Over the last several years, the percent of students reporting **depression increased slightly** while reports of **thoughts of suicide remained largely steady.**

*These, among other differences seen in 2021, could be an artifact of changes to daily life during the pandemic.

For more information, please visit [www.askhys.net](http://www.askhys.net) and [www.snohd.org/hys](http://www.snohd.org/hys).

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**Healthy Youth Survey 2021**

**Mental Health**

**COVID-19 Pandemic-Related Worry**

**Pretty worried or extremely worried** about the following?

<table>
<thead>
<tr>
<th>Grade 8 - Depression</th>
<th>Grade 10 - Depression</th>
<th>Grade 12 - Depression</th>
<th>Grade 8 - Considering Suicide</th>
<th>Grade 10 - Considering Suicide</th>
<th>Grade 12 - Considering Suicide</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>2014</td>
<td>2016</td>
<td>2018</td>
<td>2021</td>
<td></td>
</tr>
</tbody>
</table>

Younger kids tended to express more worry related to the pandemic than the older cohorts.

More than half of all students reported that they do have adults in their lives they can turn to for help when feeling sad or hopeless.

In the last two weeks were you, on more than half of the days, bothered by the following feelings?

- **Nervous, anxious, or on edge?**
  - 6th: 32%
  - 8th: 38%
  - 10th: 44%
  - 12th: 38%

- **Not being able to stop or control worrying?**
  - 6th: 27%
  - 8th: 32%
  - 10th: 38%
  - 12th: 38%

**Internet and Mental Health**

Do you lose motivation to do other things that need to get done because of the internet often or very often?

- **8th**
  - Nervous, anxious, or on edge: 32%
  - Not being able to stop or control worrying: 27%

- **10th**
  - Nervous, anxious, or on edge: 32%
  - Not being able to stop or control worrying: 32%

- **12th**
  - Nervous, anxious, or on edge: 38%
  - Not being able to stop or control worrying: 38%

**Statewide**

- 8th: 32%
- 10th: 32%
- 12th: 38%

**Snohomish**

- 8th: 38%
- 10th: 44%
- 12th: 38%

*For more information, please visit [www.askhys.net](http://www.askhys.net) and [www.snohd.org/hys](http://www.snohd.org/hys).*