

## DEPRESSION AND ANXIETY



In 2021, more than one in three (about 19,300) 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 2021 (36%).<sup>1</sup>

One in five (20%) Mainers 12-17 experienced a past year major depressive episode† in the combined period 2019-2020, this has doubled since 2011-2012 (9%) and is higher than the national average (16%, 2019-2020).<sup>2</sup>



About one in five (18%) of Mainers 18-25 experienced a major depressive episode in the past year.<sup>2</sup> Nearly one in three (32%) of Mainers 18-25 reported any mental illness during the combined period 2019-2020; this was a 45% increase since 2013-14 (22%).<sup>2</sup>

## SUICIDAL IDEATION

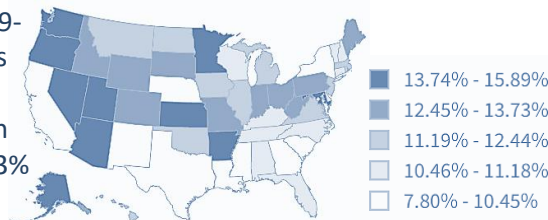
In 2021, nearly one in five (19%) Maine high school students seriously considered suicide in the past year while about one in ten (9%) reported actually attempting suicide in the past year.<sup>1</sup>

From 2012 to 2021, there was a 51% increase in the number of poison control calls related to self-harm for Mainers 20 and younger.<sup>4</sup>



In 2019, youth and young adults 10-24 in the nation had higher rates of emergency department (ED) visits for self-harm (342.5 per 100,000) compared to people ages 25 years and older (121.9 per 100,000).<sup>3</sup>

During the combined period of 2019-2020, an average of 13% of Mainers 18-25 had serious thoughts of suicide; this was slightly higher than the national average (12%) and a 63% increase since 2015-2016 (8%).<sup>2</sup>



- <sup>1</sup> [Maine Integrated Youth Health Survey\\*\\*](#)
- <sup>2</sup> [National Survey of Drug Use and Health\\*\\*](#)
- <sup>3</sup> [National Center for Injury Prevention and Control](#)
- <sup>4</sup> [Northern New England Poison Control](#)

- <sup>5</sup> [State Unintentional Drug Overdose Reporting System](#)
- <sup>6</sup> [Maine Resilience Building Network](#)
- \*\*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.  
\*Mental Health Services for adults includes inpatient treatment/counseling, outpatient treatment/counseling, or use of prescription medication for problems with emotions, nerves, or mental health.

## CO-MORBIDITY



Nearly one in three Mainers that died due to a drug overdose in 2020 (29%) had a known mental illness, which is higher than the average across reporting jurisdictions throughout the US (24%).<sup>5</sup>

In 2019-2020, 45% of U.S. adults with a substance use disorder also reported having a mental illness and 40% of individuals 12-17 with a substance use disorder also reported a major depressive episode.<sup>2</sup>



## CONTRIBUTING FACTORS

Early exposure to stress and trauma are often contributing factors for both mental health and substance use. Building coping skills, consistent family communication, and connectedness to school and community can all help in reducing risk.<sup>6</sup>



*As mental illness rates continue to rise among young Mainers, it is essential that we address shared risk and protective factors to reduce both substance use and poor mental health.*

Students who identified as gay/lesbian or bisexual were more than twice as likely to report hopelessness as compared to heterosexual students. In addition, students who identified as transgender were more than twice as likely to report hopelessness as compared to those who did not identify as transgender.<sup>1</sup>



Maine high school students feel sad or hopeless, by sexual orientation, gender identity: 2021

