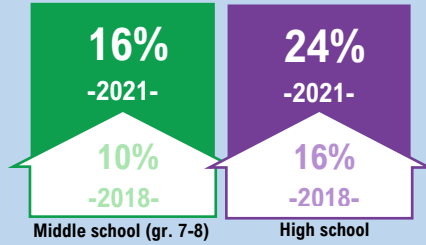


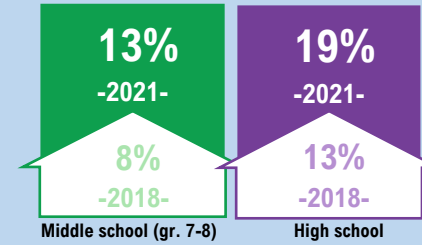
Adolescent Mental Health* Among Wellesley Youth

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.



→ 14% of middle school youth seriously considered suicide in their lifetime in 2021, compared to 12% in 2018 (grades 7-8).
 → 3% of middle school youth attempted suicide in their lifetime in 2021; reports were also 3% in 2018 (grades 7-8).

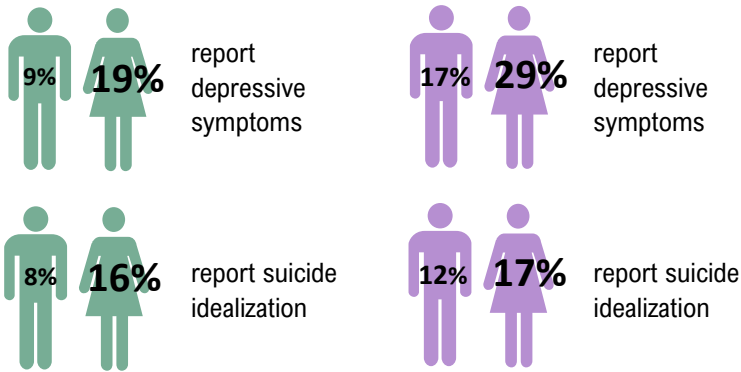
→ 15% of high school youth seriously considered suicide in the past 12 months in 2021, compared to 13% in 2018.
 → 4% of high school youth attempted suicide in the past 12 months in 2021; reports were also 4% in 2018.

Mental health problems are reported by more females than males.

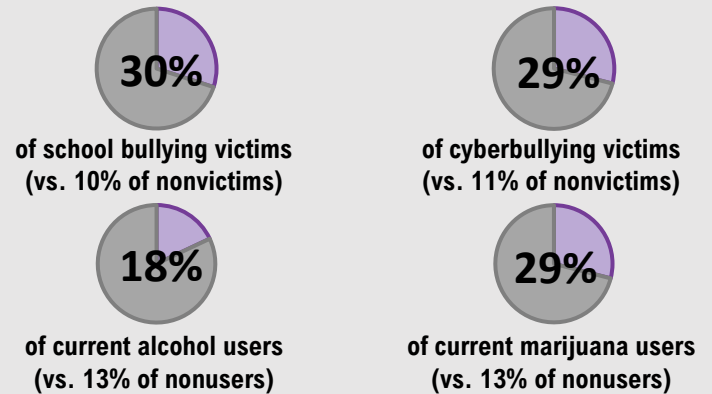
Mental health problems are higher among youth who report bullying and substance use.†

Middle School

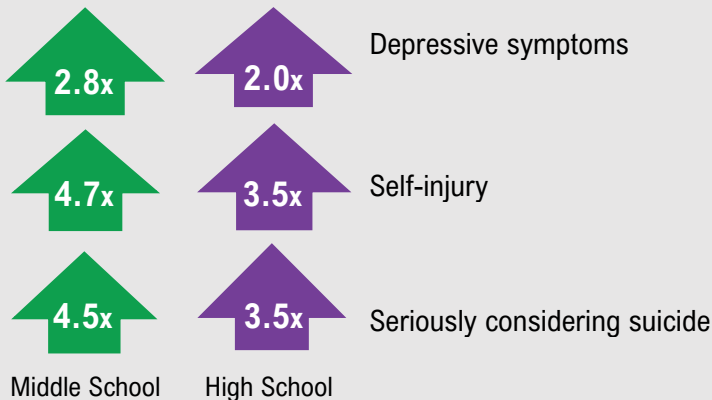
High School



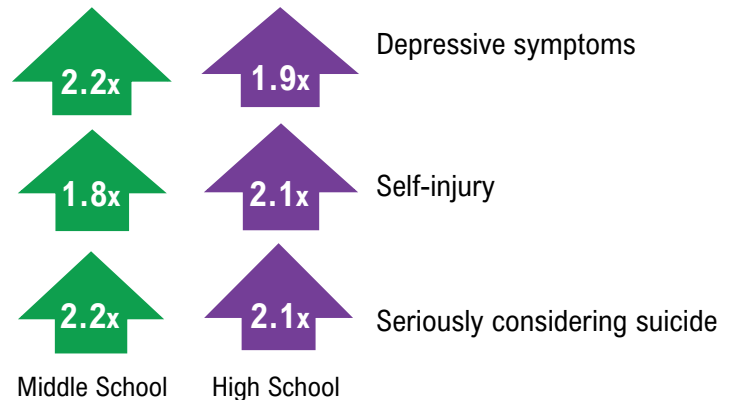
For example, among high school youth, suicidal ideation is reported by:



LGBTQ[§] students report:



Students with disabilities[‡] report:



(compared to heterosexual, cisgender youth)

(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.