



DEPRESSION & SUICIDE

Snohomish County Facts

- A significant increase from 2016 in students seriously considering suicide was seen in 6th grade and 12th grade students
- 12th grade students were more likely to have seriously considered attempting suicide compared to the state
- Compared to the state, 12th grade students were more likely to report struggling nearly every day in the last two weeks with anxiety and worrying
- 10th and 12th grade students who rated 10/10 that they looked forward to the future declined by 25% from 2016

SUICIDE	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Seriously considered attempting suicide	20.8%	18.0%	22.5%	26.0%
Planned how you would attempt suicide	~	14.1%	16.3%	19.5%
Attempted suicide	6.7%	8.9%	9.1%	9.8%
Would be "very easy" to get access to a handgun if they wanted one	~	3.8%	6.2%	6.6%
DEPRESSION	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Have been severely depressed *	~	30.9%	38.2%	44.0%
Feel they are doing "just as well as other kids their age" most or all of the time	~	59.8%	51.8%	43.7%
Look forward to the future, ratings of 8-10 "completely true"	~	56.3%	56.2%	56.2%
*Depressed –Student self report of being so sad or hopeless they stopped doing usual activities for two or more weeks in a row.				
SOCIAL SUPPORT	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Do not feel they can ask a parent for help with a personal problem	12.5%	18.8%	23.4%	24.7%
Do not have (or are not sure) they have an adult to turn to when feeling sad or hopeless	19.3%	25.5%	29.6%	31.5%
~ Not asked of students in this grade				
Participation by all of the Snohomish County school districts in the Healthy Youth Survey is extremely appreciated. School participation allows us to report on the current health status of our youth and track trends over time.				
For more information about the Healthy Youth Survey, check out http://www.askhys.net/ or to see Snohomish County Healthy Youth Survey Fact Sheets go to www.snohd.org .				



DEPRESSION & SUICIDE: WHAT WE CAN DO

Washington State Healthy Youth Survey Facts

- Survey questions focus on risk for injury, health behaviors and outcomes, alcohol and drug use
- Results are used by communities to support youth and reduce risks

More info available at: www.askhys.net

PARENTS

- Look for the signs of depression or suicide. These can be broad, such as changes in eating and sleeping habits, consistent sadness and anxiety, and loss of interest in enjoyed hobbies.
- Never tell your child to “cheer up.” Depression is complicated and much more than simply feeling sad or down.
- Treat every mention of suicidal thoughts seriously. Never pass it off as a joke or a ploy for attention.
- Remove all guns, no matter how well secured, from the home at the first warning of suicidal thoughts. Lock up medications, even over-the-counter medicines, and knives or other sharp objects as well.
- Link your child with a therapist or counselor that *they* like and can connect with. It is important that teens feel they have someone they can talk to.
- Consider taking a youth mental health first aid class (for more information, visit <http://www.mentalhealthfirstaid.org>)

SCHOOLS AND COMMUNITY GROUPS

- Ensure students are aware of their resources at school and ensure they feel comfortable going to the school counselor(s).
- Offer youth mental-health first aid training to all staff and volunteers who interact with students.
- The American Foundation for Suicide Prevention has [a free online toolkit for schools](#) in the wake of a student suicide and other resources.