

DEPRESSION AND ANXIETY

In 2019, nearly one in three (about 18,300) 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 2011 (23%) to 2019 (32%).¹



In 2017–18, more than one in five adults in Maine reported experiencing any mental illness in the past year, with adults between 18 and 25 years old experiencing the highest rate (31%). Increases can be observed across all age groups.²

CO-MORBIDITY*, SUICIDE IDEATION, AND SUICIDE



In 2019, suicides (269) in Maine were more than 11 times greater than homicides (23). The rate for men was four times higher compared to women, and higher among adults aged 26 to 34.³

In 2019, one in seven (16%) Maine high school students seriously considered suicide in the past year while 9% reported actually attempting suicide in the past year.¹



Students who reported feeling hopeless or sad were about twice as likely to have used marijuana or to have engaged in binge drinking, and nearly three times as likely to have misused prescription drugs or cigarettes during the past 30 days in 2019.¹

Communities have faced mental health challenges related to COVID-19 associated morbidity, mortality, and mitigation activities. Younger adults, minorities, essential workers, and unpaid adult caregivers report experiencing disproportionately worse mental health outcomes, increased substance use, and thoughts of suicide.⁴

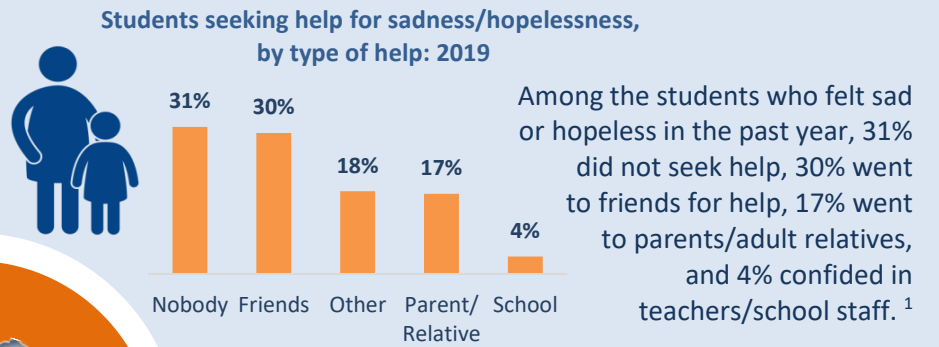


- ¹ Maine Integrated Youth Health Survey*
- ² National Survey of Drug Use and Health*
- ³ Data Research and Vital Statistics
- ⁴ U.S. Center for Disease Control and Prevention
- ⁵ National Institute on Drug Abuse
- *Self-reported data

*Comorbidity means more than one disease or condition is present in the same person at the same time.
 † 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 2019, 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



About half of people in the nation who experience a mental illness will also experience a substance use disorder at some point in their lives and vice versa.⁵

Major depressive episodes† among 18 to-25-year-olds: 2019

- 15.08% - 17.61%
- 14.15% - 15.07%
- 13.47% - 14.14%
- 12.57% - 13.46%
- 11.41% - 12.56%

Maine has one of the highest rates of major depressive episodes among 18 to-25-year-olds in the nation. In 2017-18, 17% (21,300) of Mainers 18 to 25 reported having at least one depressive episode in the past year. Rates have increased by 55% since 2013-14 (11%).²

