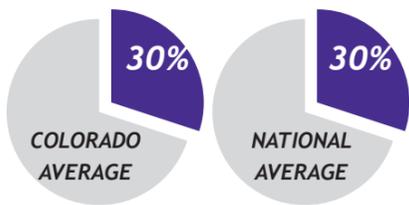


Mental Health Among Youth in Colorado

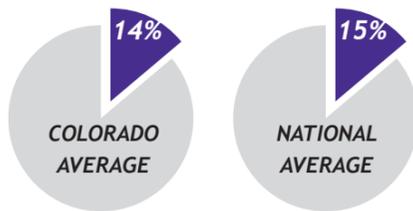


The Healthy Kids Colorado Survey is a tool we use to better understand the health of Colorado's middle and high school students so we can support them in making healthy choices. The following images represent Colorado high school student data from 2015. For more information and complete survey data, visit healthykidscolo.org.

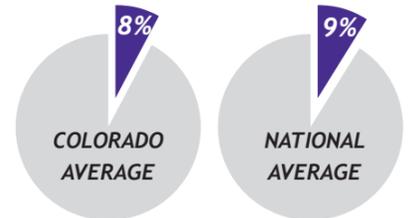
YOUTH WHO FELT SAD OR HOPELESS EVERY DAY FOR 2 WEEKS



YOUTH WHO MADE A SUICIDE PLAN IN THE LAST YEAR

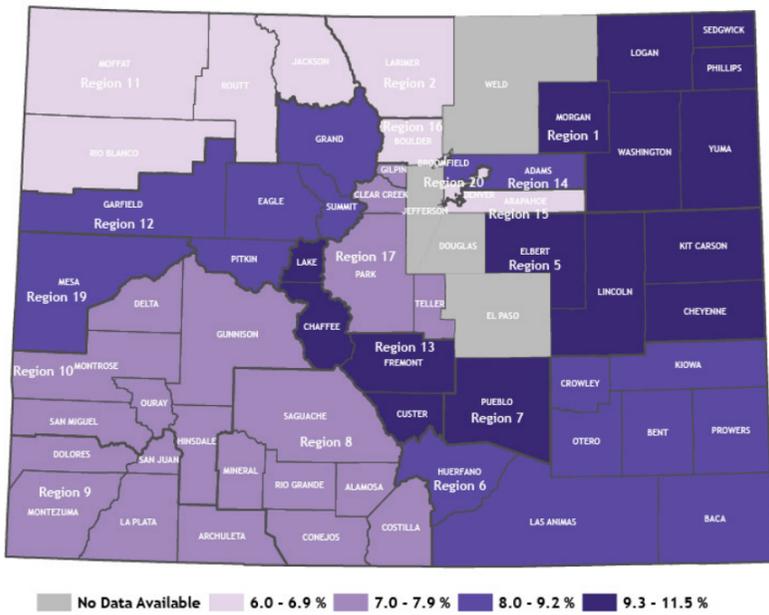


YOUTH WHO ATTEMPTED SUICIDE AT LEAST ONCE IN THE LAST YEAR



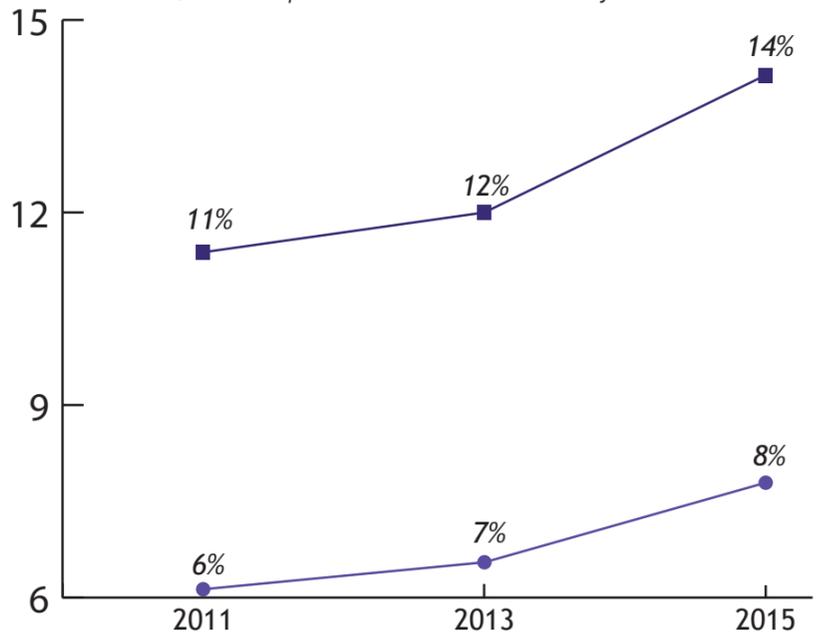
REGIONAL BREAKDOWN

Of youth who have attempted suicide at least once in the last year.



MENTAL HEALTH TRENDS

■ Have made a suicide plan at least once in the last year
● Have attempted suicide at least once in the last year



HEALTH INEQUITIES

Demographic breakdown of mental health trends among a specific identity

SEXUAL ORIENTATION

SUICIDE PLAN



11% of Heterosexual Youth
22% of Youth who are not sure
31% of Gay or Lesbian Youth
41% of Bisexual Youth

SUICIDE ATTEMPT



6%
13%
24%
26%

GENDER IDENTITY

SUICIDE PLAN



14% of Cisgender Youth (non-transgender)
23% of Questioning Youth
40% of Transgender Youth

SUICIDE ATTEMPT

7%
14%
35%

RACE/ETHNICITY

SUICIDE PLAN



10% of Blacks
12% of Hispanics
12% of Pacific Islanders
14% of Whites
15% of Asians
16% of American Indians
18% of Multiracial Youth

SUICIDE ATTEMPT



4% of Asians
6% of Blacks
6% of American Indians
7% of Whites
8% of Hispanics
13% of Pacific Islanders
15% of Multiracial Youth

SEX

SUICIDE PLAN



10% of Males
18% of Females

SUICIDE ATTEMPT



4%
11%

Health equity is when all people, regardless of who they are or what they believe, have the opportunity to attain their full health potential. Achieving health equity requires valuing all people equally with focused and ongoing efforts to address inequalities.

FACTORS THAT CAN HELP REDUCE YOUTH SUICIDE ATTEMPTS



Trusted Adults:

Youth who have an adult to go to for help are 3.5x LESS likely to attempt suicide.



School Safety:

Youth who feel safe at school are 3.2x LESS likely to attempt suicide.



Extracurricular Activities:

Youth who participate are 1.7x LESS likely to attempt suicide.