

Mental Health & Wellness



Feelings, Emotions, and Thoughts

- 11.5% of students **worried that food would run out before their family could buy more.**
 - 7.7% of seniors reported skipping a meal because of family finances.
- 38.0% of students **reported feeling sad or depressed most days**, including 41.9% of 10th and 43.8% of 12th graders (up from 40.8% in 2017).
 - 8th graders reported a reduction in this measure, from 36.9% to 33.9%.
- 41.2% of 12th graders and 40.1% of 10th graders reported that **“at times I think I am no good at all”**.
 - 27.0% of seniors and 26.7% of sophomores said that they are inclined to think they are a failure.
- 25% of students reported that **“Sometimes they think life is not worth it”**, including 29.4% of seniors.

Behaviors, Self-Harm, and Suicide

- 30.6% of 12th graders and 29.4% of 10th graders reported **being so sad they ceased doing their usual activities.**

Levels of Depressive Symptoms	30-Day Alcohol Use	30-Day Marijuana Use
High (7.1% of all participants)	29.7%	22.4%
None	9.9%	4.7%

- 14.4% of students reported **self-harm (such as cutting)**, including 14.9% of 8th graders and 16.9% of 10th graders.
- 19.9% of 12th graders and 18.9% of 10th graders reported **considering suicide** and 11.4% and 11.2%, respectively, **attempted suicide.**
 - All these numbers decreased slightly from 2017.
- 39.5% of students who reported **being bullied through texting/social media** reported **seriously considering suicide in the past year.**