

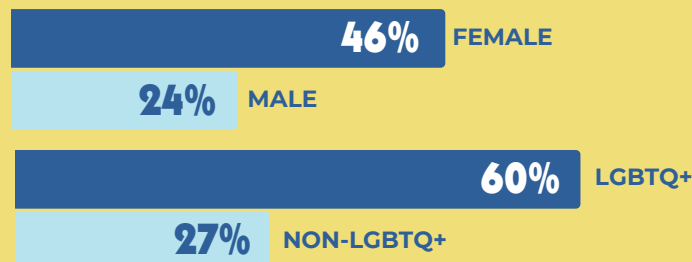
# Mental Health Among Maine High School Students

2023 Maine Integrated Youth Health Survey Data

**34%** of students' **mental health was not good** over the past 30 days  
(poor mental health includes stress, anxiety, and depression)

## Depression

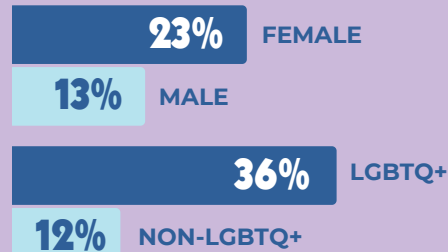
**35%** felt so sad or hopeless for at least two weeks they stopped usual activities in the past 12 months



Fewer than 1 in 3 students who felt sad or hopeless during the past 12 months got help from an adult (32%)

## Suicidal Ideation

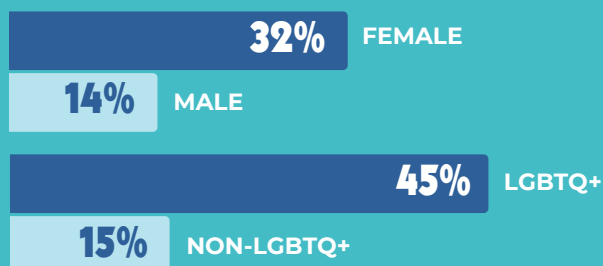
**18%** seriously considered suicide in the past 12 months



LGBTQ+ students are **3X more likely** to consider suicide than non-LGBTQ+ students

## Self-Harm

**23%** of students over the past 12 months purposely hurt\* themselves without wanting to die  
(\*such as cutting or burning)



## Suicide Attempts

**8%** attempted suicide at least once in the past 12 months



If you or someone you know is struggling or in a crisis, help is available.



### ABOUT MAINE INTEGRATED YOUTH HEALTH SURVEY (MIYHS)

The MIYHS is a biennial collaboration between the Maine Department of Health and Human Services and the Maine Department of Education since 2009. It aims to identify youth health trends through direct surveys taken by Maine students in grades 5 - 12. All middle and high schools can participate.

[www.maine.gov/miyhs](http://www.maine.gov/miyhs)  
[miyhs.dhhs@maine.gov](mailto:miyhs.dhhs@maine.gov)



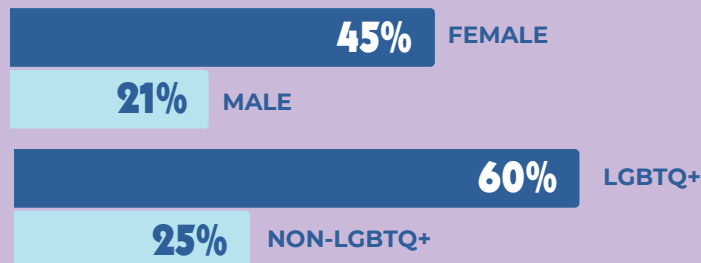
# Mental Health Among Maine Middle School Students

2023 Maine Integrated Youth Health Survey Data

**27%** of students' **mental health was not good** over the past 30 days  
(poor mental health includes stress, anxiety, and depression)

## Depression

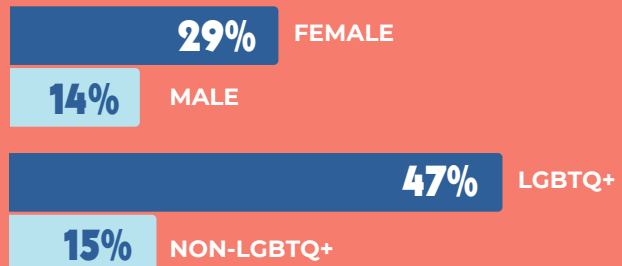
**33%** have ever **felt so sad or hopeless** for at least two weeks they stopped usual activities



Only 39% of students who ever felt sad or hopeless got help from an adult

## Suicidal Ideation

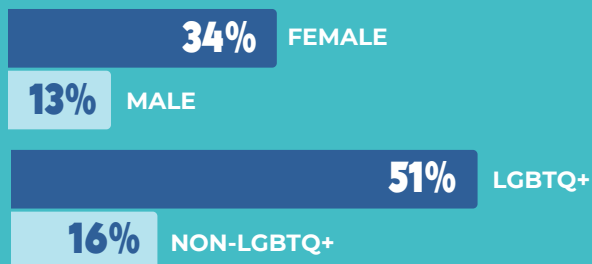
**22%** have ever **seriously thought** about **killing themselves**



LGBTQ+ students are **over 3x more likely** to have ever **considered suicide**

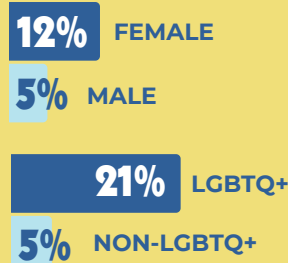
## Self-Harm

**24%** have ever **purposely hurt\*** themselves without wanting to die  
(\*such as cutting or burning)



## Suicide Attempts

**9%** have **ever tried to kill themselves**



If you or someone you know is struggling or in a crisis, help is available.



### ABOUT MAINE INTEGRATED YOUTH HEALTH SURVEY (MIYHS)

The MIYHS is a biennial collaboration between the Maine Department of Health and Human Services and the Maine Department of Education since 2009. It aims to identify youth health trends through direct surveys taken by Maine students in grades 5 - 12. All middle and high schools can participate.

[www.maine.gov/miyhs](http://www.maine.gov/miyhs)  
[miyhs.dhhs@maine.gov](mailto:miyhs.dhhs@maine.gov)

