

MENTAL HEALTH CONCERNS OF DELAWARE HIGH SCHOOL STUDENTS

When you know their behaviors, you can learn how to help.

Delaware's Youth Risk Behavior Survey (YRBS) is conducted every other year (odd years) and helps to measure the progress our schools are making to address key behavioral areas. Your school can use the collected data to help keep students on the right path and away from high-risk behaviors. For example, students won't always ask for help and can be hard to reach, but below, you'll find big-picture insight into their mental health.

Based on the 2023 Delaware YRBS



17.4% seriously considered attempting suicide.*

13.9% made a plan to commit suicide.*

32.9% felt sad and hopeless that they stopped doing usual activities.*

*During the 12 months prior to the survey.



DELAWARE HEALTH
AND SOCIAL SERVICES
Division of Public Health



**Be sure your school participates in the Delaware YRBS.
Learn more: HealthyDelaware.org/Activate.**