

Youth Mental Health in Washington State

Washington ranks low on youth behavioral health at 31st out of 50 states, according to Mental Health America's 2019 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 10th 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

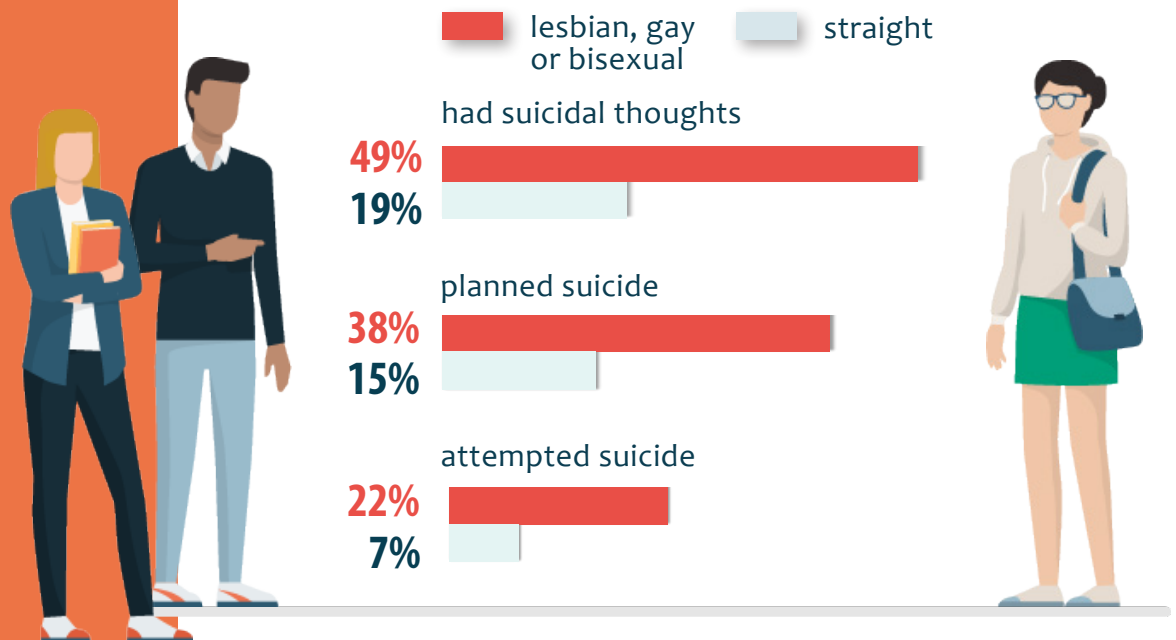
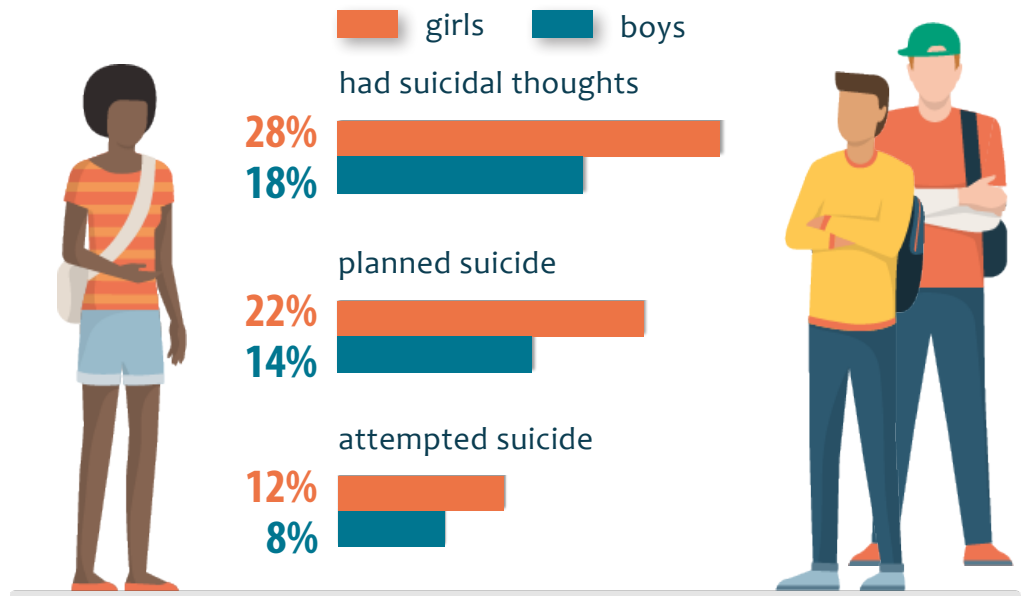
↑ 35%
suicidal thoughts

↑ 39%
planning suicide



10th 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



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

Aviso para los medios de comunicación: La forma en que se reporta el suicidio impacta el comportamiento suicida. Ustedes pueden ayudar a mantener a las personas seguras siguiendo buenas prácticas para [informar de manera segura sobre el suicidio](#) (en inglés). Quizás deseen anotar al comienzo de su historia que este tema puede ser emotivo, animar a su audiencia a cuidarse y compartir recursos.



Comunicado de Prensa

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Funcionarios estatales instan a actuar sobre las tendencias de salud mental juvenil

OLYMPIA -- [Datos de la Encuesta Juventud Sana](#) (Healthy Youth Survey, disponible sólo en inglés) recientemente lanzados muestran que un número elevado y creciente de jóvenes en Washington reportaron sentirse tan tristes o desesperados que dejaron de hacer una actividad usual o consideraron seriamente el suicidio en el último año. El número de estudiantes que reportaron sentirse ansiosos, nerviosos o no poder detenerse o controlar la preocupación también está aumentando.

Según las tasas estatales, un aula típica del décimo grado con 29 estudiantes incluiría cerca de:

- 10 estudiantes que dijeron que se sentían nerviosos, ansiosos o que no podían parar o controlar las preocupaciones en las últimas dos semanas.
- 12 estudiantes que se han sentido tristes o desesperados durante dos semanas o más en el último año.
- Tres estudiantes que intentaron suicidarse el año pasado.

Estos números pueden parecer altos, en parte porque no hablamos abiertamente sobre salud mental y es posible que no nos demos cuenta de cuántos estudiantes se sienten angustiados.

Los resultados de la encuesta también muestran profundas disparidades, con ciertos grupos de estudiantes que sienten angustia al ver tasas significativamente más altas. Estudiantes del sexo femenino y los que se identifican como lesbianas, gays o bisexuales reportaron tasas más altas de sentirse tristes, desesperados o ansiosos, y tenían más posibilidades de haber experimentado acoso escolar en el mes pasado.

Las diferencias en las tasas de los grupos raciales y étnicos varían de una pregunta a otra, pero los estudiantes nativos americanos/nativos de Alaska, nativos de Hawái/islas del Pacífico o multirraciales que no son hispanos experimentan tasas más altas de sentirse tristes o desesperados que los estudiantes de raza blanca que no son hispanos.

Si bien las tendencias son preocupantes, los adultos y los compañeros pueden ayudar a los estudiantes en apuros. Los adultos que se preocupan por ellos, junto con las escuelas y comunidades bien informadas, pueden ayudar a los jóvenes a sentirse conectados a una red de apoyo y aprender habilidades para enfrentar los desafíos que enfrentan. Hablar con un oyente empático y usar habilidades de afrontamiento puede ayudar a reducir la crisis. El suicidio es prevenible y las condiciones de salud mental pueden ser tratadas.

Para ayudar hay que:

- **Tener conversaciones abiertas sobre salud mental.** Sólo la mitad de los estudiantes dijeron que tienen adultos a los que acudir en busca de apoyo cuando se sienten tristes o sin esperanza. Alrededor del 13 por ciento de los estudiantes en el décimo grado que indicaron sentirse tristes o desesperados durante al menos dos semanas seguidas dijeron que no tenían con quién hablar. Puede ser difícil iniciar una conversación, pero hay [muchos recursos disponibles](#).
- **Saber qué buscar y hacer preguntas.** Esté atento a [las señales comunes de alerta](#) y las [señales de advertencia del suicidio](#). Si le preocupa que alguien esté pensando en suicidarse, es importante preguntárselo directamente, incluso si se siente incómodo.

- **Alentar a los jóvenes a que busquen apoyo.** Todos necesitamos ayuda a veces. Si conoce a una persona joven en conflicto, anímela a hablar con un adulto de confianza o a obtener ayuda gratuita y confidencial las 24 horas del día, los 7 días de la semana, llamando a la Red Nacional de Prevención del Suicidio al 1-888-628-9454 (español) o al 1-800-273-8255 (inglés) o enviando un mensaje en inglés por texto a la línea de crisis por texto al 741741 (HEAL).
- **Priorizar la seguridad.** Si cree que alguien está en peligro inmediato de suicidio y tiene acceso a un arma de fuego u otro medio potencialmente mortal, llame al 911. Si tiene dificultades pero no está en peligro inmediato, ayúdele a [hacer un plan de seguridad](#) (disponible sólo en inglés) y conéctese a los servicios.

Todos pueden ayudar en el apoyo a la salud mental de los jóvenes. Para obtener más información sobre la Encuesta Juventud Sana y acceder [a la guía de salud mental y recursos](#), a los informes y a los recursos de datos, visite www.AskHYS.net (disponible sólo en inglés).

La Encuesta Juventud Sana es administrada cada dos años por la Oficina del Superintendente de Instrucción Pública, el Departamento de Salud, la Autoridad de Cuidado de la Salud de Washington y la Junta de Licores y Cannabis. En el 2018, más de 230,000 estudiantes en todo el estado de Washington participaron en la encuesta.

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2018 Washington State Healthy Youth Survey

Data Brief: Mental Health

A high number of Washington teens reported feeling sad or hopeless, and many reported having suicidal thoughts or attempting suicide. According to 2017 vital statistics data from the Department of Health, suicide was the leading cause of death for Washington teens 15 to 19 years of age, but it is preventable.

Caring adults, including parents, school staff, coaches, and faith leaders, can all support youth. Educating caring adults and communities in recognizing mental health conditions, increasing social connectedness, improving access to care, and teaching youth resiliency skills will expand systems of support that can help prevent suicide.

At least one in three youth in all grades report feeling sad or hopeless for at least two weeks in the past year.

For all grades, the prevalence of students who felt sad or hopeless almost every day during a two week period in the past year has risen steadily since 2008. From 2008 to 2018, students who experienced a two-week episode where they felt sad or hopeless, stopping their usual activities, in the past year increased:

- 8th grade – up from 24% to 32%
- 10th grade – up from 30% to 40%
- 12th grade – up from 29% to 41%

The number of teens reporting feeling nervous, anxious or on edge is also rising. About one in three 10th and 12th graders report feeling nervous, anxious, on edge in the past two weeks, and not being able to stop worrying.

- From 2016 to 2018, the percentage experiencing these feelings increased for all grades:
 - 8th grade (22% to 26%)
 - 10th grade (31% to 33%)
 - 12th grade (33% to 35%)

About one in 10 Washington high school students report having attempted suicide in the past year, while about one in 5 reported seriously considering suicide.

Rates of reported suicide attempts were steady for grades 10 and 12 between 2016 and 2018. In 2018:

- 10 percent of 8th graders (*about 8,200 students in public schools*)
- 10 percent of 10th graders (*about 8,400 students in public schools*)
- 9 percent of 12th graders (*about 8,100 students in public schools*)

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.

Female students and students who identify as lesbian, gay, or bisexual have reported higher rates of considering, making a plan, and attempting suicide. Among 10th graders in 2018:

- More girls than boys report they had thought about (28%), made a plan (22%), and attempted suicide (12%) in the past year than boys (18%, 14%, and 8%, respectively). However, Washington

State vital statistics data shows more teenage boys die from suicide than girls, often due to using more lethal means of suicide.

- Among schools that administered the optional survey questions, relative to their straight peers, students who identify as lesbian, gay, or bisexual report more than double the rates of considering and attempting suicide (49% vs. 19% and 22% vs. 7%, respectively). Note that because not all schools administered this question, these results may not be representative of students across Washington State.
- High rates of suicide attempts are also reported among students who identify as non-Hispanic American Indian or Alaskan Native (18%) and students who identify as Hispanic (13%).

Despite high rates of psychological distress, adult support can help. However, only half of students report having adult support when experiencing challenges and remain hopeful about their future.

- In 2018, about half of students in 8th grade (50%), 10th grade (49%) and 12th grade (53%) reported that they have adults to turn to if they feel sad or suicidal.
- Friends/peers, parents/guardians, and siblings/cousins are the most common people 10th graders say they turn to when they feel sad or hopeless.
- HYS 2018 introduced the modified Children's Hope Scale, which measures the ability to initiate and sustain action towards goals and the ability to find a way to carry out goals. In 2018, about half of 8th, 10th and 12th graders (52%, 47%, and 51%, respectively), report being highly hopeful about their future.
- Students feeling sad or hopeless reported high hope less frequently than their peers. Of these students, only about 29% of 8th graders, 30% 10th graders, and 35% of 12th graders reported high hope.
- Similarly, students who identify as lesbian, gay or bisexual and students of color were less likely to report adult support and were less likely to be highly hopeful for their future than were their peers.

Efforts to address bullying may be starting to pay off, but too many students, particularly those who identify as lesbian, gay, or bisexual, are still reporting being bullied. Among 10th graders in 2018:

- Almost one in 5 students (19%) reported being bullied in the last 30 days.
- More female than male students reported being bullied in the past month (22% vs. 16%).
- Relative to their straight peers, more 10th grade students who identify as lesbian, gay, or bisexual reported experiencing bullying in the past month (29% vs. 16%).
- Relative to their non-Hispanic white peers, students who identify as non-Hispanic American Indian/Alaska Native reported higher rates of being bullied (32% vs. 21%).

State, local, community and school efforts are crucial for supporting youth mental health. See the Mental Health Resource Guide at <http://www.askhys.net/Home/Press>.

In fall 2018, over 230,000 students participated in the Healthy Youth Survey. Over 900 schools administered the survey, representing all 39 Washington counties and 228 school districts.

For more Healthy Youth Survey fact sheets and reports, visit www.AskHYS.net.

Help is available 24/7 from the [Suicide Prevention Lifeline](#) at 1-800-273-TALK. Or, you can text "HEAL" to 741741 to reach a trained [Crisis Text Line](#) counselor.



2018 Washington State Healthy Youth Survey

Guide to Information and Resources: Mental Health

About 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 2018, over 230,000 students participated in this biennial statewide school-based survey. Over 900 schools administered the survey, representing all 39 Washington counties and 228 school districts.

With the information collected from this anonymous survey, we can:

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

Suicide was the leading cause of death of Washington youth between 15 and 19 years old in 2017. According to vital statistics data from the Department of Health, 76 teens age 15-19 died by suicide in 2017.

Risks for teen depression and suicide

Suicide is complicated and involves the interplay of multiple risk factors. In teens, the behavioral health conditions most closely linked to suicide risk are major depressive disorder, bipolar disorder, generalized anxiety disorder, conduct disorder, eating disorders, and substance abuse problems. Other key risk factors for suicide include the following:

- Personality characteristics, such as hopelessness, low self-esteem, impulsivity, risk-taking, and poor problem-solving or coping skills.
- Family characteristics, such as family history of suicidal behavior or mental health problems, death of a close family member, and problems in the parent-child relationship.
- Childhood abuse, neglect, or trauma.
- Stressful life circumstances, such as physical, sexual, and/or psychological abuse; breaking up of a romantic relationship; school problems; bullying by peers; trouble with the law; and suicide of a peer.
- Access to lethal means, especially in the home.
- History of previous suicide attempts, depression, or other mental illness.
- Alcohol or drug abuse.

It is important to remember that the vast majority of teens who experience even very stressful life events do not become suicidal.

Factors that help youth remain resilient to mental health challenges

- Support and encouragement from parents/guardians 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.

How we can help teens who feel anxious or depressed, and prevent suicide

Parents/guardians and other adults:

- Bond with them: Love them unconditionally, tell them you value them, and stay involved in their lives.
- Talk with teens about their feelings and show you care. Listen to their point of view. Suicidal thinking often comes from a wish to end psychological pain.

- Help teens learn [effective coping strategies](#) and [resiliency skills](#) to deal with stress, expectations of others, relationship problems, and challenging life events.
- Have an evening as a family where everyone creates their own [mental health safety plans](#), even before a crisis. There are examples for [teens](#) and [younger children](#).
- Learn 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 could not access it. Lock up medications they shouldn't have access to.

Communities and schools:

Each sector of our communities 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.
- Break the stigma and reduce fear around talking about mental health and suicide. Provide messages of hope and recovery so youth know help is available.
- Educate community members and parents/guardians 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. [Seize the Awkward campaign](#) educates youth on how to talk to friends about mental health.
- Enforce policies aimed to reduce bullying and support students experiencing bullying.
- Enforce policies and laws around substance use. Youth substance use is often associated with mental health challenges and suicide.
- Provide opportunities for youth to participate in safe and fun activities, learn new skills, and be recognized for their achievements.
- Provide youth with a safe space to hang out.
- Find more ideas in the [Washington State Suicide Prevention Plan](#).

Information and resources

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

- **For information, help during a crisis, emotional support, and referrals:**
 - [Suicide Prevention Lifeline](#) (1-800-273-TALK)
 - Text "HEAL" to 741741 to reach a trained Crisis Text Line counselor.
 - [How to talk to children about suicide](#)
 - [Trevor Project Lifeline \(LGBTQ\)](#) (1-866-488-7386)
 - [The Washington Recovery Help Line](#) (1-866-789-1511)
 - [TeenLink](#) (1-866-833-6546; 6pm-10pm PST)
- **For further information on mental health and suicide:**
 - [OSPI's Youth Suicide Prevention, Intervention, and Postvention page](#)
 - [DOH's Suicide Prevention page](#)
 - [HCA's Substance Abuse Prevention and Mental Health Promotion strategic plan](#)
 - [Forefront Suicide Prevention](#)
 - [Child Mind Institute](#)
- Visit www.AskHYS.net for current and past Healthy Youth Survey data, including fact sheets and frequency reports, on mental health and other topics.

2018 Healthy Youth Survey Mental Health : County-Level

County ID	County Name	Grade	Percentage of students who reported feeling sad or hopeless everyday									
			Boys: sad or hopeless everyday in the last 2 weeks		Girls: sad or hopeless everyday in last 2 weeks		LGB: sad or hopeless everyday in the last 2 weeks		Straight : sad or hopeless everyday in the last 2 weeks			
			%	+/-	%	+/-	%	+/-	%	+/-		
1	Adams County	10	36	6	30	8	44	9	60	21	34	7
2	Asotin County	10	42	8	28	11	53	11	Suppressed		34	11
3	Benton County	10	40	2	31	3	49	3	68	9	36	3
4	Chelan County	10	42	4	35	5	48	5	74	11	37	4
5	Clallam County	10	41	5	27	6	53	6	59	17	37	6
6	Clark County	10	38	1	29	2	46	2	63	6	32	2
7	Columbia County	10	55	21	Suppressed		Suppressed		Suppressed		Suppressed	
8	Cowlitz County	10	39	3	28	4	49	4	69	9	32	4
9	Douglas County	10	35	5	30	7	38	6	56	17	31	5
10	Ferry County	10	38	18	Suppressed		Suppressed		Suppressed		Suppressed	
11	Franklin County	10	Suppressed		Suppressed		Suppressed		Suppressed		Suppressed	
12	Garfield County	10	40	21	Suppressed		Suppressed		Suppressed		Suppressed	
13	Grant County	10	38	3	27	4	48	4	60	10	35	4
14	Grays Harbor Count	10	42	5	32	6	52	7	76	13	34	5
15	Island County	10	41	5	31	6	49	7	71	12	36	5
16	Jefferson County	10	51	8	36	13	61	11	63	22	47	10
17	King County	10	36	3	28	2	43	4	57	6	31	2
18	Kitsap County	10	41	2	32	3	49	3	67	6	33	3
19	Kittitas County	10	36	7	28	10	44	10	91	17	31	11
20	Klickitat County	10	40	8	33	11	47	11	72	21	35	10
21	Lewis County	10	41	4	28	5	53	6	83	11	31	5
22	Lincoln County	10	31	9	Suppressed		41	13	Suppressed		27	9
23	Mason County	10	46	5	32	6	61	6	70	13	41	6
24	Okanogan County	10	42	6	35	7	49	8	56	23	35	8
25	Pacific County	10	43	8	34	11	53	11	Suppressed		40	9
26	Pend Oreille County	10	47	9	41	14	51	12	Suppressed		45	11
27	Pierce County	10	44	2	34	2	52	3	66	6	37	3
28	San Juan County	10	35	10	33	17	37	13	Suppressed		25	12
29	Skagit County	10	38	3	32	4	44	4	63	10	33	4
30	Skamania County	10	36	12	39	17	33	16	Suppressed		31	13
31	Snohomish County	10	38	2	28	2	48	3	62	5	33	2
32	Spokane County	10	42	2	31	2	51	2	73	6	37	3
33	Stevens County	10	40	7	34	10	46	10	Suppressed		37	10
34	Thurston County	10	40	2	30	3	49	3	68	5	33	2
35	Wahkiakum County	10	31	15	Suppressed		Suppressed		Suppressed		Suppressed	
36	Walla Walla County	10	Suppressed		Suppressed		Suppressed		Suppressed		Suppressed	
37	Whatcom County	10	38	2	28	3	45	3	66	8	32	3
38	Whitman County	10	38	6	27	8	46	9	Suppressed		Suppressed	
39	Yakima County	10	41	2	31	3	50	3	67	6	37	2

39 Yakima County 10 37 4 41 2 45 10 47 16 44 19 Suppressed 42 12

2018 Healthy Youth Survey Mental Health : County-Level

County ID	County Name	Grade	Percent with high level of anxiety (GAD-2 scale score with cutoff of 3; see notes)						Percent who reported seriously considered attempting suicide in past 12 months					
			Boys: high level of anxiety		Girls: high level of anxiety		LGB: high level of anxiety		Straight : high level of anxiety					
			%	+/-	%	+/-	%	+/-	%	+/-	%	+/-		
1	Adams County	10	23	5	18	7	29	8	Suppressed	20	6	16	5	
2	Asotin County	10	35	8	20	11	44	11	Suppressed	30	11	32	7	
3	Benton County	10	34	2	23	3	44	3	58	10	30	3	23	2
4	Chelan County	10	32	3	23	5	40	5	59	13	28	4	22	3
5	Clallam County	10	34	5	19	6	47	7	56	17	30	6	26	4
6	Clark County	10	33	1	21	2	44	2	56	7	27	2	22	1
7	Columbia County	10	45	21	Suppressed		Suppressed		Suppressed		0	0	27	19
8	Cowlitz County	10	34	3	22	4	45	5	64	9	27	4	24	3
9	Douglas County	10	26	4	17	6	33	6	47	17	23	5	19	4
10	Ferry County	10	25	17	Suppressed		Suppressed		Suppressed		Suppressed		14	13
11	Franklin County	10	Suppressed		Suppressed		Suppressed		Suppressed		Suppressed		Suppressed	
12	Garfield County	10	30	20	Suppressed		Suppressed		Suppressed		Suppressed		32	21
13	Grant County	10	28	3	17	4	38	5	51	10	25	4	21	3
14	Grays Harbor Count	10	31	4	18	5	45	7	73	14	23	4	27	4
15	Island County	10	36	5	24	6	45	7	55	13	31	5	26	4
16	Jefferson County	10	53	9	43	13	60	11	Suppressed		52	10	32	8
17	King County	10	33	2	20	2	43	3	58	7	27	3	20	2
18	Kitsap County	10	38	2	26	3	49	3	64	6	31	3	28	2
19	Kittitas County	10	36	8	18	9	53	11	Suppressed		35	11	24	6
20	Klickitat County	10	32	8	20	9	45	12	56	23	30	9	23	7
21	Lewis County	10	36	4	25	5	46	6	71	14	27	5	27	4
22	Lincoln County	10	28	8	Suppressed		44	13	Suppressed		24	9	20	7
23	Mason County	10	36	5	23	6	49	7	56	15	30	6	28	4
24	Okanogan County	10	28	5	20	6	37	8	Suppressed		23	7	22	5
25	Pacific County	10	37	8	25	10	50	12	Suppressed		34	8	25	7
26	Pend Oreille County	10	42	9	29	13	52	12	Suppressed		39	11	30	8
27	Pierce County	10	35	2	24	3	44	3	57	7	28	2	27	2
28	San Juan County	10	42	11	Suppressed		49	14	85	20	31	12	16	8
29	Skagit County	10	32	3	22	4	40	5	57	11	27	4	22	3
30	Skamania County	10	23	10	Suppressed		Suppressed		Suppressed		Suppressed		20	10
31	Snohomish County	10	34	3	22	3	46	4	59	6	30	4	22	2
32	Spokane County	10	38	2	24	2	50	3	64	7	31	3	26	2
33	Stevens County	10	30	7	24	10	34	9	Suppressed		32	9	22	6
34	Thurston County	10	35	2	22	2	46	3	60	6	28	2	25	2
35	Wahkiakum County	10	32	16	Suppressed		Suppressed		Suppressed		Suppressed		17	12
36	Walla Walla County	10	Suppressed		Suppressed		Suppressed		Suppressed		Suppressed		Suppressed	
37	Whatcom County	10	34	3	21	3	44	4	56	8	31	3	24	2
38	Whitman County	10	36	6	23	8	47	9	Suppressed		Suppressed		26	5

2018 Healthy Youth Survey Mental Health : County-Level

County ID	County Name	Grade	Percent who reported									
			experiencing bullying one or more times in the past month		Boys: experienced bullying in the past month		Girls: experienced bullying in the past month		LGB: experienced bullying in the past month		Straight : experienced bullying in the past month	
			%	+/-	%	+/-	%	+/-	%	+/-	%	+/-
1	Adams County	10	18	5	15	6	23	8	Suppressed	17	5	
2	Asotin County	10	25	7	18	9	30	10	Suppressed	21	9	
3	Benton County	10	21	2	19	2	24	3	36	9	19	3
4	Chelan County	10	22	3	18	4	25	4	39	13	18	3
5	Clallam County	10	29	4	26	6	32	6	32	16	25	5
6	Clark County	10	20	1	16	2	24	2	32	6	17	2
7	Columbia County	10	36	20	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed
8	Cowlitz County	10	23	3	20	4	26	4	44	9	18	3
9	Douglas County	10	17	4	12	5	20	5	30	16	15	4
10	Ferry County	10	18	14	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed
11	Franklin County	10	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed
12	Garfield County	10	20	18	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed
13	Grant County	10	22	3	18	4	25	4	40	10	21	3
14	Grays Harbor County	10	31	4	23	5	38	6	50	15	25	5
15	Island County	10	26	4	21	6	30	6	35	13	23	5
16	Jefferson County	10	28	8	25	12	30	10	Suppressed	25	9	
17	King County	10	16	1	14	2	18	4	25	7	14	3
18	Kitsap County	10	21	2	17	2	25	3	33	6	17	2
19	Kittitas County	10	26	6	19	9	32	9	Suppressed	25	10	
20	Klickitat County	10	26	7	19	9	34	11	Suppressed	22	8	
21	Lewis County	10	27	4	21	5	31	5	51	15	20	5
22	Lincoln County	10	28	8	Suppressed	Suppressed	36	12	Suppressed	27	9	
23	Mason County	10	27	4	20	5	35	6	39	14	19	5
24	Okanogan County	10	26	5	21	6	32	8	Suppressed	22	7	
25	Pacific County	10	30	7	17	8	43	11	Suppressed	26	8	
26	Pend Oreille County	10	26	8	22	12	29	11	Suppressed	24	10	
27	Pierce County	10	21	1	18	2	23	3	32	4	16	1
28	San Juan County	10	31	10	Suppressed	Suppressed	37	13	Suppressed	27	12	
29	Skagit County	10	21	3	17	3	24	4	29	10	18	3
30	Skamania County	10	26	11	Suppressed	Suppressed	38	17	Suppressed	23	12	
31	Snohomish County	10	19	1	15	2	23	3	30	4	16	3
32	Spokane County	10	23	1	19	2	28	2	41	7	19	2
33	Stevens County	10	26	6	20	8	31	9	38	26	22	8
34	Thurston County	10	21	2	18	2	24	2	35	6	17	2
35	Wahkiakum County	10	17	12	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed
36	Walla Walla County	10	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed	Suppressed
37	Whatcom County	10	24	2	19	3	28	3	31	7	21	3

38	Whitman County	10	19 5	16 7	23 7	Suppressed	Suppressed
39	Yakima County	10	18 1	16 2	20 2	34 6	16 2

2018 Healthy Youth Survey Mental Health : County-Level

County ID	County Name	Grade	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			
			Percent who report having adults to whom they can turn when feeling sad or hopeless		talk to	
			%	+/-	%	+/-
1	Adams County	10	48	9	11	7
2	Asotin County	10	45	11	13	9
3	Benton County	10	50	3	11	2
4	Chelan County	10	54	5	14	4
5	Clallam County	10	48	6	15	6
6	Clark County	10	53	2	13	2
7	Columbia County	10	45	29	43	37
8	Cowlitz County	10	48	5	12	3
9	Douglas County	10	49	7	5	3
10	Ferry County	10	29	24	18	23
11	Franklin County	10	Suppressed		Suppressed	
12	Garfield County	10	50	31	0	0
13	Grant County	10	45	5	16	4
14	Grays Harbor Count	10	53	6	15	6
15	Island County	10	66	6	10	5
16	Jefferson County	10	50	12	12	9
17	King County	10	49	4	12	2
18	Kitsap County	10	55	3	14	3
19	Kittitas County	10	49	10	14	9
20	Klickitat County	10	53	11	16	10
21	Lewis County	10	51	6	14	5
22	Lincoln County	10	50	13	12	11
23	Mason County	10	46	7	16	6
24	Okanogan County	10	52	8	14	7
25	Pacific County	10	51	11	16	9
26	Pend Oreille County	10	46	13	13	9
27	Pierce County	10	47	3	15	2
28	San Juan County	10	63	14	5	9
29	Skagit County	10	51	4	11	3
30	Skamania County	10	56	17	18	16
31	Snohomish County	10	52	4	12	2
32	Spokane County	10	54	2	13	2
33	Stevens County	10	50	10	15	9

34	Thurston County	10	55 3	13 2
35	Wahkiakum County	10	67 24	8 14
36	Walla Walla County	10	Suppressed	Suppressed
37	Whatcom County	10	54 4	9 2
38	Whitman County	10	61 12	13 6
39	Yakima County	10	46 3	14 2

Notes:

1. Variables used for the Mental Health Press Release are listed below. Please refer to the data dictionary/crosswalk for variable names (<http://www.askhys.net/Analyzer>).

Variable names:

- a. h53
- b. h54
- c. h60_06
- d. h124g (recoded to exclude students who have never felt sad or hopeless for at least two weeks)
- e. "high level of anxiety" is calculated from h116 and h117, which together form a widely-used anxiety scale (GAD-2). When the summed indicators range from 0-6, the
- f. g20_18 (recoded heterosexual [i.e. g20_18==1] to get estimates for students who were straight; recoded 'lesbian/gay or bisexual' [g20_18==2 or g20_18==3 as 1] to
- g. raceeth
- h. g05_18
- i. c01_18

2. Suppression rules are applied when :

- a. participation rate <40%
- b. if there is only 1 participating school district in a county
- c. <15 surveys in a grade
- d. <10 responses per cell for county crosstabs

3. NA = not available. This occurs when either a) there was no HYS participation in the county for that grade, or b) there were no valid observations on that variable for