



Mental Health Status Among Chicago High School Students – 2021 YRBS Data

CPS students are experiencing feelings of depression at the highest rate since 1991. LGBTQ+ and female students are among the most impacted by feelings of depression and suicidality. If you are experiencing feelings of depression or suicidality, please reach out to a trusted adult.

Current Student Experiences

- 43%** have felt sad or hopeless*
- 16%** have considered attempting suicide
- 13%** made a plan to attempt suicide
- 8%** have attempted suicide

*Felt sad or hopeless for greater than 2 weeks that they stopped doing some usual activities.

10 Year Trends

- 42%** increase in students' persistent feelings of sadness or hopelessness since 2011
- 49%** decrease in student suicide attempts since 2011
- 68%** decrease in student suicide attempts that resulted in physical harm since 2011

Demographics

**3X**

LGBTQ+ students were over **3 times** more likely to attempt suicide

**2.5X**

Female students were **2.5 times** more likely to have felt sad or hopeless

**11%**

of **Black students** have attempted suicide

**1 in 3**

LGBTQ+ students considered attempting suicide

**1 in 4**

11th graders considered attempting suicide

About this Data

The information from this report comes from the Youth Risk Behavior Survey (YRBS). The YRBS was developed by the Centers for Disease Control and Prevention (CDC) to better understand the health behaviors of youth. The survey helps inform policies and programs to improve the health of young people.

CPS Resources: If you are experiencing suicidality or feelings of hopelessness, we encourage you to talk to a trusted source. You can connect to a **CPS Crisis Counselor 24/7**. To reach the **Crisis Hotline, text HOME to 741741**.

LGBTQ+ Support Resources: The Trevor Project Call: **1-866-488-7386** Text: **678-678**.

The National Suicide Prevention Lifeline Call: 1-800-273-8255 (English) 1-888-628-9454 (Spanish).