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):

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