

Healthy Youth Survey results show a rise in Washington teens who consider suicide

Healthy Youth Survey explores attitudes and behaviors of middle and high school students

CONTACT: Kelly Stowe • Department of Social and Health Services • 360-902-7739 • Kelly.Stowe@dshs.wa.gov

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OLYMPIA – Results from latest Healthy Youth Survey (HYS), taken in the fall of 2016 by tweens and teens in Washington, shows that one in five high school students seriously considered suicide in the past 12 months.

During the past decade, there has been a 6 percentage point rise in 8th and 10th graders in our state who have contemplated suicide and an 8 percentage point increase in 12th graders.

“This is an alarming trend,” said Gov. Jay Inslee. “Suicide can be prevented if we know what signs to look for. We must educate ourselves as parents, grandparents and neighbors on ways to let our kids know that they have support and encouragement they need and that we believe, care and support them in every way.”

Inslee signed an executive order last year [that promotes suicide prevention training](#) and education efforts.

The survey results show a higher percentage of girls (26 percent) think about suicide, with 13 percent attempting it, compared to 14 percent of boys who contemplate suicide and 7 percent who attempt it.

The Department of Social and Health Services (DSHS) supports mental health treatment for youth and adults. As part of this effort, the agency funds the 24-hour Washington Recovery Help Line for emotional support and referrals. Nearly 60,000 Washington youth received state-funded mental health care from July 2015 to June 2016.

“Having been through adolescence, as adults, we know growing up is hard,” said acting secretary, Patricia Lashway, “We can help teens during challenging times by listening and talking to them about their feelings and providing advice on how to cope with stress, relationship problems and challenging life events. We can let them know they are not alone and they have support.”

A promising part of the survey showed that most high schoolers report that they had support and education related to mental health and suicide available to them. In fact, among 10th graders who said they had ever felt sad or hopeless, 63 percent said there were adults whom they could turn to. However, 11 percent of youth who have felt sad or hopeless for at least two weeks in a row said they don’t have anyone they would talk to.

Parents and other adults can help by understanding the risks for teen depression and suicide and recognizing the factors that could put a young person at risk, such as a history of suicide attempts, family history of suicide, history of depression or other mental illness or alcohol or drug abuse.

Know how to recognize suicide warning signs in tweens and teens such as:

- Talk of suicide, being a burden to others, or saying they have no reason to live or feel trapped;
- Showing symptoms of depression and/or anxiety. Being irritable, showing signs of rage, humiliation or a sudden loss of interest in activities they used to enjoy;
- Exhibiting behaviors such as increased use of alcohol or drugs, acting recklessly, sleeping too much or too little, giving away prized possessions, visiting or calling people to say goodbye.

If your teen is in crisis, you don’t have to handle the situation alone. In an emergency, dial 911. You can get information, emotional support and referrals by calling the [Washington Recovery Help Line](#) at 866-789-1511, the [Suicide Prevention Lifeline](#) at 800-273-TALK or get information from [TeenLink](#) at 866-833-6546.

Washington State is recognized nationally as a leader in supporting evidence-based prevention practices and collaborating with community-based prevention organizations. More survey results on nutrition, physical activity and school engagement will be analyzed and released over the next few months. Survey results about substance use and other topics are available at www.AskHYS.net.

The HYS is taken every two years by students in grades 6, 8, 10 and 12, who voluntarily answer a wide variety of questions about their health behaviors. In the fall of 2016, over 230,000 students in over 1,000 schools from 236 school districts in all 39 counties took part. The survey provides state and community organizations with needed information about which teen health issues to focus on.

The survey is a collaborative effort between DSHS and the [Department of Health](#) (DOH), the [Office of Superintendent of Public Instruction](#) (OSPI) and the [Liquor and Cannabis Board](#) (LCB). The results provide state and local organizations with needed information to plan, implement and evaluate publicly funded programs.

For further information about mental health, suicide or the Healthy Youth Survey, please visit AskHYS.net.



Washington State
Liquor and Cannabis Board





2016 Washington State Healthy Youth Survey

Data Brief: Mental Health

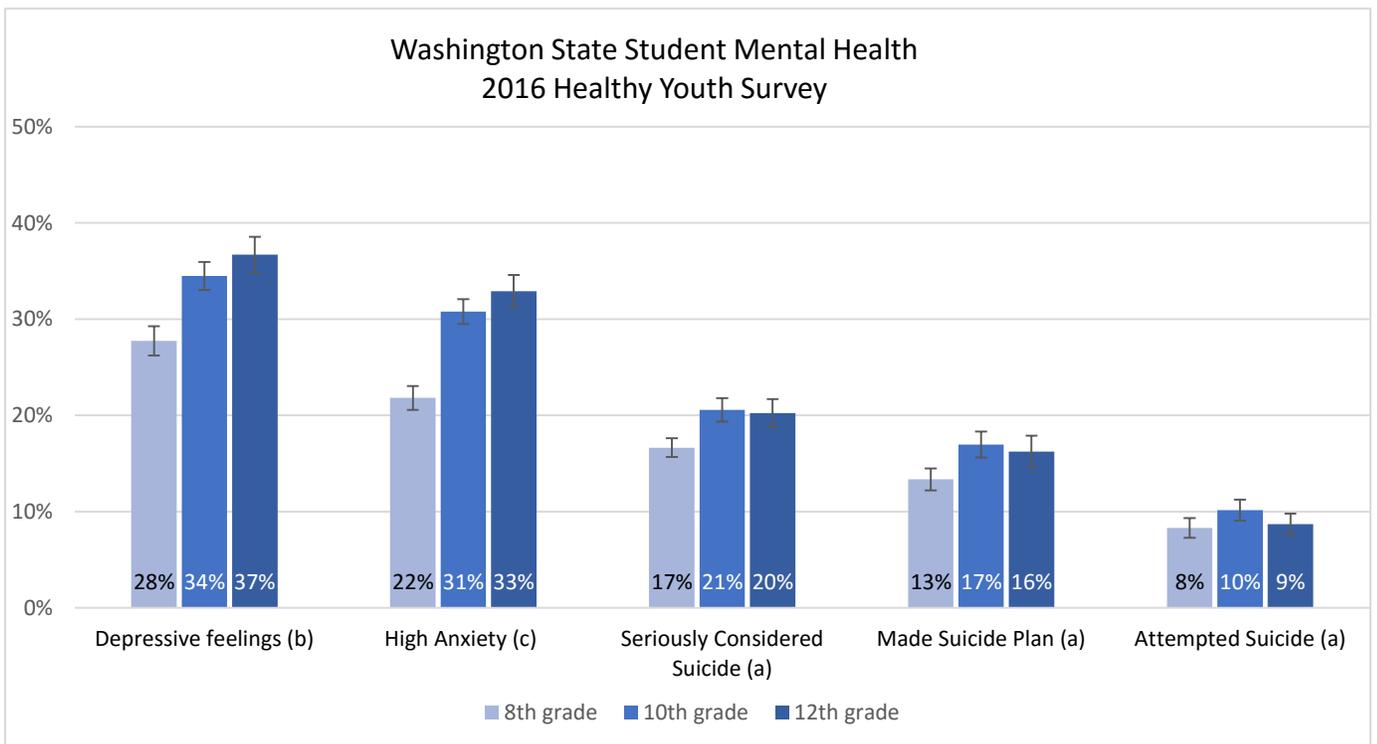
The Washington State Healthy Youth Survey (HYS) is a crucial source of information on adolescent health, behaviors, and perceptions. In fall 2016, over 230,000 students participated in this biennial statewide school-based survey. Over 1,000 schools administered the survey, representing all 39 Washington counties and 236 school districts. To explore Healthy Youth Survey results or learn more about the survey, visit www.askHYS.net.

About one in 10 Washington high school students report having attempted suicide in the past year.

- Rates of reported suicide attempts were steady between 2014 and 2016. In 2016:
 - 8 percent of 8th graders (about 6,490 students)
 - 10 percent of 10th graders (about 8,370 students)
 - 9 percent of 12th graders (about 8,150 students)
- This means that in a typical-sized high school classroom (about 29 students), chances are two or three students have attempted suicide in the past year.

About one in five high school students seriously considered suicide in the past 12 months.

- The percentage considering suicide rose substantially over the past decade, changing from 11 to 17 percent of 8th graders, 15 to 21 percent of 10th graders, and 12 to 20 percent of 12th graders between 2006 and 2016.



Technical Note: (a) - during the past 12 months, (b) - for at least two weeks in a row during the past 12 months, (c) - over the last two weeks (GAD-2 scale).

Teen anxiety is on the rise and about one in three 12th graders are experiencing high levels of anxiety.

- From 2014 to 2016, the percentage experiencing a high level of anxiety increased among 8th (19 to 22) and 12th graders (27 to 33), while 10th graders held steady (31% in 2016).
- HYS began tracking anxiety in 2014 with a scale that has been shown to be a good indicator of experiencing high levels of anxiety (GAD-2). It includes questions about feeling anxious, nervous, or over the edge, and not being able to stop or control worrying.

Most high schoolers report having support with and education about mental health and suicide, but some teens do not believe they have any support when experiencing challenges.

- Among 10th graders who ever feel sad or hopeless, 63 percent say there are adults to whom they can turn.
- Friends/peers, parents/guardians, and siblings/cousins are the most common people 10th graders say they turn to when depressed. However, about 11 percent of those who have felt sad or hopeless for at least two weeks in a row say they don't have anyone they would talk to.
- Over half of 10th (54%) and 12th graders (51%) and somewhat fewer 8th graders (38%) say they saw or heard info at school about suicide warning signs and how to get help for themselves or a friend.

Some groups of students have higher rates of considering and attempting suicide. Among 10th graders in 2016:

- Almost double the percentage of girls thought about (26%) and attempted (13%) suicide in the past year than boys (14% and 7%, respectively). However, Washington State vital statistics data shows more teenage boys die from suicide than girls.
- High rates of suicidal thoughts and attempts are also found among American Indian or Alaskan Native students (29% considering and 16% attempting) and multiracial students (30% and 16%, respectively).
- Among the 77 percent of state-sample schools administering the optional survey questions, GLBQ students had substantially higher rates than those who identified as straight/heterosexual:
 - Gay/Lesbian: 38 percent considering and 25 percent attempting
 - Bisexual: 51 percent considering and 25 percent attempting
 - Unsure: 31 percent considering and 15 percent attempting
 - Straight/Heterosexual: 16 percent considering and 8 percent attempting
 - Note that because not all schools administered this question, these results may not be representative of students across Washington State.

Efforts to address bullying may be starting to pay off, but too many students are still being bullied.

- From 2014 to 2016, the percentage of 10th graders saying they had ever been bullied decreased slightly, from 23 to 21 percent.
- However, about one in 20 students say they are being bullied at least once a week, so in an average classroom, chances are at least one student is dealing with regular bullying.

State, local, and community efforts are crucial for supporting youth mental health.

- See the Mental Health Resource Guide at <http://www.askhys.net/Home/Press>.



2016 Washington State Healthy Youth Survey

Guide to Information and Resources: Mental Health

What is the Washington State Healthy Youth Survey?

The Washington State Healthy Youth Survey (HYS) is a crucial source of information on adolescent health, behaviors, and perceptions. In fall 2016, over 230,000 students participated in this biennial statewide school-based survey. Over 1,000 schools administered the survey, representing all 39 Washington counties and 236 school districts.

Because students anonymously complete the survey, with this information we can:

- Gain an understanding of the health risks students are experiencing
- Identify trends and patterns in order to plan and evaluate initiatives to address the risks
- Develop policies and improve programs to better serve youth

Suicide is the 2nd leading cause of death for 15-19 year olds in Washington State. According to vital statistics data from the Department of Health, 64 teens age 15-19 died from suicide in 2015.

What are the risks for teen depression and suicide?

Several factors can put a young person at risk for suicide:

- History of previous suicide attempts
- Family history of suicide
- History of depression or other mental illness
- Alcohol or drug abuse
- Stressful life event or loss
- Easy access to lethal methods
- Exposure to the suicidal behavior of others
- Incarceration

What factors help youth to be resilient to mental health challenges?

- Support and encouragement from parents and other family members, friends, school professionals, and other caring adults in the community.
- Feeling that there are people who believe in them, care about them, and whom they can talk to about important matters.
- Safe communities and learning environments.
- Self-esteem, a sense of control and responsibility, and problem-solving and coping skills.
- Having an outlet for self-expression and participation in after-school activities.

What can we do to help teens with anxiety and depression and prevent suicide?

Parents and other adults:

- Bond with them: Love them unconditionally, value them, and stay involved in their lives.
- Talk with teens about their feelings and show that you care. Listen to their feelings; suicidal thinking often comes from a wish to end psychological pain.
- Help teens to learn [effective coping strategies](#) to deal with stress, expectations of others, relationship problems, and challenging life events.
- Educate yourself about warning signs and where to get help; you don't need to handle this alone.

- Ask: “Are you thinking about suicide?” Don’t be afraid that talking about it will give them the idea. If you’ve observed any warning signs, chances are they’re already thinking about it.
- If you own a firearm, keep it secured where a teen having suicidal thoughts could not access it.

Communities and schools:

All sectors of our communities, including schools, faith-based organizations, health care providers, businesses, and law enforcement can play a role in building an environment that supports youth. Some ways to do that are:

- Start or join a coalition that works to keep youth healthy and safe.
- Educate community members and parents about the facts around youth anxiety, depression, and suicide. See below for links to resources.
- Teach youth how to respond and where they can find help if a friend is struggling with stress, anxiety, and depression and/or having suicidal thoughts; friends are often the first to know.
- Enforce policies aimed to reduce bullying and support students experiencing bullying.
- Enforce policies and laws around substance use. Youth substance use is associated with mental health challenges and suicide.
- Provide opportunities for youth to participate in safe and fun activities, learn new skills, and be rewarded for their achievements.

Where can I find more information and resources?

Several websites provide both information and materials that can be downloaded or ordered.

- **For help during a crisis, information, emotional support, and referrals:**
 - <https://suicidepreventionlifeline.org> – Suicide Prevention Lifeline (1-800-273-TALK)
 - <http://www.thetrevorproject.org> – Trevor Project Lifeline (GLBTQ) (1-866-4-U-Trevor)
 - www.WaRecoveryHelpLine.org – The Washington Recovery Help Line (1-866-789-1511)
 - <https://866teenlink.org> – TeenLink (1-866-833-6546)
- **For further information on mental health and suicide:**
 - <https://www.yspp.org/index.htm> – Washington’s Youth Suicide Prevention Program
 - What a Difference a Friend Makes (targeted to young adults):
http://162.99.3.207/psa/NASC_English_web_508.pdf
 - <https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>
 - <https://www.mentalhealthfirstaid.org/cs/> – training in how to help those in crisis
 - <http://www.intheforefront.org/> – FOREFRONT innovations in suicide prevention
- **Visit state agency webpages for information on suicide prevention and mental health promotion programs and strategies at [DOH](#), [DSHS](#), and [OPSI](#).**
- **Visit www.AskHYS.net for current and past WA Healthy Youth Survey data, including fact sheets and frequency reports, on this and other topics.**

2016 Healthy Youth Survey mental health results : County-Level

County ID	County Name	Grade	Seriously considered suicide in past 12 months % +/-	Boys: Seriously considered suicide in past 12 months % +/-	Girls: Seriously considered suicide in past 12 months % +/-
1	Adams County	8	13 4	13 5	12 6
1	Adams County	10	15 4	11 6	17 6
1	Adams County	12	17 5	Suppressed	27 9
2	Asotin County	8	19 5	14 7	23 7
2	Asotin County	10	27 6	15 8	37 10
2	Asotin County	12	21 6	14 7	28 9
3	Benton County	8	19 2	12 2	25 3
3	Benton County	10	21 2	14 2	28 3
3	Benton County	12	22 2	20 3	24 3
4	Chelan County	8	16 3	10 3	21 4
4	Chelan County	10	18 3	14 4	22 4
4	Chelan County	12	18 3	15 5	19 5
5	Clallam County	8	17 3	10 4	24 5
5	Clallam County	10	23 4	18 5	27 6
5	Clallam County	12	20 4	17 5	24 6
6	Clark County	8	15 2	10 1	20 3
6	Clark County	10	20 1	15 2	24 2
6	Clark County	12	20 1	17 2	22 2
7	Columbia County	8	NA	NA	NA
7	Columbia County	10	38 16	Suppressed	Suppressed
7	Columbia County	12	17 15	Suppressed	Suppressed
8	Cowlitz County	8	17 2	12 3	22 4
8	Cowlitz County	10	20 3	12 3	28 4
8	Cowlitz County	12	20 3	14 4	25 5
9	Douglas County	8	16 3	7 3	23 5
9	Douglas County	10	19 4	12 4	28 6
9	Douglas County	12	17 4	13 5	23 7
10	Ferry County	8	Suppressed	Suppressed	Suppressed

10 Ferry County	10	29 16	Suppressed	Suppressed
10 Ferry County	12	24 17	Suppressed	Suppressed
11 Franklin County	8	Suppressed	Suppressed	Suppressed
11 Franklin County	10	Suppressed	Suppressed	Suppressed
11 Franklin County	12	Suppressed	Suppressed	Suppressed
12 Garfield County	8	0 0	Suppressed	Suppressed
12 Garfield County	10	11 11	Suppressed	Suppressed
12 Garfield County	12	22 19	Suppressed	Suppressed
13 Grant County	8	18 2	12 3	24 3
13 Grant County	10	21 2	15 3	27 4
13 Grant County	12	17 3	13 4	22 4
14 Grays Harbor County	8	23 3	14 4	32 5
14 Grays Harbor County	10	25 4	18 4	32 6
14 Grays Harbor County	12	23 4	19 5	29 6
15 Island County	8	14 4	10 5	18 6
15 Island County	10	21 4	14 5	29 6
15 Island County	12	23 4	19 6	27 6
16 Jefferson County	8	18 6	Suppressed	23 8
16 Jefferson County	10	27 7	22 10	31 10
16 Jefferson County	12	23 7	18 9	28 11
17 King County	8	15 1	11 1	19 1
17 King County	10	19 1	14 1	22 2
17 King County	12	18 2	15 2	21 3
18 Kitsap County	8	20 2	14 2	25 3
18 Kitsap County	10	22 2	17 2	27 3
18 Kitsap County	12	23 2	18 3	29 4
19 Kittitas County	8	19 5	14 6	23 7
19 Kittitas County	10	22 6	22 9	22 9
19 Kittitas County	12	23 6	19 8	27 9
20 Klickitat County	8	17 6	Suppressed	27 10
20 Klickitat County	10	26 7	21 9	30 10
20 Klickitat County	12	16 7	16 9	Suppressed
21 Lewis County	8	18 3	10 3	25 5
21 Lewis County	10	22 3	13 4	31 5
21 Lewis County	12	23 4	22 6	25 6

22 Lincoln County	8	13 6	Suppressed	24 10
22 Lincoln County	10	16 6	Suppressed	21 9
22 Lincoln County	12	11 6	Suppressed	Suppressed
23 Mason County	8	21 4	12 5	30 7
23 Mason County	10	29 4	21 5	39 7
23 Mason County	12	24 5	21 7	27 7
24 Okanogan County	8	13 4	Suppressed	21 7
24 Okanogan County	10	19 4	9 4	30 8
24 Okanogan County	12	18 5	Suppressed	26 9
25 Pacific County	8	12 5	Suppressed	17 9
25 Pacific County	10	19 6	Suppressed	29 10
25 Pacific County	12	22 7	19 9	26 12
26 Pend Oreille County	8	19 7	Suppressed	28 11
26 Pend Oreille County	10	29 9	Suppressed	37 13
26 Pend Oreille County	12	25 9	Suppressed	39 17
27 Pierce County	8	18 2	10 2	25 3
27 Pierce County	10	22 2	14 1	29 3
27 Pierce County	12	21 2	17 2	24 3
28 San Juan County	8	14 8	Suppressed	Suppressed
28 San Juan County	10	20 8	Suppressed	30 13
28 San Juan County	12	14 8	Suppressed	Suppressed
29 Skagit County	8	16 2	12 3	20 3
29 Skagit County	10	18 2	13 3	23 4
29 Skagit County	12	19 3	13 3	26 4
30 Skamania County	8	14 9	Suppressed	Suppressed
30 Skamania County	10	24 11	Suppressed	Suppressed
30 Skamania County	12	22 16	Suppressed	Suppressed
31 Snohomish County	8	16 2	12 1	20 2
31 Snohomish County	10	22 2	17 1	27 3
31 Snohomish County	12	23 2	18 2	27 3
32 Spokane County	8	17 1	11 1	23 2
32 Spokane County	10	20 2	15 2	26 2
32 Spokane County	12	Suppressed	Suppressed	Suppressed
33 Stevens County	8	17 5	10 5	23 7
33 Stevens County	10	21 5	11 5	33 8
33 Stevens County	12	16 5	12 6	21 8

34 Thurston County	8	18 2	11 2	23 2
34 Thurston County	10	24 2	17 2	30 3
34 Thurston County	12	21 2	16 2	26 3
35 Wahkiakum County	8	3 5	Suppressed	Suppressed
35 Wahkiakum County	10	37 17	Suppressed	Suppressed
35 Wahkiakum County	12	30 19	Suppressed	Suppressed
36 Walla Walla County	8	21 4	15 5	27 6
36 Walla Walla County	10	23 4	17 6	29 6
36 Walla Walla County	12	17 4	14 5	21 6
37 Whatcom County	8	16 2	9 2	23 3
37 Whatcom County	10	18 2	13 3	22 3
37 Whatcom County	12	Suppressed	Suppressed	Suppressed
38 Whitman County	8	15 5	13 7	16 6
38 Whitman County	10	22 5	16 6	29 8
38 Whitman County	12	Suppressed	Suppressed	Suppressed
39 Yakima County	8	17 1	12 2	22 2
39 Yakima County	10	20 1	14 2	25 2
39 Yakima County	12	18 2	15 2	22 2

2016 Healthy Youth Survey mental health results : County-Level

County ID	County Name	Grade	Attempted suicide in past 12 months	Boys: Attempted suicide in past 12 months	Girls: Attempted suicide in past 12 months
			% +/-	% +/-	% +/-
1	Adams County	8	4 3	Suppressed	Suppressed
1	Adams County	10	8 5	Suppressed	Suppressed
1	Adams County	12	11 6	Suppressed	Suppressed
2	Asotin County	8	8 5	Suppressed	Suppressed
2	Asotin County	10	16 7	Suppressed	22 11
2	Asotin County	12	12 7	Suppressed	Suppressed
3	Benton County	8	10 2	7 2	12 3
3	Benton County	10	9 2	5 2	13 3
3	Benton County	12	10 2	9 3	11 3
4	Chelan County	8	10 3	7 4	13 5
4	Chelan County	10	7 3	5 3	9 4
4	Chelan County	12	9 4	Suppressed	11 6
5	Clallam County	8	13 4	Suppressed	21 7
5	Clallam County	10	14 4	12 6	16 6
5	Clallam County	12	9 4	10 5	Suppressed
6	Clark County	8	7 1	5 2	9 3
6	Clark County	10	9 1	7 2	11 2
6	Clark County	12	8 1	6 2	10 2
7	Columbia County	8	NA	NA	NA
7	Columbia County	10	28 21	Suppressed	Suppressed
7	Columbia County	12	0 0	Suppressed	Suppressed
8	Cowlitz County	8	8 2	6 3	11 4
8	Cowlitz County	10	10 3	5 3	15 5
8	Cowlitz County	12	6 2	Suppressed	8 4
9	Douglas County	8	11 4	Suppressed	15 6
9	Douglas County	10	8 4	Suppressed	13 6
9	Douglas County	12	10 5	Suppressed	Suppressed
10	Ferry County	8	Suppressed	Suppressed	Suppressed

10 Ferry County	10	19 19	Suppressed	Suppressed
10 Ferry County	12	10 19	Suppressed	Suppressed
11 Franklin County	8	Suppressed	Suppressed	Suppressed
11 Franklin County	10	Suppressed	Suppressed	Suppressed
11 Franklin County	12	Suppressed	Suppressed	Suppressed
12 Garfield County	8	22 27	Suppressed	Suppressed
12 Garfield County	10	5 10	Suppressed	Suppressed
12 Garfield County	12	13 23	Suppressed	Suppressed
13 Grant County	8	12 3	7 3	17 4
13 Grant County	10	11 3	7 3	16 4
13 Grant County	12	9 3	6 3	13 5
14 Grays Harbor County	8	10 3	Suppressed	15 6
14 Grays Harbor County	10	9 3	Suppressed	13 6
14 Grays Harbor County	12	10 4	Suppressed	12 7
15 Island County	8	8 4	Suppressed	Suppressed
15 Island County	10	9 4	Suppressed	13 7
15 Island County	12	10 4	Suppressed	14 7
16 Jefferson County	8	10 6	Suppressed	Suppressed
16 Jefferson County	10	23 9	Suppressed	30 14
16 Jefferson County	12	12 8	Suppressed	Suppressed
17 King County	8	8 2	6 2	9 2
17 King County	10	9 2	8 2	11 2
17 King County	12	7 2	5 2	9 2
18 Kitsap County	8	9 2	7 2	11 3
18 Kitsap County	10	10 2	9 3	12 3
18 Kitsap County	12	9 2	6 2	13 4
19 Kittitas County	8	5 4	Suppressed	Suppressed
19 Kittitas County	10	14 7	Suppressed	19 10
19 Kittitas County	12	6 5	Suppressed	Suppressed
20 Klickitat County	8	9 6	Suppressed	Suppressed
20 Klickitat County	10	10 6	Suppressed	Suppressed
20 Klickitat County	12	6 6	Suppressed	Suppressed
21 Lewis County	8	11 4	7 4	14 6
21 Lewis County	10	9 3	Suppressed	12 5
21 Lewis County	12	14 5	14 7	14 7

22 Lincoln County	8	11 8	Suppressed	Suppressed
22 Lincoln County	10	3 4	Suppressed	Suppressed
22 Lincoln County	12	6 6	Suppressed	Suppressed
23 Mason County	8	11 5	Suppressed	14 7
23 Mason County	10	13 4	11 6	15 7
23 Mason County	12	10 5	Suppressed	Suppressed
24 Okanogan County	8	8 4	Suppressed	16 8
24 Okanogan County	10	12 5	Suppressed	14 8
24 Okanogan County	12	4 4	Suppressed	Suppressed
25 Pacific County	8	4 4	Suppressed	Suppressed
25 Pacific County	10	5 5	Suppressed	Suppressed
25 Pacific County	12	11 8	Suppressed	Suppressed
26 Pend Oreille County	8	7 6	Suppressed	Suppressed
26 Pend Oreille County	10	16 10	Suppressed	Suppressed
26 Pend Oreille County	12	17 12	Suppressed	Suppressed
27 Pierce County	8	11 2	7 2	15 2
27 Pierce County	10	11 2	7 1	14 3
27 Pierce County	12	8 2	7 2	10 2
28 San Juan County	8	6 8	Suppressed	Suppressed
28 San Juan County	10	10 9	Suppressed	Suppressed
28 San Juan County	12	3 5	Suppressed	Suppressed
29 Skagit County	8	10 2	7 3	13 4
29 Skagit County	10	8 2	5 3	12 4
29 Skagit County	12	6 2	Suppressed	8 4
30 Skamania County	8	6 9	Suppressed	Suppressed
30 Skamania County	10	19 14	Suppressed	Suppressed
30 Skamania County	12	7 13	Suppressed	Suppressed
31 Snohomish County	8	9 2	5 1	12 3
31 Snohomish County	10	11 1	6 2	15 2
31 Snohomish County	12	10 2	8 2	11 3
32 Spokane County	8	8 1	4 1	11 2
32 Spokane County	10	10 2	7 2	13 3
32 Spokane County	12	Suppressed	Suppressed	Suppressed
33 Stevens County	8	8 5	Suppressed	Suppressed
33 Stevens County	10	10 5	Suppressed	18 9
33 Stevens County	12	8 5	Suppressed	Suppressed

34 Thurston County	8	9 2	5 2	12 3
34 Thurston County	10	12 2	8 2	15 3
34 Thurston County	12	8 2	7 2	10 3
35 Wahkiakum County	8	NA	NA	NA
35 Wahkiakum County	10	13 17	Suppressed	Suppressed
35 Wahkiakum County	12	9 17	Suppressed	Suppressed
36 Walla Walla County	8	9 4	Suppressed	14 6
36 Walla Walla County	10	13 5	12 7	14 7
36 Walla Walla County	12	8 4	Suppressed	Suppressed
37 Whatcom County	8	8 2	5 2	12 3
37 Whatcom County	10	8 2	5 2	11 3
37 Whatcom County	12	Suppressed	Suppressed	Suppressed
38 Whitman County	8	5 4	Suppressed	Suppressed
38 Whitman County	10	10 5	Suppressed	Suppressed
38 Whitman County	12	Suppressed	Suppressed	Suppressed
39 Yakima County	8	9 1	6 2	13 2
39 Yakima County	10	10 2	8 2	12 2
39 Yakima County	12	10 2	8 2	12 3

2016 Healthy Youth Survey mental health results : County-Level

County ID	County Name	Grade	Among those who have ever felt sad or hopeless, percent who report having adults to whom they can turn	Among those who have felt sad or hopeless nearly every day for at least two weeks, percent who say they don't have anyone they would talk to	Percent with high level of anxiety (GAD-2 scale score with cutoff of 3; see notes)
			% +/-	% +/-	% +/-
1	Adams County	8	64 9	6 4	12 4
1	Adams County	10	55 10	9 6	26 6
1	Adams County	12	57 11	16 8	27 6
2	Asotin County	8	73 9	7 5	28 6
2	Asotin County	10	54 11	15 8	41 7
2	Asotin County	12	73 10	6 5	40 7
3	Benton County	8	63 3	11 2	24 2
3	Benton County	10	64 3	12 2	30 2
3	Benton County	12	66 4	12 3	33 3
4	Chelan County	8	62 6	13 4	17 3
4	Chelan County	10	74 5	12 4	26 3
4	Chelan County	12	71 6	9 4	27 4
5	Clallam County	8	64 7	9 4	22 4
5	Clallam County	10	60 7	12 5	34 4
5	Clallam County	12	68 7	13 5	33 5
6	Clark County	8	69 3	12 2	21 2
6	Clark County	10	66 2	11 2	30 1
6	Clark County	12	69 3	11 2	34 2
7	Columbia County	8	NA	NA	NA
7	Columbia County	10	25 21	22 19	50 16
7	Columbia County	12	64 28	0 0	35 19
8	Cowlitz County	8	66 5	12 3	22 3
8	Cowlitz County	10	62 5	14 4	30 3
8	Cowlitz County	12	68 6	12 4	32 4
9	Douglas County	8	60 7	19 6	20 4
9	Douglas County	10	62 7	14 5	26 4
9	Douglas County	12	64 9	10 6	28 5

10 Ferry County	8	Suppressed	Suppressed	Suppressed
10 Ferry County	10	73 22	15 20	41 18
10 Ferry County	12	100 0	27 26	25 17
11 Franklin County	8	Suppressed	Suppressed	Suppressed
11 Franklin County	10	Suppressed	Suppressed	Suppressed
11 Franklin County	12	Suppressed	Suppressed	Suppressed
12 Garfield County	8	83 30	0 0	17 17
12 Garfield County	10	77 23	0 0	17 12
12 Garfield County	12	83 30	0 0	39 23
13 Grant County	8	61 5	15 3	20 2
13 Grant County	10	61 5	14 3	28 3
13 Grant County	12	60 6	11 4	28 3
14 Grays Harbor County	8	62 7	13 4	27 4
14 Grays Harbor County	10	68 6	14 5	33 4
14 Grays Harbor County	12	68 7	10 5	31 5
15 Island County	8	79 8	11 6	21 5
15 Island County	10	64 7	18 6	33 5
15 Island County	12	70 7	14 6	35 5
16 Jefferson County	8	61 11	11 8	30 8
16 Jefferson County	10	61 12	12 8	41 8
16 Jefferson County	12	73 12	16 10	32 8
17 King County	8	65 5	9 2	21 1
17 King County	10	66 4	12 1	31 1
17 King County	12	68 4	10 2	33 2
18 Kitsap County	8	65 3	11 2	25 2
18 Kitsap County	10	63 4	12 2	32 2
18 Kitsap County	12	72 4	12 3	35 3
19 Kittitas County	8	65 9	13 7	25 5
19 Kittitas County	10	62 11	6 5	25 7
19 Kittitas County	12	76 9	11 7	31 7
20 Klickitat County	8	57 13	13 9	22 7
20 Klickitat County	10	63 12	6 6	30 7
20 Klickitat County	12	75 13	10 8	29 8
21 Lewis County	8	60 7	12 4	23 4
21 Lewis County	10	63 6	12 4	34 4

21 Lewis County	12	61 8	13 5	33 5
22 Lincoln County	8	58 14	15 10	22 8
22 Lincoln County	10	70 13	7 7	23 8
22 Lincoln County	12	80 12	5 6	28 8
23 Mason County	8	54 9	13 5	28 5
23 Mason County	10	59 7	8 4	36 5
23 Mason County	12	72 8	11 6	33 6
24 Okanogan County	8	61 9	11 6	23 5
24 Okanogan County	10	66 9	12 6	27 5
24 Okanogan County	12	74 10	15 8	28 6
25 Pacific County	8	65 13	11 7	21 7
25 Pacific County	10	67 12	9 7	30 7
25 Pacific County	12	76 12	5 6	31 8
26 Pend Oreille County	8	65 14	8 8	29 9
26 Pend Oreille County	10	44 17	9 9	34 10
26 Pend Oreille County	12	76 16	25 15	36 10
27 Pierce County	8	66 4	10 2	25 2
27 Pierce County	10	61 3	13 1	31 2
27 Pierce County	12	68 3	11 2	32 2
28 San Juan County	8	76 16	4 8	26 11
28 San Juan County	10	76 13	8 9	34 10
28 San Juan County	12	92 11	10 11	21 9
29 Skagit County	8	64 5	11 3	21 3
29 Skagit County	10	67 5	11 3	29 3
29 Skagit County	12	70 5	9 3	38 4
30 Skamania County	8	82 16	5 10	20 11
30 Skamania County	10	59 21	5 9	33 12
30 Skamania County	12	82 23	0 0	30 19
31 Snohomish County	8	66 3	11 2	21 2
31 Snohomish County	10	66 2	13 2	31 1
31 Snohomish County	12	64 4	14 2	34 3
32 Spokane County	8	71 2	9 2	25 1
32 Spokane County	10	68 3	10 2	32 2
32 Spokane County	12	Suppressed	Suppressed	Suppressed
33 Stevens County	8	62 10	12 6	25 6

33 Stevens County	10	66 9	11 6	30 6
33 Stevens County	12	59 10	11 6	31 6
34 Thurston County	8	68 3	10 2	23 2
34 Thurston County	10	63 3	12 2	36 2
34 Thurston County	12	65 4	11 2	35 2
35 Wahkiakum County	8	NA	8 10	16 12
35 Wahkiakum County	10	56 24	30 28	39 17
35 Wahkiakum County	12	38 34	0 0	52 20
36 Walla Walla County	8	61 7	9 4	25 4
36 Walla Walla County	10	69 7	14 6	33 5
36 Walla Walla County	12	72 7	14 6	30 5
37 Whatcom County	8	71 4	8 2	21 2
37 Whatcom County	10	71 4	9 2	31 3
37 Whatcom County	12	Suppressed	Suppressed	Suppressed
38 Whitman County	8	74 9	8 6	21 5
38 Whitman County	10	70 9	12 7	30 6
38 Whitman County	12	Suppressed	Suppressed	Suppressed
39 Yakima County	8	59 3	11 2	19 2
39 Yakima County	10	58 3	11 2	26 2
39 Yakima County	12	61 3	13 2	29 2