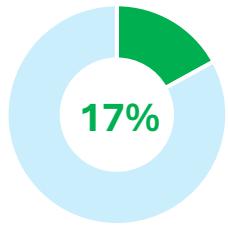


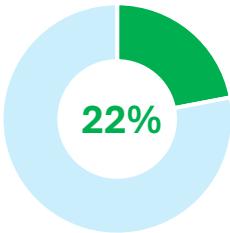
Adolescent Mental Health in the MetroWest Region

Highlights from the 2023 MetroWest Adolescent Health Survey (Grades 7-12)

Depressive symptoms* are reported by:

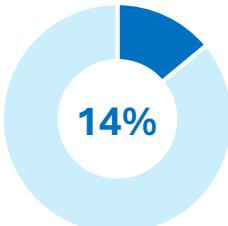


17% of middle school youth
(in the past 12 months)

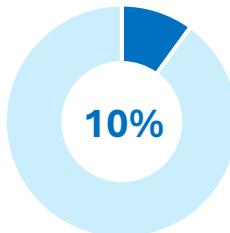


22% of high school youth
(in the past 12 months)

Serious suicidal thoughts† are reported by:



14% of middle school youth
(in their lifetime)



10% of high school youth
(in the past 12 months)

Teen mental health is showing some signs of improvement since 2021.



- **Depressive symptoms** in the past 12 months decreased in middle school (from 20% in 2021 to 17% in 2023) and high school (from 27% to 22%).
- **Serious suicidal thoughts** decreased in middle school (from 17% in 2021 to 14% in 2023; in their lifetime) and high school (from 16% to 10%; in the past 12 months).

Some youth are at higher risk of mental health problems. For example:

Middle School Girls (vs. boys) are:

- **2.0x** more likely to have depressive symptoms
- **1.8x** more likely to consider suicide

High School LGBTQ+ youth (vs. non-LGBTQ+ youth) are:

- **2.4x** more likely to have depressive symptoms
- **3.4x** more likely to consider suicide

Note: Patterns are similar in middle and high school.

Poor mental health is linked with higher substance use.‡

Among high school youth:

With depressive symptoms:

Without depressive symptoms



18%



30%



18%

Note: Patterns are similar in middle and high school.

Some youth are getting help, but others may be in need of support.

Among youth with depressive symptoms:



39% of MS youth and
39% of HS youth talked with
a counselor at school**



32% of MS youth and
43% of HS youth talked with a
counselor outside of school**

For questions or support about mental health or other health concerns, reach out to your school's counseling department or nurse's office, your pediatrician, or a mental health specialist in your community.

For immediate help, call, text, or chat the national 988 Helpline: [Get Help - 988 Lifeline](#)