

# HOPELESSNESS & ANXIETY

Among High School Youth in Lakewood, Wheat Ridge & Edgewater

## Overview

Far too many Jefferson County high school students are living with a sense of hopelessness or anxiety. Improving the mental health of all people in our county is vitally important, but making sure our youth have a sense of fulfillment and hope is perhaps the most basic function and responsibility of the thriving community we aspire to be.

## By the Numbers



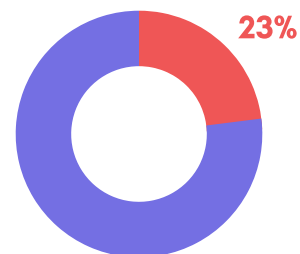
More youth reported depression in the CTC focus area of **Jefferson County** compared to other regions in the state.



More than **1 in 3** youth reported being depressed.

**1** in **15**

youth reported attempting suicide in the past year.



Only **23%** of youth reported they could talk to a parent about being sad.

## What Youth Had to Say

*My own experience with depression, wanting to kill myself, was recent. A lot of it came from childhood things. I came from a nice home, but I didn't have supportive friends and I didn't feel like a part of them. I'd get beat up a lot. That early stuff gets drilled into your head that you aren't good enough. I didn't want to kill myself as a kid, it came later as a teenager. Going into high school dredges up that past.*

*I used to hurt myself. Mainly because of chronic depression and anxiety. It would go in a cycle: I would get really anxious, and then I'd get very sad that I was anxious, and then I'd get mad at myself, and I then I would get anxious because I was really sad.*

## What's Next

The Communities That Care coalition is conducting a resource assessment to better understand what is already working, and to identify gaps in the services that we can address, so we can prevent this problem from becoming worse. If you are willing to support this process, please contact [pgould@jeffco.us](mailto:pgould@jeffco.us).

Sources: Healthy Kids Colorado Survey 2017; Jefferson County High School Report prepared for Jefferson County CTC by the Colorado Department of Public Health and Environment; Focus group results from a Youth Researchers Project conducted in Spring 2018 by Jefferson County Public Health.