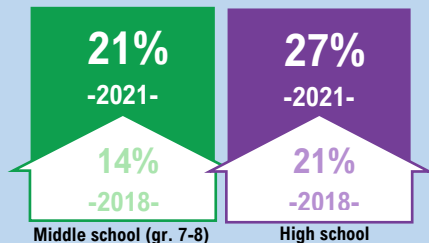


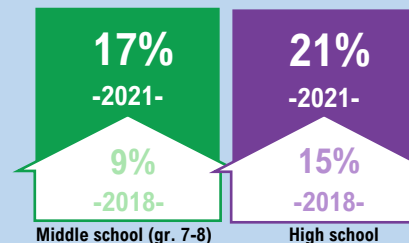
Adolescent Mental Health* Among Northborough & Southborough Youth

Highlights from the 2021 MetroWest Adolescent Health Survey (Grades 6-12)

Depressive symptoms increased from 2018 to 2021.



More students have engaged in self-injury since 2018.



➔ 20% of middle school youth seriously considered suicide in their lifetime in 2021, compared to 13% in 2018 (grades 7-8).

➔ 7% of middle school youth attempted suicide in their lifetime in 2021, compared to 2% in 2018 (grades 7-8).

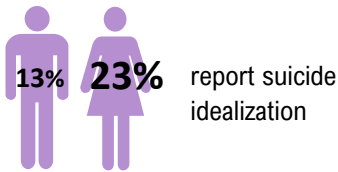
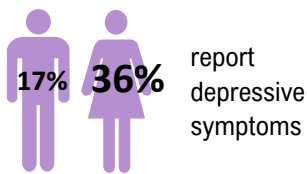
➔ 18% of high school youth seriously considered suicide in the past 12 months in 2021, compared to 15% in 2018.

➔ 5% of high school youth attempted suicide in the past 12 months in 2021; reports were also 5% in 2018.

Mental health problems are reported by more females than males.

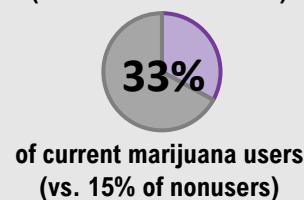
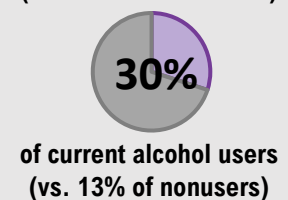
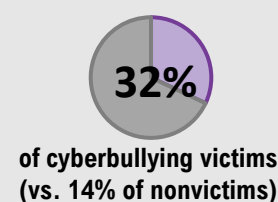
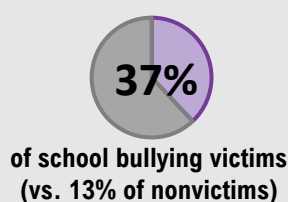
Middle School

High School

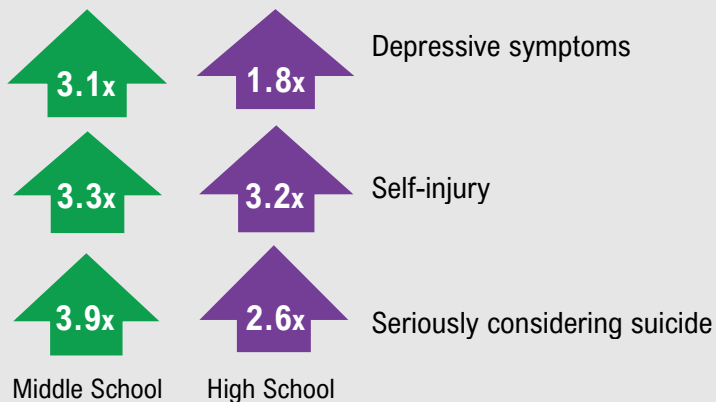


Mental health problems are higher among youth who report bullying and substance use.[†]

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

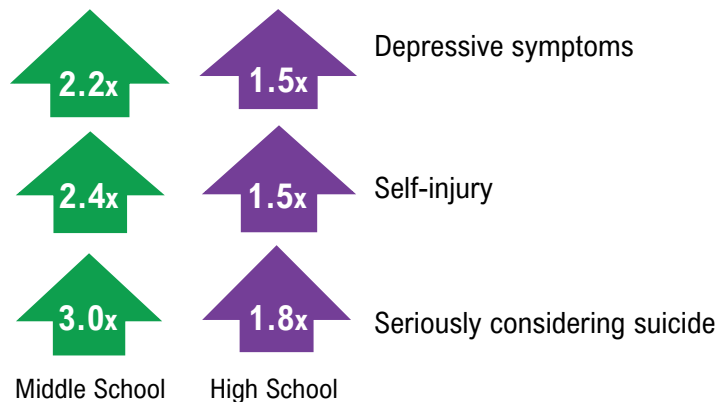


LGBTQ[§] students report:



(compared to heterosexual, cisgender youth)

Students with disabilities[‡] report:



(compared to students without disabilities)

* Reports of depressive symptoms and self-injury are during the past 12 months. Reports of considering and attempting suicide are 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; all data in this section is for high school students

‡ Includes youth who report learning and/or physical disabilities

§ Defined as students who identify as gay/lesbian, bisexual, transgender, gender-queer, questioning/unsure, or describe their sexual and gender identity in another way.