

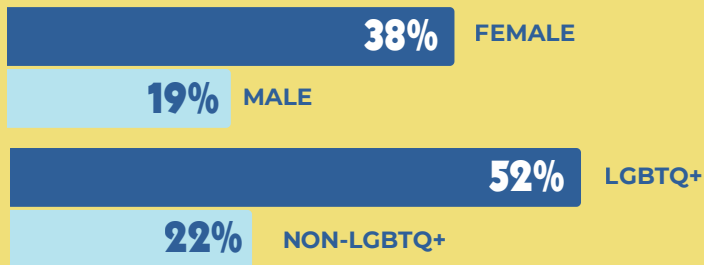
Mental Health Among Maine High School Students

2025 Maine Integrated Youth Health Survey Data

26% of students' **mental health was not good** over the past 30 days
(poor mental health includes stress, anxiety, and depression)

Depression

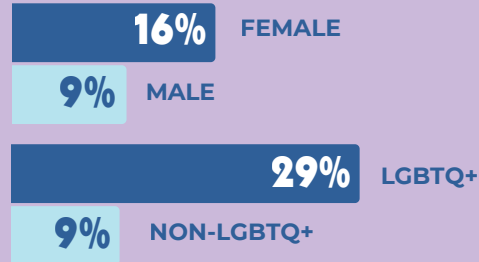
28% felt so sad or hopeless for at least two weeks they stopped usual activities in the past 12 months



1 in 3 students who felt sad or hopeless during the past 12 months got help from an adult (35%)

Suicidal Ideation

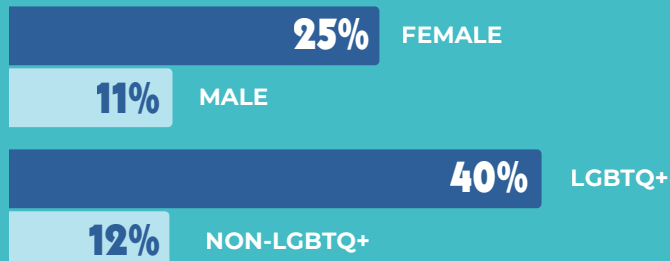
13% seriously considered suicide in the past 12 months



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

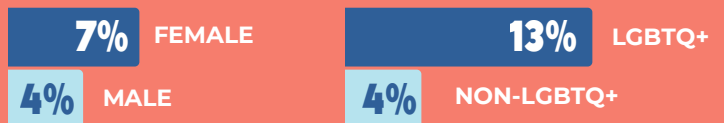
Self-Harm

18% purposely hurt themselves without wanting to die during the past 12 months
(such as cutting or burning)



Suicide Attempts

6% 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
miyhs.dhhs@maine.gov



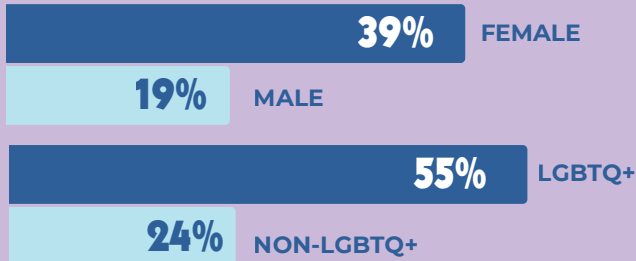
Mental Health Among Maine Middle School Students

2025 Maine Integrated Youth Health Survey Data

23% of students' **mental health was not good** over the past 30 days (poor mental health includes stress, anxiety, and depression)

Depression

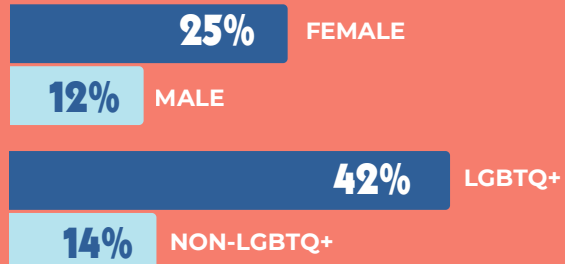
29% have ever **felt so sad or hopeless** for at least two weeks they stopped usual activities



Only **43%** of students who ever felt sad or hopeless got help from an adult

Suicidal Ideation

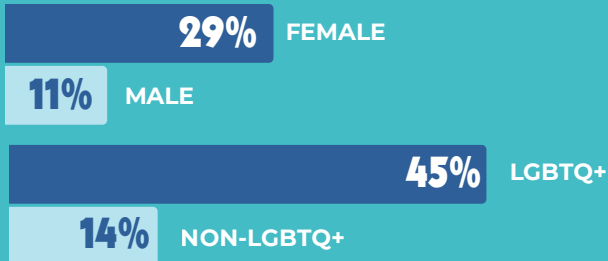
19% have ever **seriously thought** about **killing themselves**



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

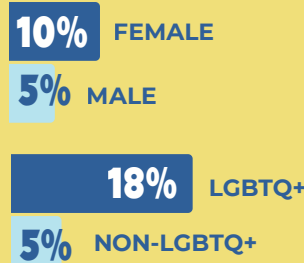
Self-Harm

19% have ever **purposely hurt themselves without wanting to die** (such as cutting or burning)



Suicide Attempts

7% have ever **tried to kill themselves**



Girls and LGBTQ+ students are **more likely** to attempt suicide

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



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