

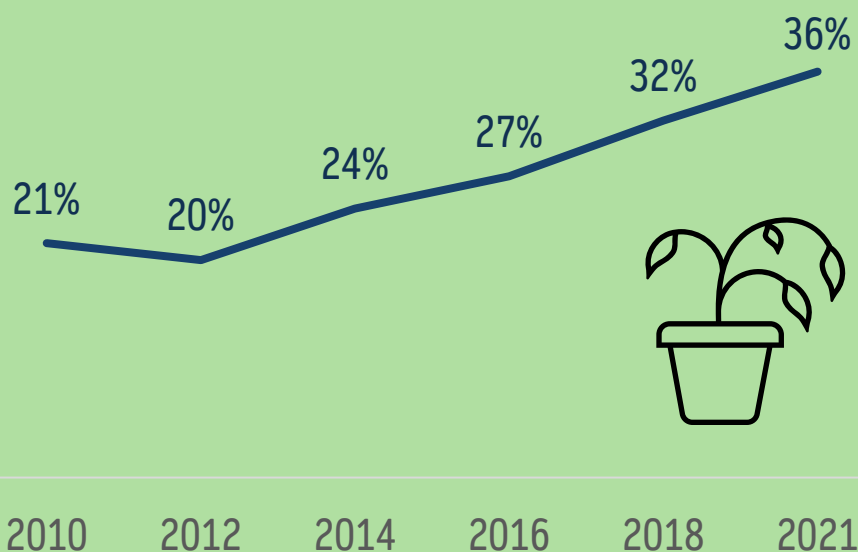
# Mental Health

## Youth in Nebraska

**29%**

of Nebraska high school students said in the past year their mental health most of the time was not good

The number of Nebraska youth who felt sad or hopeless almost every day for at least two weeks in the past year has increased every year since 2012



**49%** vs. **25%**

Girls were nearly twice as likely as boys to report feeling sad or hopeless



**One out of four**

high school students (26%) were bullied in the past year.

Bullying on school property (21%) was more common than electronic bullying (17%).



**One out of five**

high school students (19%) seriously considered attempting suicide in the past 12 months.

**14%** Made a plan of how they would attempt suicide

**10%** Attempted suicide

**3%** Had an attempt that resulted in seeking treatment

Current substance use was at least 2 times higher among students who said they frequently felt sad or hopeless vs. those that had did not.

**2+X**

	<u>Alcohol</u>	<u>Vaping</u>	<u>Marijuana</u>	<u>Cigarettes</u>
Sad	30%	25%	20%	6%
Not sad	13%	10%	6%	2%

# Mental Health and

**36%** of Nebraska high school students lived with someone who was depressed, suicidal, or mentally ill

**54%** of youth experiencing Adverse Childhood Experiences (ACEs)\* felt sad or hopeless almost every day for the past 2 weeks – almost 3 times more than students who did not experience any instability at home.

**Vs.**

**19%**

7 out of 10 students (69%) reporting 3 or more ACEs\* reported feeling sad or hopeless.



More ACEs\* were associated with higher levels of being bullied.

	Bullied at school	Bullied Online
No ACEs	14%	11%
1-2 ACEs Reported	23%	18%
3+ ACEs Reported	38%	39%

\*ACEs Indicators included in the YRBS:

- Ever lived with someone who was depressed, mentally ill, or suicidal
- Ever lived with someone who has/had a problem with alcohol or drug use
- Ever been separated from a parent/guardian because they went to prison, jail, or a detention center
- Usually did not sleep in their parent's/guardian's home
- A parent or other adult in their home frequently swore at them, insulted them, or put them down
- A parent or other adult in their home frequently hit, beat, kicked, or physically hurt them in any way
- Their parents or other adults in their home frequently slapped, hit, kicked, punched, or beat each other up

# Instability



Suicide ideation and action was higher among students with ACEs\*

Any ACEs reported		No ACEs reported
<b>28%</b>	Seriously considered suicide	<b>10%</b>
<b>22%</b>	Made a plan of how they would attempt suicide	<b>7%</b>
<b>16%</b>	Attempted suicide	<b>4%</b>
<b>5%</b>	Had an attempt that resulted in seeking treatment	<b>1%</b>



Flaticons by Freepik

Data from the Nebraska 2021 Youth Risk Behavior Survey (YRBS). Weighted data, n=675. Funded by CDC-PS18-1807, "Promoting Adolescent Health through School-Based HIV Prevention."