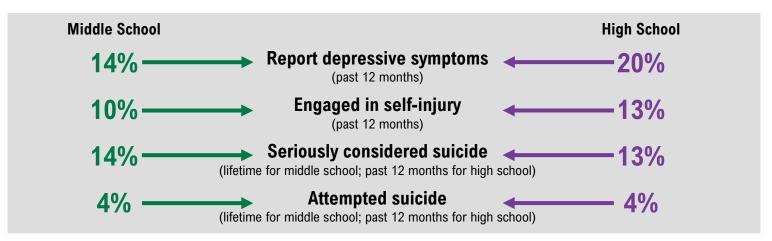
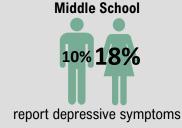
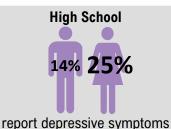
Adolescent Mental Health* in the MetroWest Region

Highlights from the 2018 MetroWest Adolescent Health Survey (Grades 7-12)





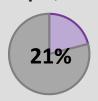
Mental health problems are reported by more females than males in middle school and high school.



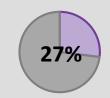
Mental health problems are higher among youth who report susbtance use and bullying.[†] For example, suicidal ideation is reported by:



of current alcohol users (vs. 11% of nonusers)



of current marijuana users (vs. 11% of nonusers)



of school bullying victims (vs. 10% of nonvictims)



of cyberbullying victims (vs. 10% of nonvictims)

LGBTQ high school students are:

- 2.6 times more likely to report depressive symptoms
- 3.6 times more likely to report self-injury
- 3.2 times more likely to report considering suicide (compared to heterosexual, cisgender youth)

High school youth with disabilties[‡] are:

- 2.0 times more likely to report depressive symptoms
- 2.1 times more likely to report self-injury
- 2.2 times more likely to report considering suicide

(compared to youth without disabilities)



The MetroWest Adolescent Health Survey (MWAHS) is conducted by Education Development Center, Inc. with funding from the MetroWest Health Foundation. The MWAHS is an anonymous survey of youth in 25 communities. One of the largest student surveys in the nation, its goal is to inform local policies and programs. In 2018, 41,545 students took surveys, representing 90% of students in the region.



^{*} Reports of depressive symptoms and self-injury are during the past 12 months. Reports of attempting suicide refer to lifetime among middle school youth, and during the past 12 months among high school youth.

[†] Substance use behaviors refer to the past 30 days; bullying behaviors refer to the past 12 months

[‡] Includes youth who report learning and/or physical disabilities