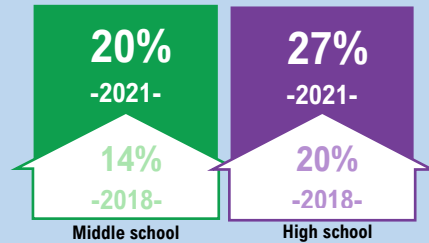


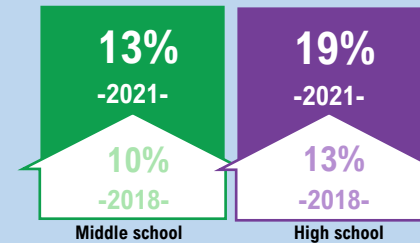
Adolescent Mental Health* Among Youth in the MetroWest Region

Highlights from the 2021 MetroWest Adolescent Health Survey (Grades 7-12)

Depressive symptoms increased from 2018 to 2021.



More students have engaged in self-injury since 2018.



➔ **17% of middle school youth seriously considered suicide** in their lifetime in 2021, compared to 14% in 2018.

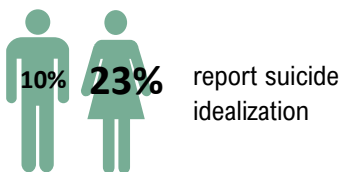
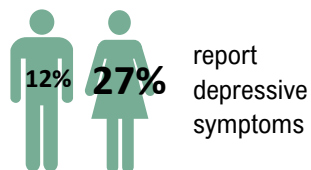
➔ **5% of middle school youth attempted suicide** in their lifetime in 2021, compared to 4% in 2018.

➔ **16% of high school youth seriously considered suicide** in the past 12 months in 2021, compared to 13% in 2018.

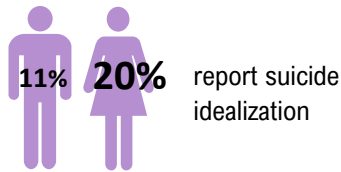
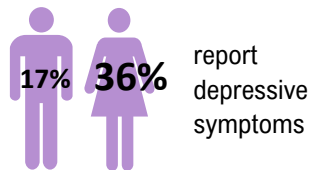
➔ **5% of high school youth attempted suicide** in the past 12 months in 2021, compared to 4% in 2018.

Mental health problems are reported by more females than males.

Middle School

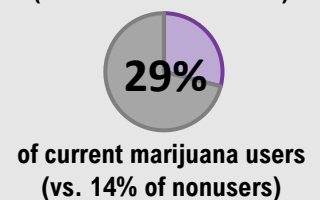
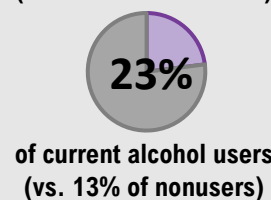
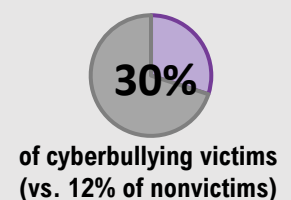
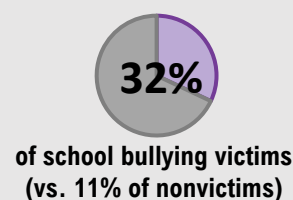


High School

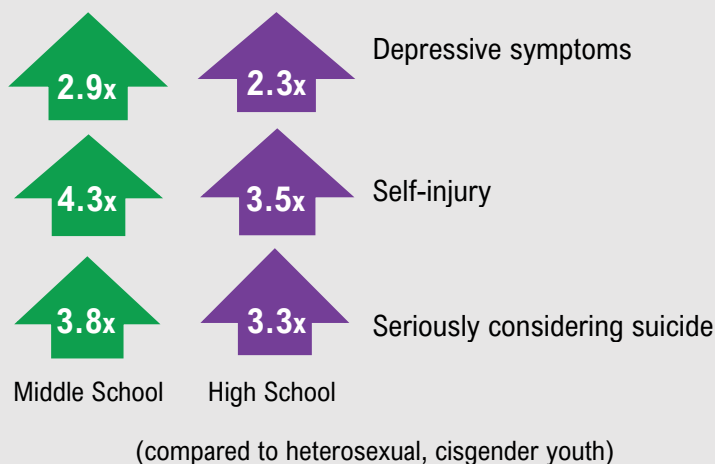


Mental health problems are higher among youth who report bullying and substance use.[†]

For example, among high school youth, suicidal ideation is reported by:



LGBTQ[§] students report:



Students with disabilities[‡] report:

