Mental Health Among Delawareans

Mental Illness among Young Adults

According to the 2021 National Survey on Drug Use and Health, 1 in 3 adults in Delaware aged 18 to 25 experienced a mental illness of any type in the previous year. Approximately 17% experienced a serious mental illness in that time frame.

Feeling Down, Depressed, or Hopeless

In 2022, 20% of 8th graders and 30% of 11th graders reported recent feelings of depression. Female students were considerably more likely than male students to report these symptoms but the highest rates were reported by students who identify as nonbinary.

Suicide Deaths in Delaware

According to the Division of Forensic Science, there were 133 suicide deaths in Delaware during 2022. Over half of these deaths (78) involved the use of firearms.

Wellbeing Index: Now and in the Future

11th grade students responding to the 2022 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.

Cantril Ladder Responses* for 11th Graders (%)

Current Future in 5 years

- Suffering
- Struggling
- Thriving

21 28
30 6
50 66

*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."