

2018 HEALTHY YOUTH SURVEY

MENTAL HEALTH FOCUS

CLARK COUNTY

IT'S **HOPEFUL** THAT **MOST** YOUTH REPORT POSITIVE MENTAL HEALTH. AMONG 10TH GRADERS...

53%

reported having adults to turn to for help

62%

reported no depressive feelings in the past year

73%

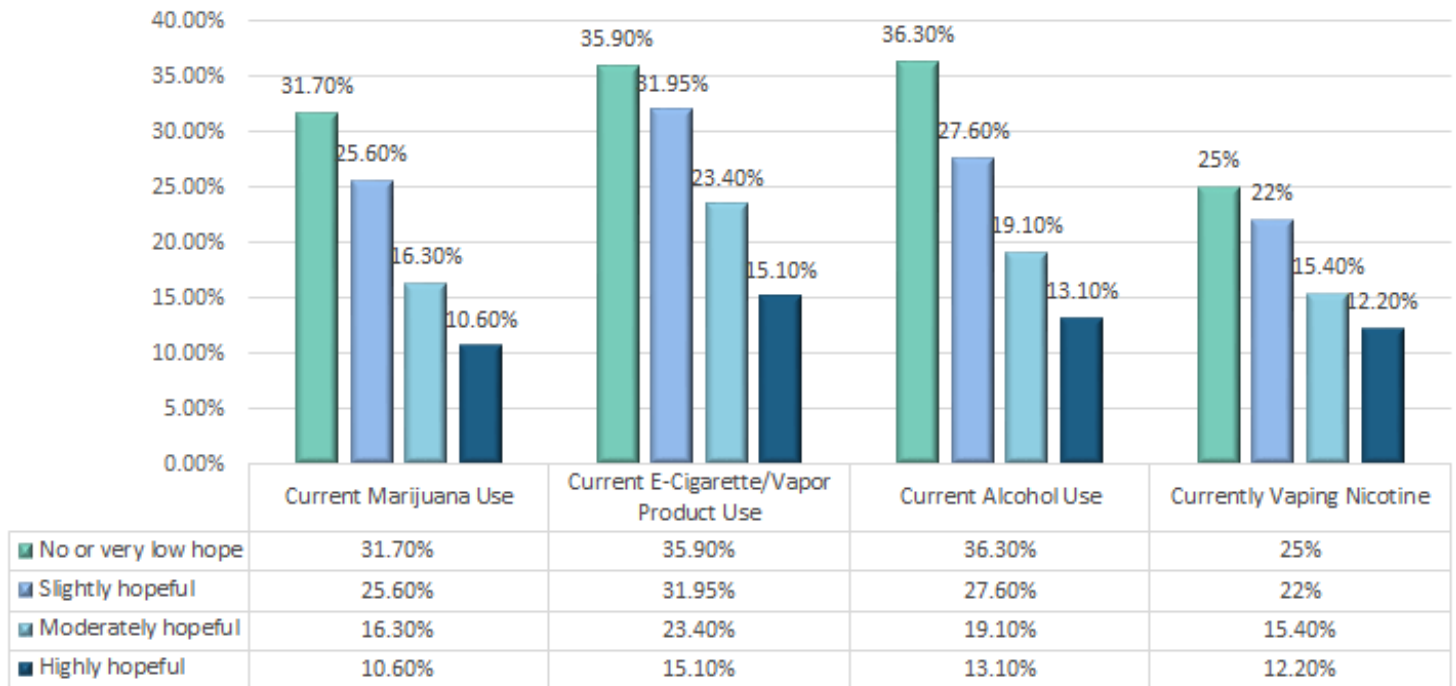
reported control of anxiety symptoms most days

79%

reported no serious consideration of suicide in past year

CHILDREN'S HOPE SCALE & CURRENT SUBSTANCE USE

Hope reflects a growth mindset and motivation for achieving goals. Physical, psychological, and social well-being are linked with hope. The scale assesses agency (ability to initiate/sustain action towards goals) and pathways (capacity for attaining goals).



FOSTERING HOPE REDUCES RISK OF SUBSTANCE USE.



**PREVENT
COALITION**

WWW.PREVENTCOALITION.ORG

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FRIENDS & CARING ADULTS MAY OBSERVE **RED FLAGS FOR SUPPORT**.
AMONG 10TH GRADERS REPORTING FEELINGS OF DEPRESSION...

31%

also reported
being bullied

43%

also reported poor
family management

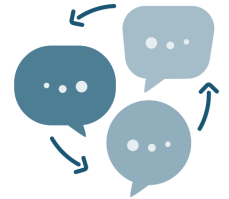
48%

reported favorable
parental attitudes
towards drug use

80%

also reported an
inability to stop or
control worrying

STUDENTS WHO FEEL COMMITTED TO SCHOOL ARE **HALF AS LIKELY TO REPORT FEELINGS OF DEPRESSION.**



Talking to
neighbors

Exercise

Teacher
recognition

Family
dinner

Sports

Involved in
decisions

THE ABOVE ARE LINKED TO LOWER RATES OF DEPRESSION & ANXIETY.
10TH GRADERS WHO REPORT HAVING PEOPLE AT SCHOOL TO HELP IN
TIMES OF NEED ARE **HALF AS LIKELY TO REPORT DEPRESSION.**

READY TO HELP

- National Suicide Prevention Hotline: 1-800-273-TALK(8255) or www.suicidepreventionlifeline.org
- Text "HOME" to 741741 for a 24/7, free, confidential crisis counselor
- Call 1-800-TEENLINK (833-6546) to speak with a caring teen
- Visit www.thetrevorproject.org for 24/7, free LGBTQ support and services
- Visit <https://ccteentalk.clark.wa.gov>, call 360-397-2428 or text 360-984-0936.



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Data generated at www.AskHYS.net