Adolescent Mental Health* in the MetroWest Region
Highlights from the 2018 MetroWest Adolescent Health Survey (Grades 7-12)

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

- 18% of current alcohol users (vs. 11% of nonusers)
- 21% of current marijuana users (vs. 11% of nonusers)
- 27% of school bullying victims (vs. 10% of nonvictims)
- 27% 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 disabilities‡ 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)

Middle School
- 14% Report depressive symptoms (past 12 months)
- 10% Engaged in self-injury (past 12 months)
- 14% Seriously considered suicide (lifetime for middle school; past 12 months for high school)
- 4% Attempted suicide (lifetime for middle school; past 12 months for high school)

High School
- 20% Report depressive symptoms
- 13% Engaged in self-injury
- 13% Seriously considered suicide
- 4% Attempted suicide

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

Middle School
- 10% report depressive symptoms
- 18%

High School
- 14% report depressive symptoms
- 25%