

MENTAL HEALTH AWARENESS

Encourage our youth to make safe choices!

AMONG OKLAHOMA PUBLIC HIGH SCHOOL STUDENTS IN 2021:



43% Felt sad or hopeless^{1,2}

23% Seriously considered attempting suicide¹

18% Made a plan about how they would attempt suicide¹

10% Actually attempted suicide¹

3% Had a suicide attempt that resulted in an injury, poisoning, or overdose¹

Females were more likely than males to have:

Experienced hopelessness **58% VS 30%**

Considered attempting suicide **32% VS 15%**

Made a plan to attempt suicide **25% VS 11%**

Attempted suicide **13% VS 7%**

31% Reported their mental health was not good most of the time or always⁴

1. During the 12 months before the survey.
 2. Almost every day for 2 or more weeks in a row that they stopped doing some usual activities.
 3. That had to be treated by a doctor or nurse.
 4. During the 30 days before the survey.



WHAT YOU CAN DO

- Call or Text 988 to talk with someone now about feeling hopeless, helpless or thinking of suicide, or if you or someone you know is struggling or in crisis⁵
- Being connected to family and community support and having easy access to health care can decrease suicidal thoughts and behaviors⁶
- Preventing suicide requires strategies at all levels of society: individuals, families, and communities⁷

5. 988lifeline.org
 6. CDC. Preventing multiple forms of violence: A strategic vision for connecting the dots [PDF – 775 KB]. (2016) Atlanta, GA: Centers for Disease Control and Prevention, National Center for Injury Prevention and Control.
 7. For more information on Suicide Prevention, please visit: <https://www.cdc.gov/suicide/prevention/index.html>



For more information about the YRBS contact the Maternal and Child Health Service, MCH Assessment at (405) 426-8092 or visit URL: oklahoma.gov/health/yrbs.

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