

HEALTHY YOUTH SURVEY 2021

Mental Health



SNOHOMISH
HEALTH DISTRICT
WWW.SNOHD.ORG

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

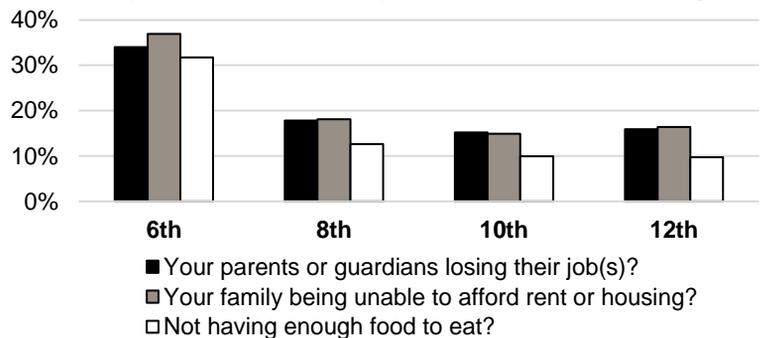


Younger kids tended to express more worry *related to the pandemic* than the older cohorts.

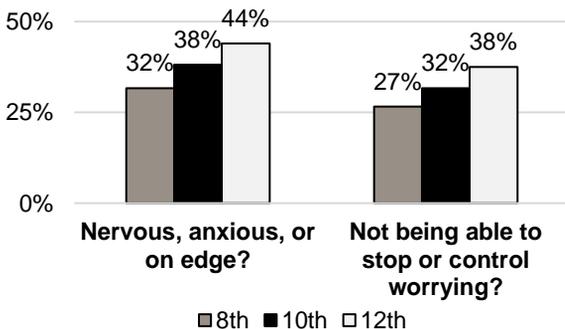
More than half of all students reported that they do have adults in their lives they can turn to for help when feeling sad or hopeless.

COVID-19 Pandemic-Related Worry

Pretty worried or extremely worried about the following?

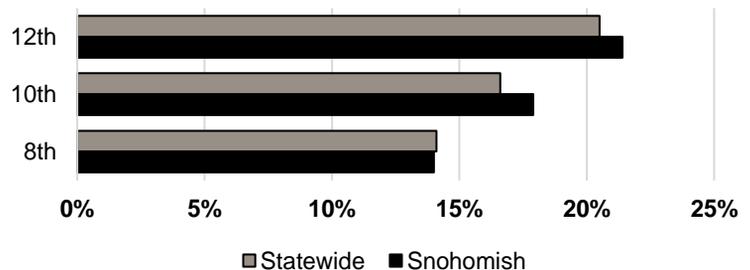


In the last two weeks were you, on more than half of the days, bothered by the following feelings?



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**?



*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 and www.snohd.org/hys