



YOUTH MENTAL HEALTH IN 2008

THURSTON COUNTY AND WASHINGTON STATE

Findings from the Washington State Healthy Youth Survey

SUICIDE	THURSTON COUNTY <u>2008</u>			WASHINGTON STATE <u>2008</u>		
	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Seriously considered attempting suicide	16%	18%	15%	14%	17%	15%
Planned how they would attempt suicide	65% [^]	54% [^]	58% [^]	58% [^]	56% [^]	58% [^]
Attempted suicide	10%	8%	6%	8%	9%	7%

DEPRESSION	THURSTON COUNTY <u>2008</u>			WASHINGTON STATE <u>2008</u>		
	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Have been severely depressed	26%	30%	28%	24%	30%	29%
Unlikely to seek help if depressed or suicidal	22%	26%	23%	21%	25%	26%

SUPPORT	THURSTON COUNTY <u>2008</u>			WASHINGTON STATE <u>2008</u>		
	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Have no adult to turn to when sad or hopeless	27%	31%	25%	27%	30%	24%
Cannot ask parent for help with a problem	23%	25%	22%	20%	26%	24%
Not getting along with parent or guardian	9%	11%	10%	10%	12%	11%

VIEW OF LIFE	THURSTON COUNTY <u>2008</u>			WASHINGTON STATE <u>2008</u>		
	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Do not feel good about themselves	8%	10%	7%	9%	9%	7%
Feel alone in life	14%	13%	14%	13%	13%	13%
Not satisfied with their life	11%	13%	11%	12%	13%	13%
Do not look forward to the future	6%	8%	5%	6%	6%	6%

[^] Calculated for students who had seriously considered suicide.

Depressed = so sad or hopeless they stopped doing usual activities for two or more weeks in a row.

Students in 8th grade are usually age 13-14, in 10th grade age 15-16 and 12th grade age 17-18.

For more information about this data sheet contact, Mary Ann O'Garro at 360-867-2525 or ogarrom@co.thurston.wa.us





YOUTH MENTAL HEALTH: THURSTON COUNTY 2006 & 2008

Findings from the Washington State Healthy Youth Survey

SUICIDE	2006 THURSTON COUNTY			2008 THURSTON COUNTY		
	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Seriously considered attempting suicide	12%	16%	13%	16%	18%	15%
Planned how they would attempt suicide	54% [^]	58% [^]	57% [^]	65% [^]	54% [^]	58% [^]
Attempted suicide	*	*	*	10%	8%	6%

DEPRESSION	2006 THURSTON COUNTY			2008 THURSTON COUNTY		
	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Have been severely depressed	27%	29%	26%	26%	30%	28%
Unlikely to seek help if depressed or suicidal	22%	25%	26%	22%	26%	23%

SUPPORT	2006 THURSTON COUNTY			2008 THURSTON COUNTY		
	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Have no adult to turn to when sad or hopeless	29%	32%	26%	27%	31%	25%
Cannot ask parent for help with a problem	23%	27%	22%	23%	25%	22%
Not getting along with parent or guardian	11%	12%	10%	9%	11%	10%

VIEW OF LIFE	2006 THURSTON COUNTY			2008 THURSTON COUNTY		
	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Do not feel good about themselves	9%	10%	7%	8%	10%	7%
Feel alone in life	14%	13%	13%	14%	13%	14%
Not satisfied with their life	12%	13%	11%	11%	13%	11%
Do not look forward to the future	7%	5%	6%	6%	8%	5%

[^] Calculated for students who had seriously considered suicide.

* No comparable figures for 2006 available.

Depressed = so sad or hopeless they stopped doing usual activities for two or more weeks in a row.

Students in 8th grade are usually age 13-14, in 10th grade age 15-16 and 12th grade age 17-18.

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