

# Youth Mental Health in Washington State

Washington ranks low on youth behavioral health at 31<sup>st</sup> out of 50 states, according to Mental Health America's 2018 national assessment of mental health and access to care.

Results from the 2018 Healthy Youth Survey show feelings of distress among youth in Washington are high and climbing.



## Typical 10<sup>th</sup> grade classroom

A high and increasing number of Washington youth report feeling sad, hopeless, or anxious, or having suicidal thoughts



12 in 29

students experience **hopelessness**



10 in 29

students often feel **anxious**



3 in 29

students attempted **suicide** in the past year

2008 - 2018  
Students' mental health outcomes have gotten worse

↑ 33%  
feeling hopeless

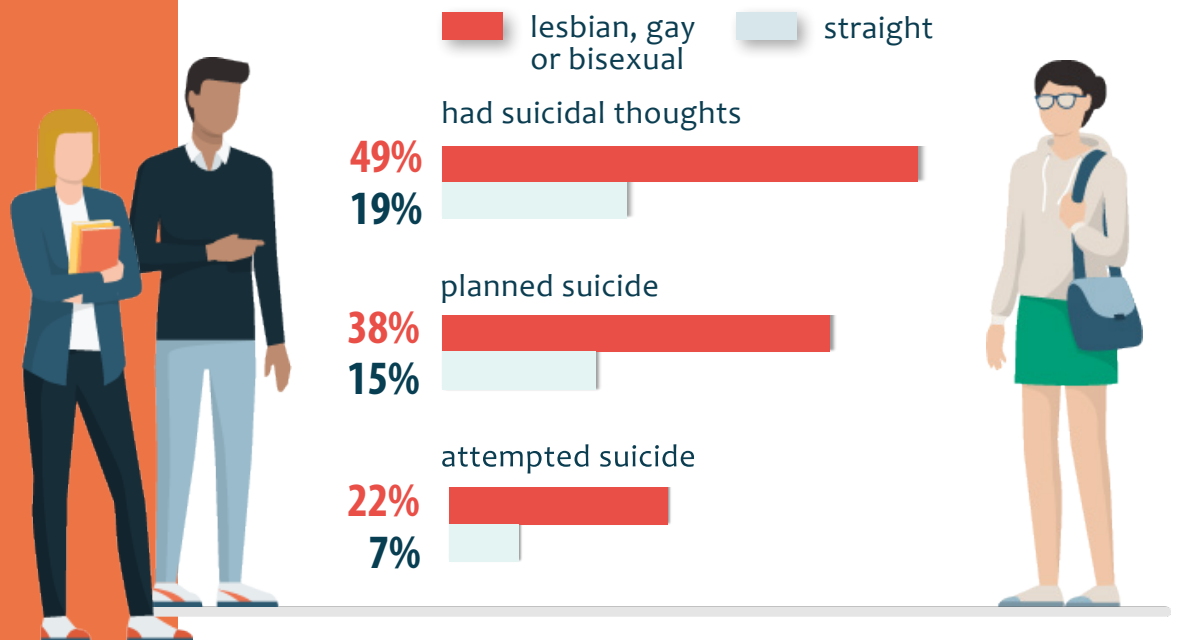
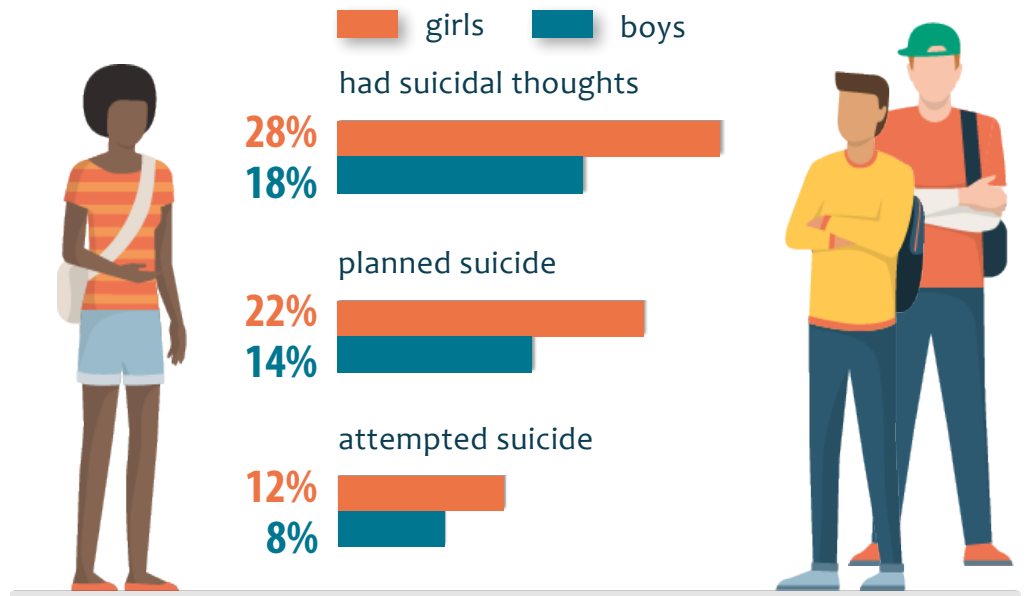
↑ 35%  
suicidal thoughts

↑ 39%  
planning suicide



# 10<sup>th</sup> graders

Female students and lesbian, gay, or bisexual students report higher rates of considering, making a plan for, and attempting suicide



Research shows mental health conditions are treatable and suicide is preventable

Caring adults, informed schools, and knowledgeable communities can all foster increased social connectedness, teach resiliency skills, and expand support networks for youth in Washington.

[www.askhys.net](http://www.askhys.net)



Washington State Health Care Authority



Washington State Liquor and Cannabis Board

National Suicide Prevention Lifeline: 1-800-273-8255  
Crisis Text Line: Text HEAL to 741741