

Mercer Island School District Mental Health and Well-being



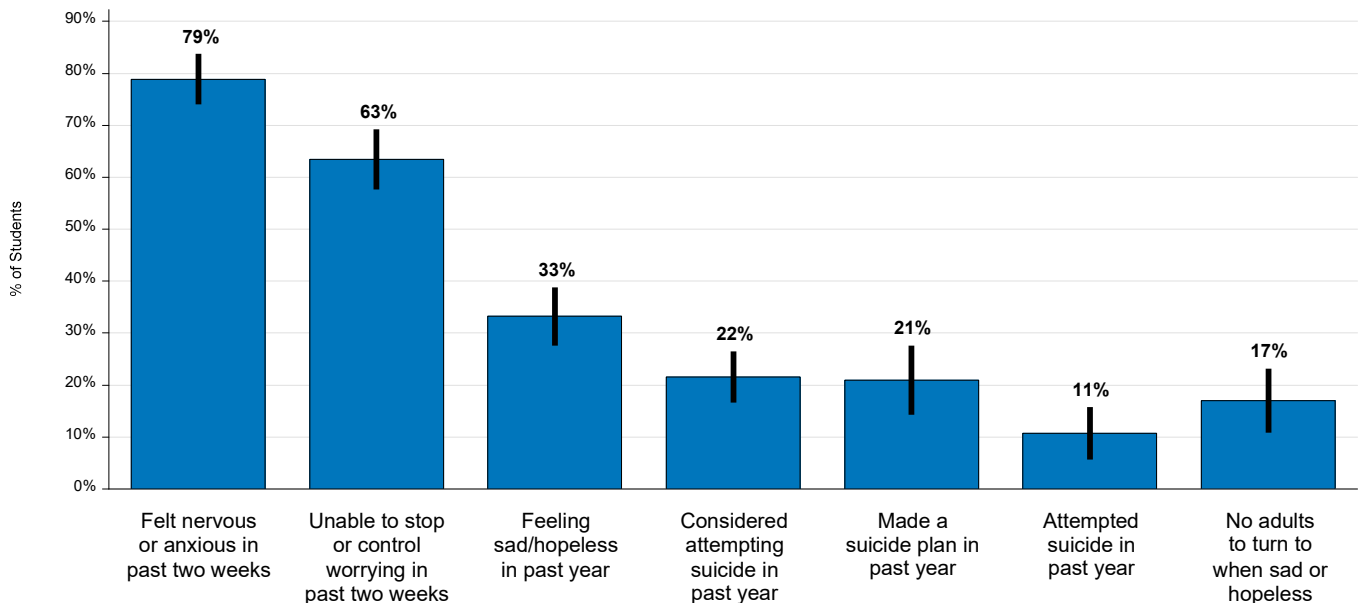
Year: 2021 Grade: 10 Sex: All Number of Students Surveyed: 302

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 common yet treatable condition and many people with depression need treatment to get better. Depression can

include feelings of sadness, helplessness, and hopelessness that linger over time. Depression can occur along with substance use and thoughts of suicide. (Teen Depression, National Institute of Mental Health www.nimh.nih.gov)

Mental Health Indicators, Grade 10, 2021



In 2021, 33% of 10th graders in our school district felt so sad or hopeless for two weeks or more that they stopped doing their usual activities

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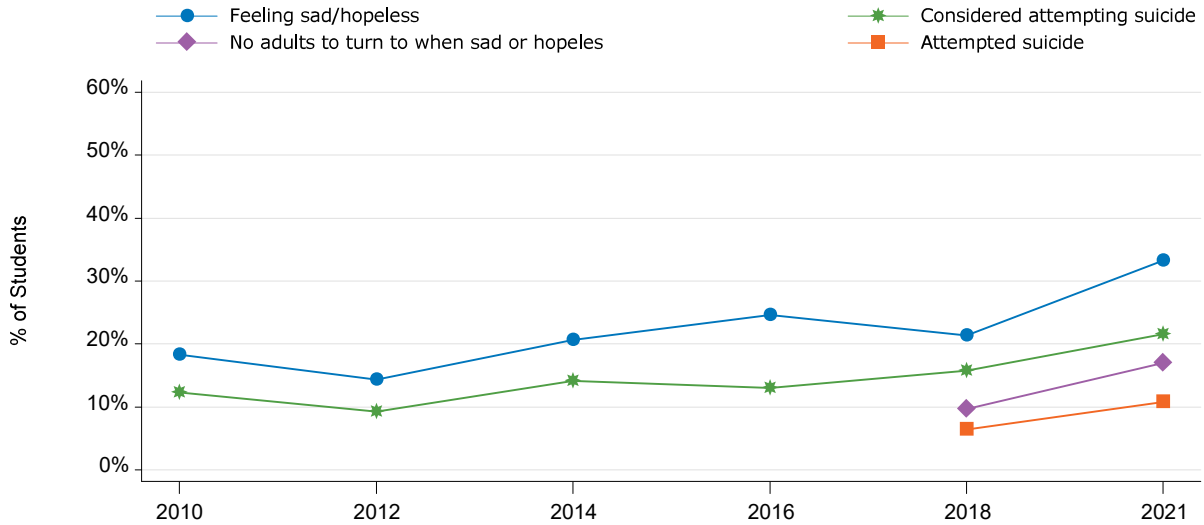
S = result suppressed due to insufficient reporting from students of schools;
 N/G = grade not available; N/S = question was not surveyed this year;
 N/A = question was not asked of this grade;

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

results generated at www.askhys.net on 03/15/2022

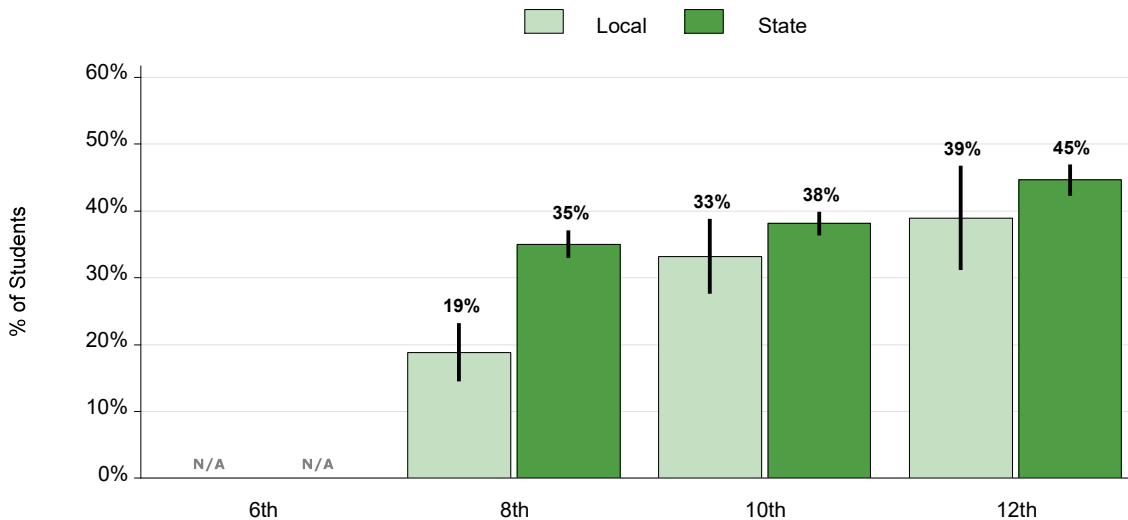


Feeling sad/hopeless and suicide 2010-2021, Grade 10



Prevalence	2010	2012	2014	2016	2018	2021
Feeling sad/hopeless	18% ±4	14% ±5	21% ±5	25% ±5	21% ±5	33% ±6*
Considered attempting suicide	12% ±4	9% ±4	14% ±4	13% ±4	16% ±5	22% ±5
No adults to turn to when sad or hopeless	N/S	N/S	N/S	N/S	10% ±5	17% ±6
Attempted suicide	N/S	N/S	N/S	N/S	6% ±4	11% ±5

Feeling sad/hopeless (statewide vs. local) by grade, 2021



Prevalence	6th	8th	10th	12th
Local	N/A	19% ±4*	33% ±6	39% ±8
State	N/A	35% ±2	38% ±2	45% ±2

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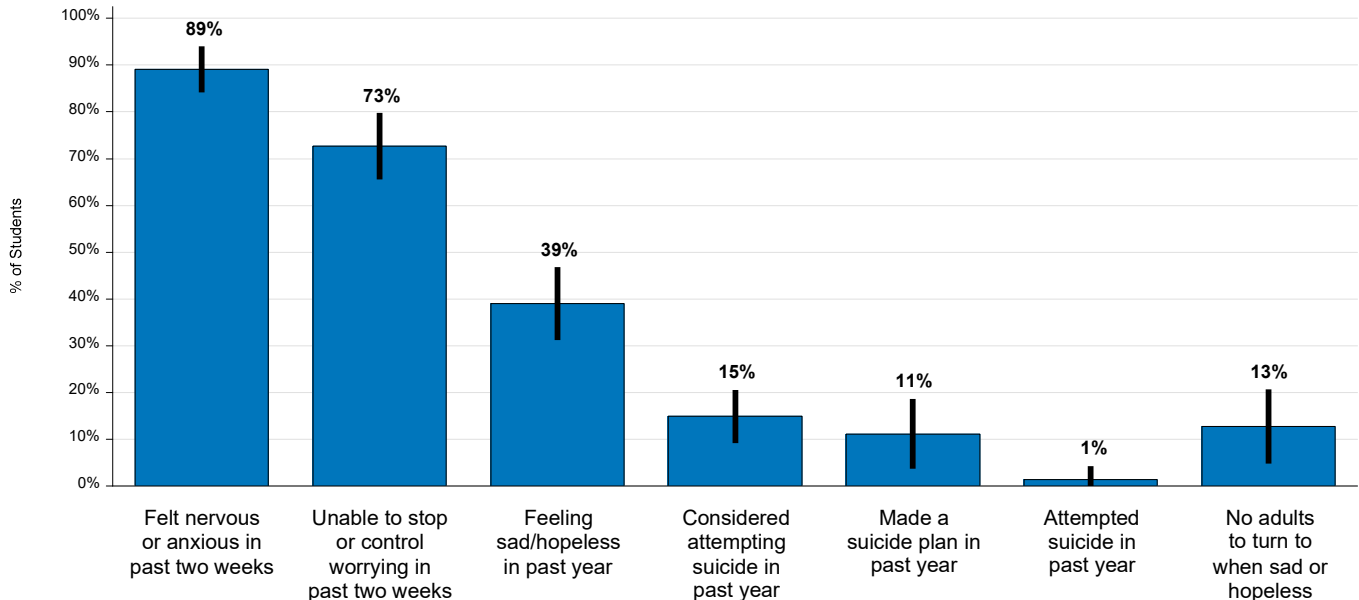
Year: 2021 Grade: 12 Sex: All Number of Students Surveyed: 188

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 common yet treatable condition and many people with depression need treatment to get better. Depression can

include feelings of sadness, helplessness, and hopelessness that linger over time. Depression can occur along with substance use and thoughts of suicide. (Teen Depression, National Institute of Mental Health www.nimh.nih.gov)

Mental Health Indicators, Grade 12, 2021



In 2021, 39% of 12th graders in our school district felt so sad or hopeless for two weeks or more that they stopped doing their usual activities

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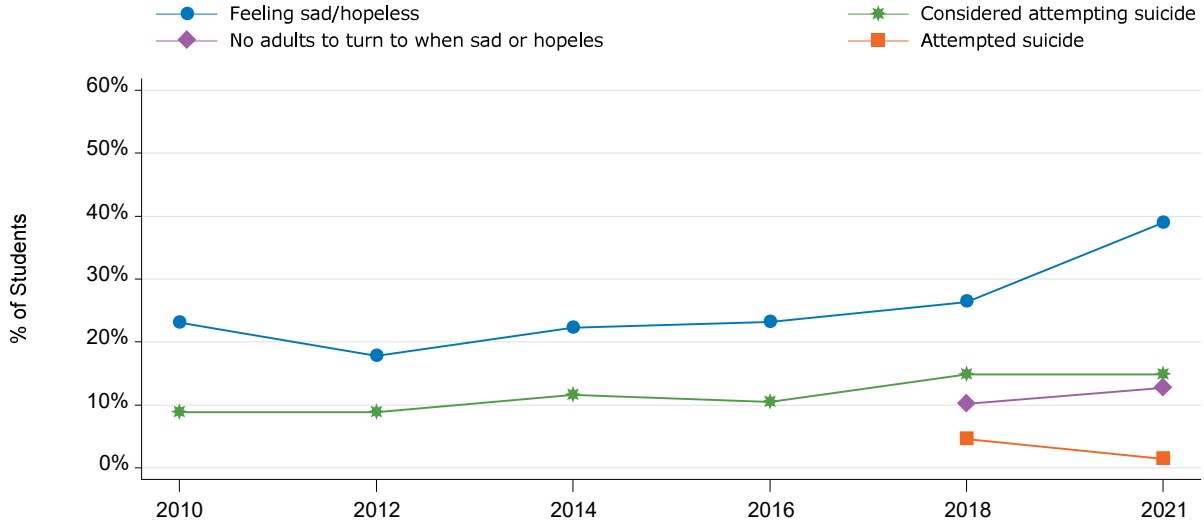
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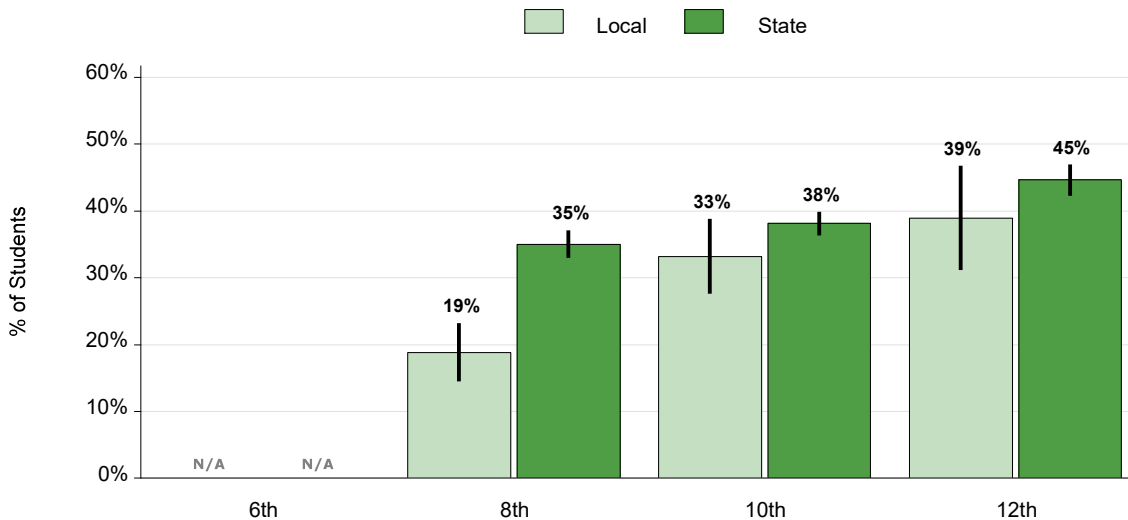


Feeling sad/hopeless and suicide 2010-2021, Grade 12



Prevalence	2010	2012	2014	2016	2018	2021
Feeling sad/hopeless	23% ±5	18% ±5	22% ±6	23% ±7	26% ±6	39% ±8*
Considered attempting suicide	9% ±3	9% ±4	12% ±4	10% ±5	15% ±5	15% ±6
No adults to turn to when sad or hopeless	N/S	N/S	N/S	N/S	10% ±6	13% ±8
Attempted suicide	N/S	N/S	N/S	N/S	5% ±4	1% ±3

Feeling sad/hopeless (statewide vs. local) by grade, 2021



Prevalence	6th	8th	10th	12th
Local	N/A	19% ±4*	33% ±6	39% ±8
State	N/A	35% ±2	38% ±2	45% ±2

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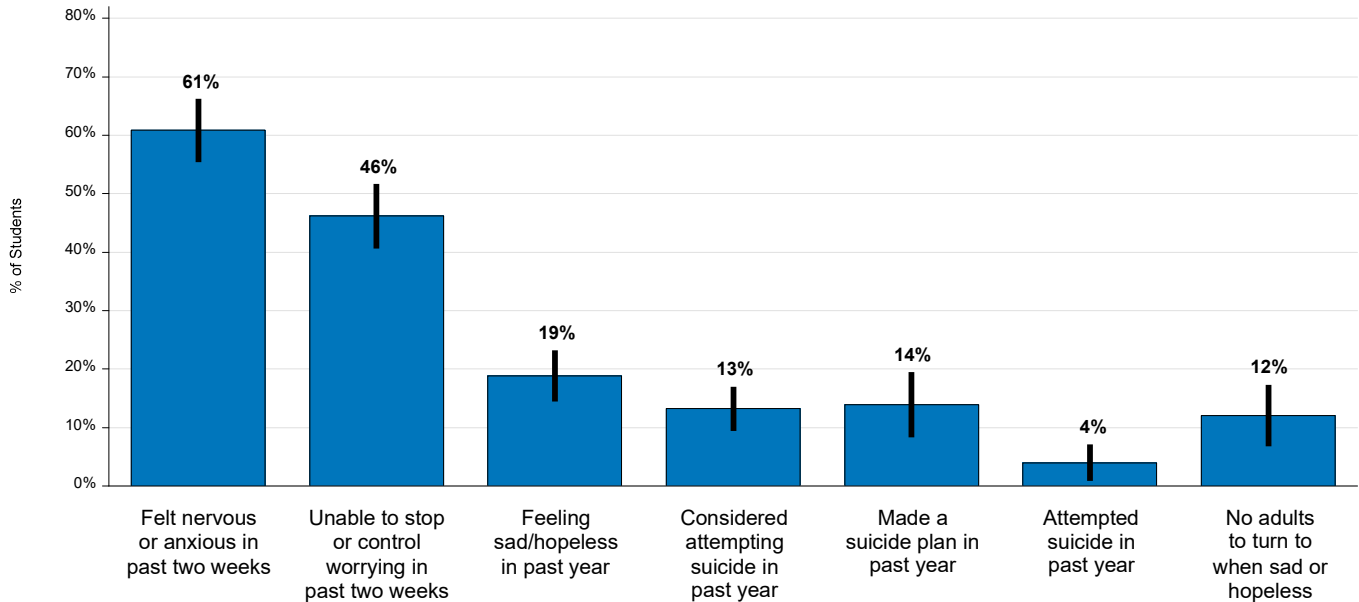
Year: 2021 Grade: 8 Sex: All Number of Students Surveyed: 320

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 common yet treatable condition and many people with depression need treatment to get better. Depression can

include feelings of sadness, helplessness, and hopelessness that linger over time. Depression can occur along with substance use and thoughts of suicide. (Teen Depression, National Institute of Mental Health www.nimh.nih.gov)

Mental Health Indicators, Grade 8, 2021



In 2021, 19% of 8th graders in our school district felt so sad or hopeless for two weeks or more that they stopped doing their usual activities

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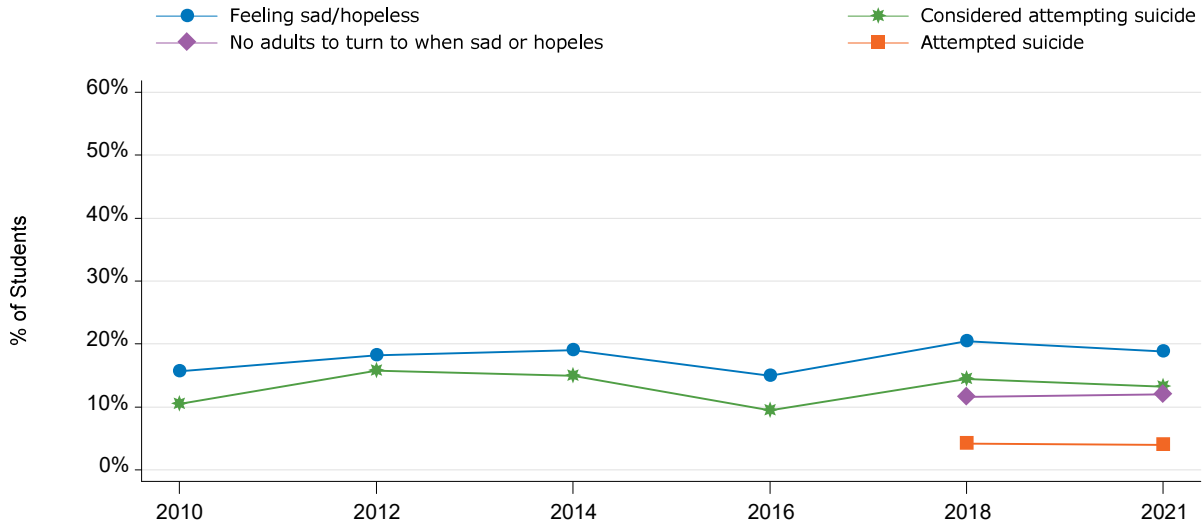
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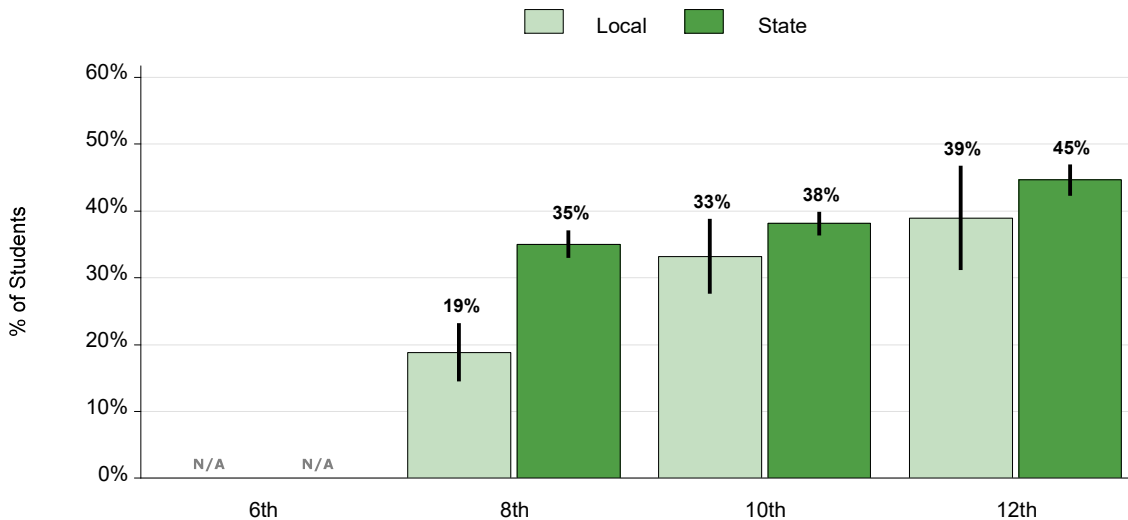


Feeling sad/hopeless and suicide 2010-2021, Grade 8



Prevalence	2010	2012	2014	2016	2018	2021
Feeling sad/hopeless	16% ±5	18% ±5	19% ±4	15% ±4	20% ±4	19% ±4
Considered attempting suicide	10% ±4	16% ±5	15% ±4	9% ±4*	14% ±4	13% ±4
No adults to turn to when sad or hopeless	N/S	N/S	N/S	N/S	12% ±5	12% ±5
Attempted suicide	N/S	N/S	N/S	N/S	4% ±3	4% ±3

Feeling sad/hopeless (statewide vs. local) by grade, 2021



Prevalence	6th	8th	10th	12th
Local	N/A	19% ±4*	33% ±6	39% ±8
State	N/A	35% ±2	38% ±2	45% ±2