

Mental Health among Delawareans



Symptoms of Anxiety

In 2021, **over one in four** surveyed 8th grade students (28%) and 11th grade students (29%) reported that they felt anxious on more than half the days in the past two weeks.^a



Feeling Down, Depressed, or Hopeless

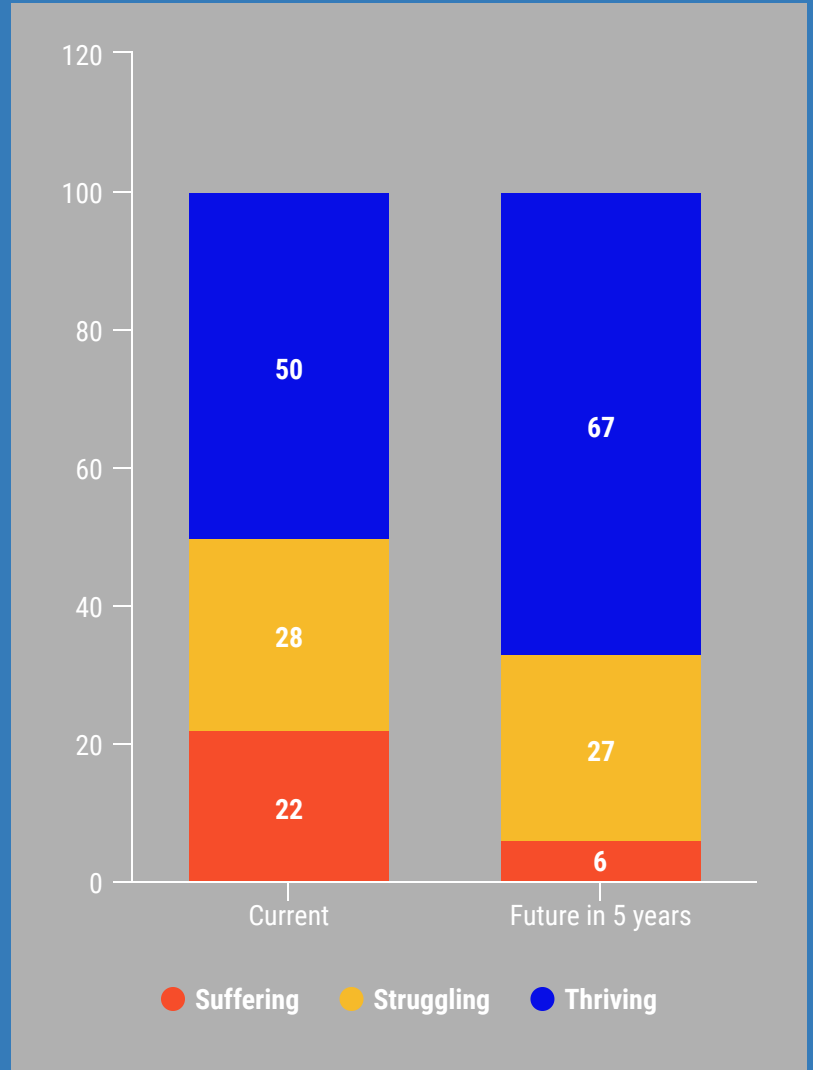
In 2021, **22% of 8th graders** and **24% of 11th graders** reported recent feelings of depression. Across both grades, female students were more likely than male students to report these symptoms of depression.^a



Suicide Deaths in Delaware

According to the Division of Forensic Science, there were 138 suicide deaths in Delaware during 2021. **Over half of these deaths (76) involved the use of firearms.**^b

Cantril Ladder Responses* for 11th Graders (%)



11th grade students responding to the 2021 Delaware School Survey (DSS) were asked to rate their wellbeing now and five years later. **One-half** rated themselves currently in the top tier or "thriving" category. **Two out of three** students saw themselves as thriving five years from now, which suggests they feel hopeful about the future.^a

*The Present and Future Scales vary slightly. The Present scale categorizes steps 7-10 as "Thriving" and steps 5-6 as "Struggling." The Future scale categorizes steps 8-10 as "Thriving" and 5-7 as "Struggling." Both scales categorize steps 0-4 as "Suffering."

Source(s):

^a Center for Drug & Health Studies. (2021). Delaware School Survey: Secondary [Annual Survey]. University of Delaware.

^b Delaware Division of Forensic Science Annual Report. (2021).

Note: Delaware School Survey data is unweighted.

