

DEPRESSION AND ANXIETY

In 2017, about one in four Maine high school students reported feeling sad or helpless for at least two weeks in a row in the previous year; rates have steadily increased from 2009 (22%) to 2017 (27%).^{1*}



During the period of 2015-17, nearly one in four adults were diagnosed with depression and one in five were diagnosed with anxiety; 18 to 35 year olds had the highest rates of both depression and anxiety.^{2*}

CO-MORBIDITY AND SUICIDE IDEATION



Students who reported feeling hopeless or sad were almost twice as likely to have used marijuana or to have engaged in binge drinking, and three times as likely to have misused prescription drugs during the past 30 days in 2017.^{1*}

In 2017, one in seven Maine high school students seriously considered suicide in the past year while 7% reported actually attempting suicide in the past year.^{1*}



In 2017, sedatives (e.g. benzodiazepines, anxiety medication) were the second most commonly prescribed scheduled II-IV medication,⁴ the second most commonly verified medication in calls to the poison control center,⁵ and found in a third of drug related overdose deaths.⁶

Over half of all substance use treatment admissions also involved a mental health disorder in 2017.⁷



- ¹ Maine Integrated Youth Health Survey*
- ² Behavioral Risk Factor Surveillance System* Examiner
- ³ National Survey of Drug Use and Health*
- ⁴ Prescription Monitoring Program
- ⁵ Northern New England Control Center
- ⁶ Dr. Sorg, Office of Chief Medical
- ⁷ Web Infrastructure Treatment System
- ⁸ Data Research and Vital Statistics
- *Self-reported data

† Major depressive episode is a period of at least two weeks when a person experienced a depressed mood or loss of interest in daily activities and had a majority of specified depression symptoms.

RISK AND PROTECTIVE FACTORS

In 2017, rates of substance use, thoughts of suicide, and feelings of sadness were lower among high school students who report certain protective factors such as parental and community support.^{1*}



Youth are more likely to report feelings of sadness and helplessness if they have not had eight hours or more of sleep, have reported three or more adverse childhood experiences, or feel they don't matter.^{1*}

High school students who believe they have a parent or guardian that tries to help them succeed were two to three times less likely to have used marijuana, prescription drugs, or cigarettes within the past 30 days.^{1*}



Data have revealed a strong relationship between mental health and substance use.

In 2018, there were 272 deaths where suicide was a primary reason.⁸ This was consistent with 2017 (274). Males accounted for about 81% of suicides.⁸



Suicides in Maine, by Gender

