

# Youth Behavioral Health

## What's on their minds?

Behavioral health includes how people think, feel and act. People with good behavioral health can navigate life, have positive relationships and adapt to change.

In 2018, youth report increased poor mental health. Among Pierce County 10th graders:



**27%** reported considered attempting suicide (compared to 22% in 2016).



**22%** stated they had made a suicide plan (compared to 17% in 2016).



**13%** stated they attempted suicide in the past year (compared to 11% in 2016).



**66%** reported that they felt nervous or anxious in the past two weeks (compared to 64% in 2016).

Pierce County is home to more than 105,000 youth ages 10-19 years. Death certificate data showed suicides among this age group:

**10** in 2015.

**11** in 2016.

**9** in 2017.



Pierce County 10th graders who used marijuana report:



**42%** experienced depression.



**34%** experienced anxiety.



**49%** considered suicide.

**36%** of Pierce County 10th graders who can access hand guns report they considered suicide.



If you need help or have a co-worker, friend or family member you're concerned about contact:



- Crisis text line: **741741**.
- Suicide prevention life line number: **(800) 273-8255**.
- If you believe someone is having a life-threatening crisis, call **911**.

To learn more about behavioral health, visit [www.tpchd.org/behavioralhealth](http://www.tpchd.org/behavioralhealth).