

Wisconsin Youth Risk Behavior Survey

Anxiety & Depression

Data Summary

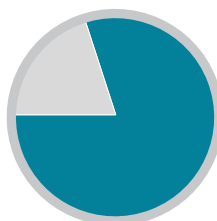
The Youth Risk Behavior Survey, administered to students across Wisconsin in 2021, provides us a window into the mental health and emotional well-being of Wisconsin youth. What we can see through this window is that Wisconsin youth are in crisis, and we must do more to help them.

Anxiety

Over half of all Wisconsin students reported significant problems with anxiety in the past year. The numbers are even worse for female students, and for students who identify as lesbian, gay, or bisexual (LGB).



2 of 3 FEMALE STUDENTS reported problems with anxiety.



80% of LGB STUDENTS reported problems with anxiety.

Depression

Over one-third of all Wisconsin students reported problems with depression in the past year. Again, the numbers are even worse for female students, and for students who identify as LGB.



FEMALE STUDENTS were twice as likely to report problems with depression.



66.1% of LGB STUDENTS reported problems with depression.

We know what can help here: ensuring feelings of belonging at school, being able to talk with family members and school staff about feelings and worries, and identifying supportive adults at home and in school. We also know that youth struggle to access mental health support, and that we need to remove barriers to that access and make it more readily available to all students. Inclusive policies and affirming practices can help protect and support all of our students, and especially our most vulnerable students, including LGBTQ+ youth.

Wisconsin Youth Risk Behavior Survey Suicide Data Summary

The Youth Risk Behavior Survey, administered to students across Wisconsin in 2021, provides us a window into the mental health and emotional well-being of Wisconsin youth. What we can see through this window is that Wisconsin youth are in crisis, and we must do more to help them.

Suicide

Over the past ten years, more and more students report seriously considering suicide – 18.1% this year. At the same time, the number of students who say that they can get the help they need when feeling distressed has decreased to only 22.4%. The numbers are even worse for female students, and for students who identify as lesbian, gay, or bisexual (LGB), who are at higher risk for suicide and report a lower ability to receive the help they need or to identify a supportive adult in their school.



FEMALE STUDENTS were more than twice as likely to report seriously considering suicide, and twice as likely to actually attempt suicide.

Almost half of **LGB STUDENTS** reported seriously considering suicide. That is 4 times as high as their peers. LGB students are also 4 times as likely to actually attempt suicide.



If a young person expresses thoughts of suicide to you, please know there are resources to help you. The first line of support is good listening. Contacting a mental health professional in the youth's school is a good step. There are also public crisis support lines available to you.

- Call 988 for the Suicide and Crisis Lifeline.
- Text HOPELINE to 741741.
- Call 1-866-488-7386 for the Trevor Project, LGBTQ+ Crisis Support Line, or text START to 678-678.