.1% $\pm$ 2.7%

By Disability

Identifying as having a disability	38.5% $\pm$ 2.9%
No Disability	16.2% $\pm$ 2.8%

By Migratory Working Family

Migratory working family	33.5% $\pm$ 7.3%
Non-migratory working family	26.5% $\pm$ 2.7%
Non-migratory working family	26.5% $\pm$ 2.7%

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

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 Steven. 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.