



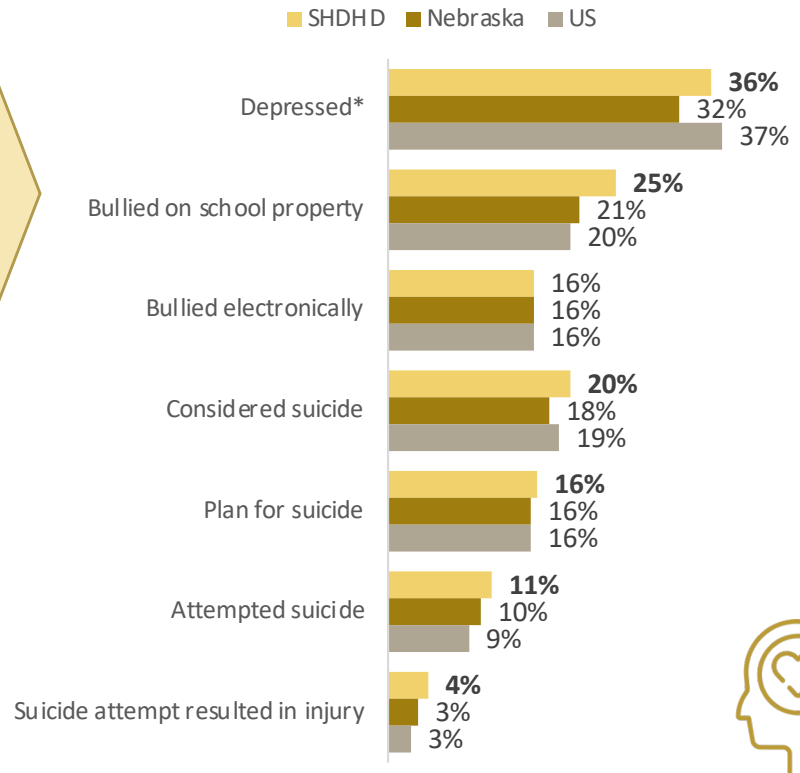
Mental Health

Students' Mental Health

With the exception of electronic bullying, local high school students were more likely to report each of the mental health measures shown at right – one in three reported feeling depressed, one in four reported being bullied, and one in five had considered suicide.

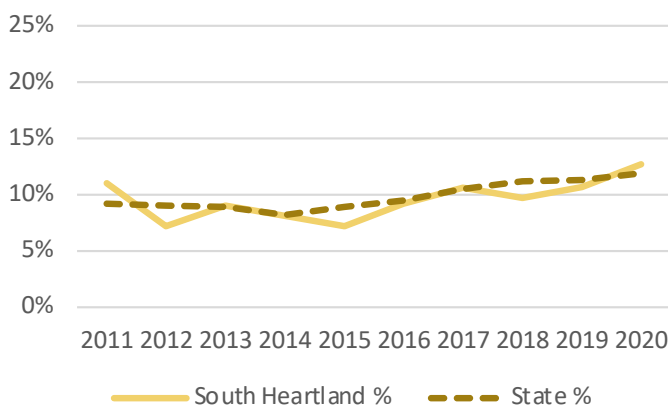
Adults' Mental Health

Frequent mental distress was reported at roughly the same rate locally as statewide (~10%) but trended upward over the last decade. Over the last decade, about one in five South Heartland District adults (18.9%) report they had been told they had depression, slightly more than the statewide average (17.4%).

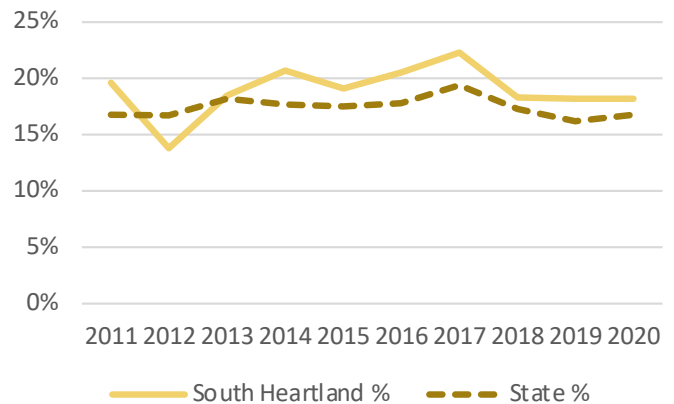


*Percentage of students who reported feeling so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months

Adults reporting frequent mental health distress* (2020)



Adults ever told they have depression (2020)



*mental health was not good on 14 or more of the past 30 days