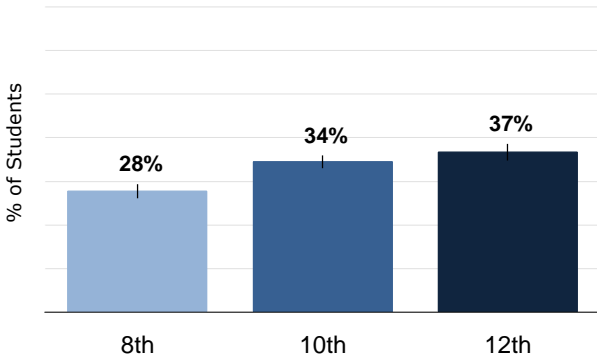




# Depressive Feelings, Anxiety and Suicide for Washington State in 2016

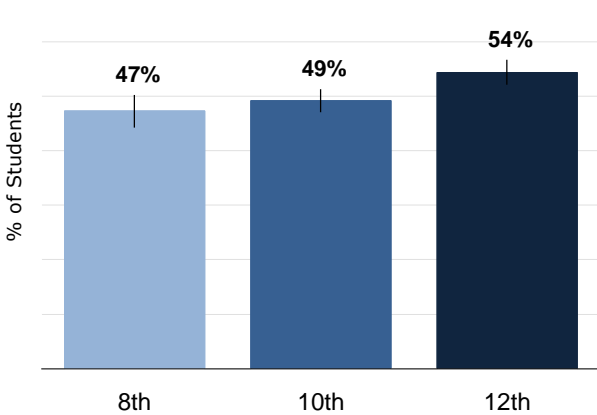
## Depressive Feelings...

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



## Support...

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



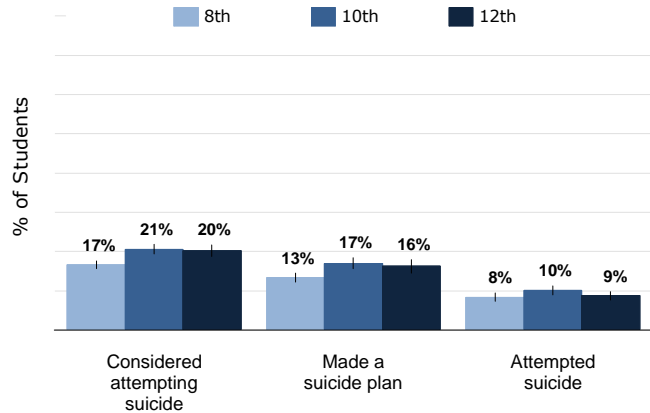
## For help and information about what you can do, contact:

- National Suicide Prevention Lifeline: 1-800-273-TALK (8225) or [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- Washington State's Youth Suicide Prevention Program at [www.yssp.org](http://www.yssp.org)
- The OSPI suicide prevention page: [www.k12.wa.us/safetycenter/YouthSuicide/SuicidePrevention.aspx](http://www.k12.wa.us/safetycenter/YouthSuicide/SuicidePrevention.aspx)

The data in these charts are based on a sample from State of Washington's Healthy Youth Survey conducted in fall 2016. The state sample includes 9,722 6th graders, 8,662 8th graders, 10,835 10th graders and 7,590 12th graders who completed the anonymous survey.

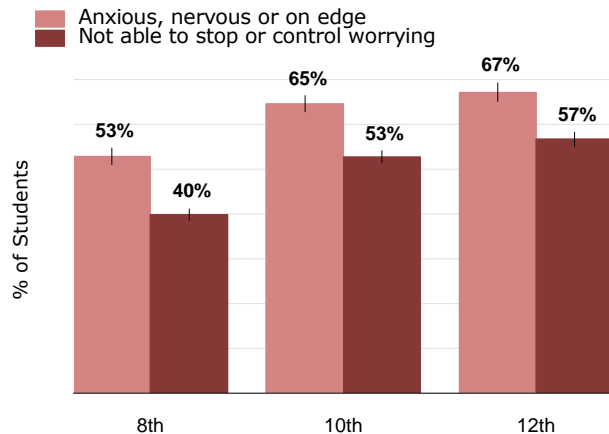
## Suicidal Feelings and Actions...

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



## 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



## YOU can save a life:

- Watch for the warning signs
- Show you care
- Ask the question
- Get help

For immediate help call  
**1-800-273-TALK**  
**1-866-4-U-TREVOR (GLBTQ)**



For more results from the 2016 Healthy Youth Survey, please visit [www.AskHYS.net](http://www.AskHYS.net)



# Healthy Youth Survey Fact Sheet

## Depressive Feelings, Anxiety and Suicide for Washington State

Year: 2016

Grade: 10

Gender: Both

Number of Students Surveyed: 10,835

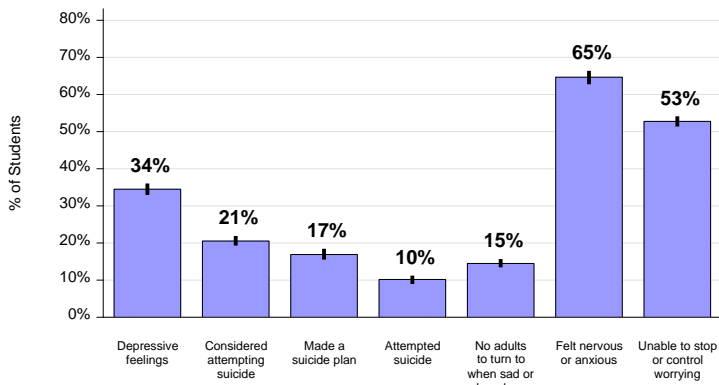
### Background:

- Suicide is the second leading cause of death for Washington teens 15-19 years old.
- Most youth suicides occur at home.
- Depression is a feeling of sadness, helplessness and hopelessness that lingers over time. Untreated it can lead to alcohol abuse and even suicide.
- Depression and anxiety are treatable mental health conditions. Professional care can help a vast majority of people.

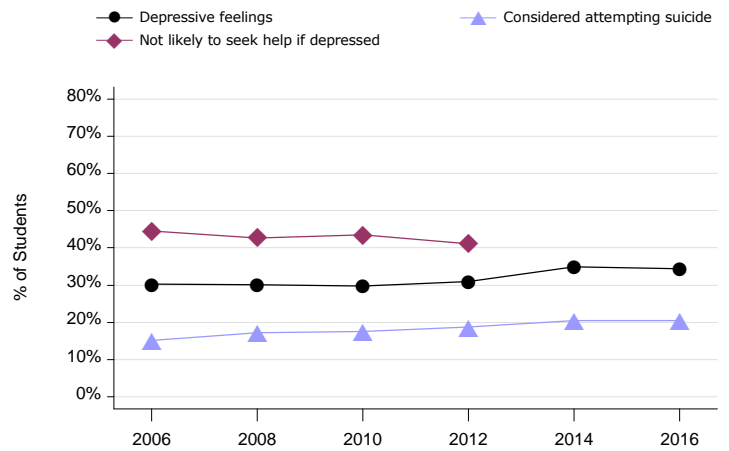
### For More Information:

- Visit the Washington State Youth Suicide Prevention Program Website: [www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention/YouthSuicide](http://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention/YouthSuicide).
- The OSPI suicide prevention page: [www.k12.wa.us/safetycenter/YouthSuicide/SuicidePrevention.aspx](http://www.k12.wa.us/safetycenter/YouthSuicide/SuicidePrevention.aspx).
- National Suicide Prevention Hotline 1-800-273-TALK(8255) or [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org).
- Care Crisis Response Services: 800-584-3578 (tele-interpreter available).

**Depressive Feelings and Suicide  
Grade 10, 2016**



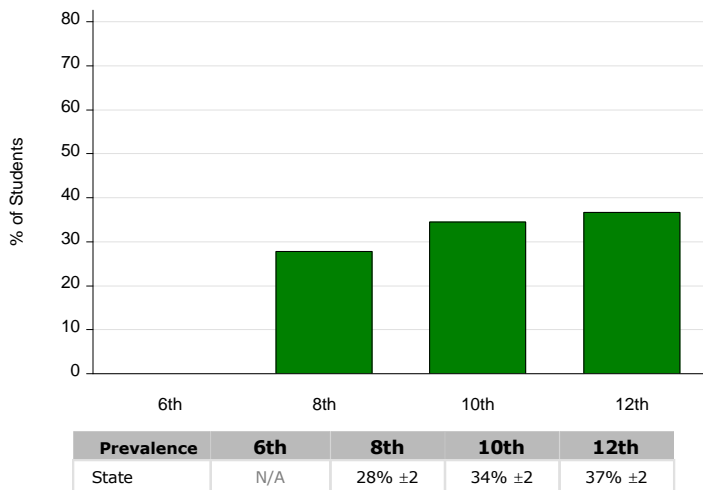
**Depressive Feelings and Suicide Trends, Grade 10**



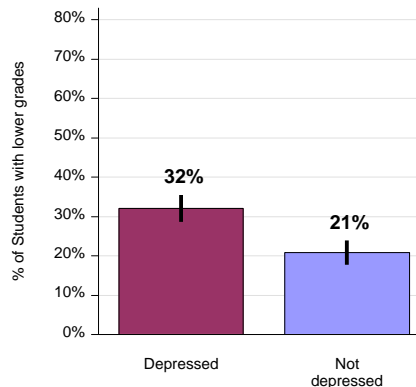
*In 2016, 34% of 10th graders in our state felt so sad or hopeless for 2 weeks or more that they stopped doing their usual activities.*

Prevalence	2006	2008	2010	2012	2014	2016
Depressive feelings	30% ±1	30% ±2	30% ±1	31% ±1	35% ±2*	34% ±2
Considered attempting suicide	15% ±1	17% ±1*	18% ±1	19% ±1	20% ±1	21% ±1
Not likely to seek help if depressed	44% ±2	43% ±2	43% ±3	41% ±2	N/S	N/S

**Depressive Feelings  
Statewide, All Grades, 2016**



**Statewide Relationship between  
Lower Grades and Depressive Feelings  
Grade 10, 2016**



*Statewide, more 10th graders who have depressive feelings report lower grades in school (C's, D's or F's) compared to youth who are not having depressive feelings.*

Prevalence is displayed with 95% confidence intervals (as ± or black bar )  
\*indicates a significant change from the previous year, p<0.05



# Healthy Youth Survey Fact Sheet

## Depressive Feelings, Anxiety and Suicide for Washington State

Year: 2016

Grade: 12

Gender: Both

Number of Students Surveyed: 7,590

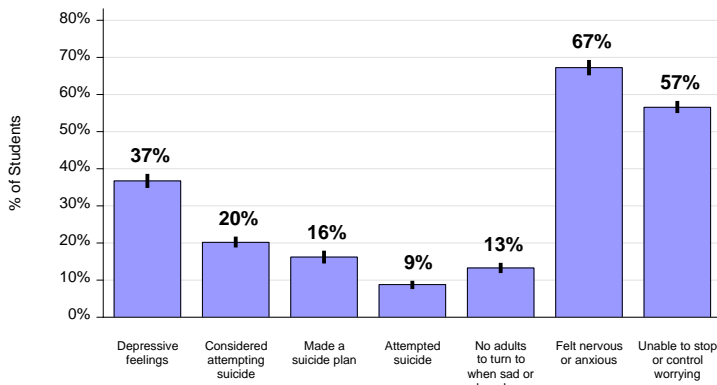
### Background:

- Suicide is the second leading cause of death for Washington teens 15-19 years old.
- Most youth suicides occur at home.
- Depression is a feeling of sadness, helplessness and hopelessness that lingers over time. Untreated it can lead to alcohol abuse and even suicide.
- Depression and anxiety are treatable mental health conditions. Professional care can help a vast majority of people.

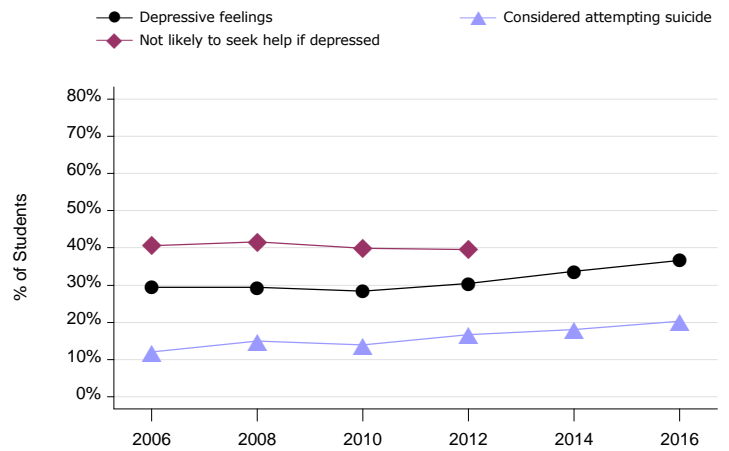
### For More Information:

- Visit the Washington State Youth Suicide Prevention Program Website: [www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention/YouthSuicide](http://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention/YouthSuicide).
- The OSPI suicide prevention page: [www.k12.wa.us/safetycenter/YouthSuicide/SuicidePrevention.aspx](http://www.k12.wa.us/safetycenter/YouthSuicide/SuicidePrevention.aspx).
- National Suicide Prevention Hotline 1-800-273-TALK(8255) or [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org).
- Care Crisis Response Services: 800-584-3578 (tele-interpreter available).

**Depressive Feelings and Suicide  
Grade 12, 2016**

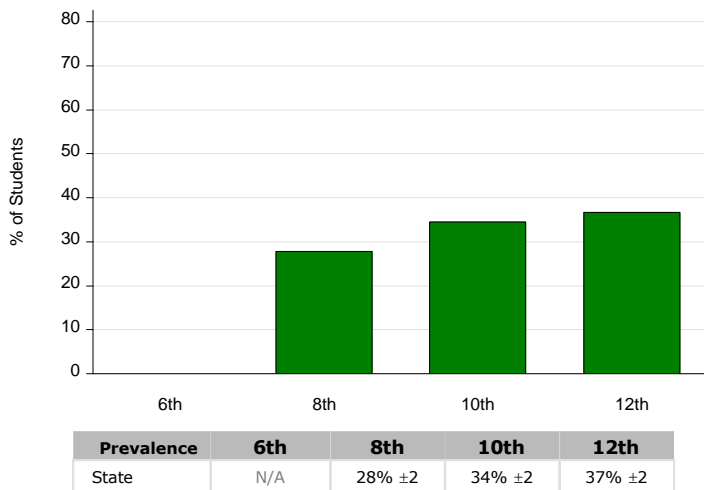


**Depressive Feelings and Suicide Trends, Grade 12**

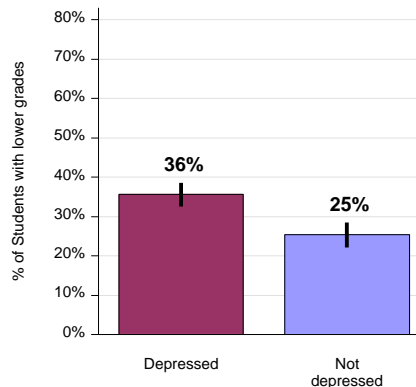


*In 2016, 37% of 12th graders in our state felt so sad or hopeless for 2 weeks or more that they stopped doing their usual activities.*

**Depressive Feelings  
Statewide, All Grades, 2016**



**Statewide Relationship between  
Lower Grades and Depressive Feelings  
Grade 12, 2016**



*Statewide, more 12th graders who have depressive feelings report lower grades in school (C's, D's or F's) compared to youth who are not having depressive feelings.*

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)  
\*indicates a significant change from the previous year, p<0.05



# Healthy Youth Survey Fact Sheet

## Depressive Feelings, Anxiety and Suicide for Washington State

Year: 2016

Grade: 8

Gender: Both

Number of Students Surveyed: 8,662

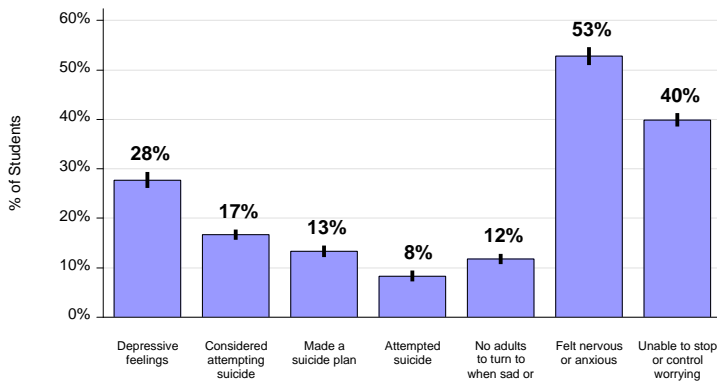
### Background:

- Suicide is the second leading cause of death for Washington teens 15-19 years old.
- Most youth suicides occur at home.
- Depression is a feeling of sadness, helplessness and hopelessness that lingers over time. Untreated it can lead to alcohol abuse and even suicide.
- Depression and anxiety are treatable mental health conditions. Professional care can help a vast majority of people.

### For More Information:

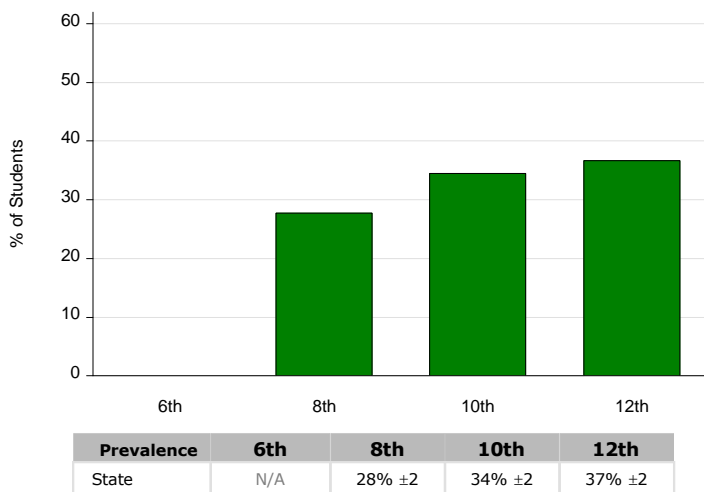
- Visit the Washington State Youth Suicide Prevention Program Website: [www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention/YouthSuicide](http://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention/YouthSuicide).
- The OSPI suicide prevention page: [www.k12.wa.us/safetycenter/YouthSuicide/SuicidePrevention.aspx](http://www.k12.wa.us/safetycenter/YouthSuicide/SuicidePrevention.aspx).
- National Suicide Prevention Hotline 1-800-273-TALK(8255) or [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org).
- Care Crisis Response Services: 800-584-3578 (tele-interpreter available).

**Depressive Feelings and Suicide  
Grade 8, 2016**

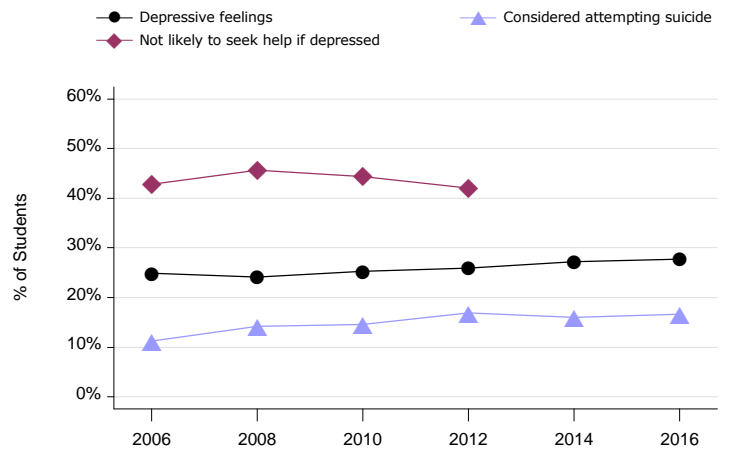


*In 2016, 28% of 8th graders in our state felt so sad or hopeless for 2 weeks or more that they stopped doing their usual activities.*

**Depressive Feelings  
Statewide, All Grades, 2016**

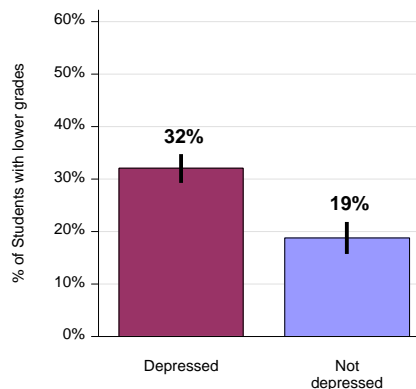


**Depressive Feelings and Suicide Trends, Grade 8**



Prevalence	2006	2008	2010	2012	2014	2016
Depressive feelings	25% ±2	24% ±2	25% ±1	26% ±2	27% ±2	28% ±2
Considered attempting suicide	11% ±2	14% ±1*	15% ±1	17% ±1*	16% ±1	17% ±1
Not likely to seek help if depressed	43% ±2	46% ±3	44% ±2	42% ±2	N/S	N/S

**Statewide Relationship between  
Lower Grades and Depressive Feelings  
Grade 8, 2016**



*Statewide, more 8th graders who have depressive feelings report lower grades in school (C's, D's or F's) compared to youth who are not having depressive feelings.*

Prevalence is displayed with 95% confidence intervals (as ± or black bar )  
\*indicates a significant change from the previous year, p<0.05