Depression, Suicide

Positive mental health is an important component of overall physical health and well-being. It is a critical component in an adolescent's ability to establish relationships and reinforce good feelings about who they are and how they are perceived by others.

Adolescence is a time of life characterized by emotional ups and downs and vulnerability to mood swings and depression. Because mood disorders such as depression increase the risk of suicide, suicidal behavior is a matter of serious concern for families, school staff and mental health specialists.

- Nationally, one in six high school students seriously considered attempting suicide.[9]
- Among persons aged 15 to 19 years, firearm-related suicides accounted for 49 percent of the suicide deaths in 2002. [11]
- There has been an increase in suicide rates for persons aged 15 to 19 years in the last 50 years (2.7 per 100,000 in 1950 to 7.4 per 100,000in 2002), but a decrease in the last 20 years (8.5 per 100,000 in 1980 to 7.4 in 2002).[12]

HP 2010 Objectives:

06-02: Reduce the proportion of children and adolescents with disabilities, ages 4-17, who are reported to be sad, unhappy or depressed to no more than 17 percent.
18-01: Reduce the suicide rate to no more than five people per 100,000.
18-02: Reduce the rate of suicide attempts by adolescents in grades 9-12 to no more than 1.0 percent.
18-07: Increase the proportion of children with mental health problems who receive treatment.