Mental Health among Delaware Youth

Stable Trends
Trends in self-reported suicide thoughts, plans, and attempts among Delaware high school students have not significantly increased or decreased in the last decade.

Sadness
Nearly 1 in 3 high school students report feeling sad or hopeless almost every day for two weeks or more in the past year.

Self Harm
Nearly 14% of high school students report purposely hurting or cutting themselves in the past year.

The Suicide Gender Gap among High School Students (%)

<table>
<thead>
<tr>
<th></th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>Considered Suicide</td>
<td>11</td>
<td>21</td>
</tr>
<tr>
<td>Attempted Suicide</td>
<td>5</td>
<td>9</td>
</tr>
</tbody>
</table>

Among Delaware high school students, female students both consider and attempt suicide at nearly twice the rate of male students.

Geographic Need
Sussex County in Southern Delaware has been designated a "high priority" Health Professional Shortage Area with a severe shortage of mental health resources*.

*This is especially true for mental health specialists, including providers of pediatric and adolescent mental health services.

Source(s):
“2017 Delaware Youth Risk Behavior Survey (YRBS),” Centers for Disease Control and Prevention (Administered by the Center for Drug and Health Studies, University of Delaware).