

2021 Arizona Youth Risk Behavior Survey

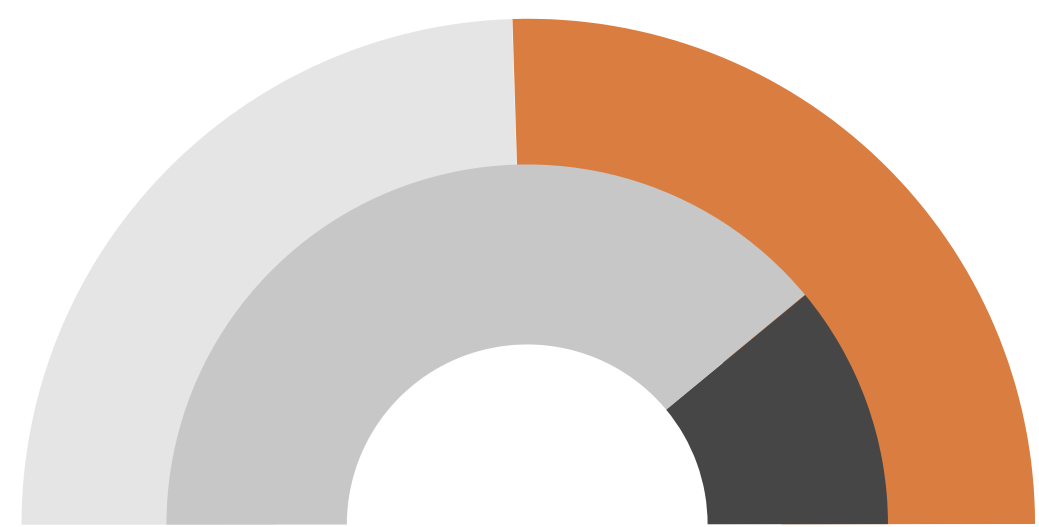
Positive Impact of Supportive Relationships on Teen Mental Health

Nearly half of Arizona teens in 9-12th grade are experiencing **poor mental health**. Teen rates of **self-harm** and **thoughts of suicide, plans** and **attempts** are alarming. Rates increase for **female** and **LGBQ+ teens*** and those experiencing adverse childhood experiences (**ACEs**), being **bullied** or **bullying** others. **Supportive relationships with caring adults, friends, and people at school reduce teens' risk.**

4 in 10 Arizona teens report **POOR MENTAL HEALTH**



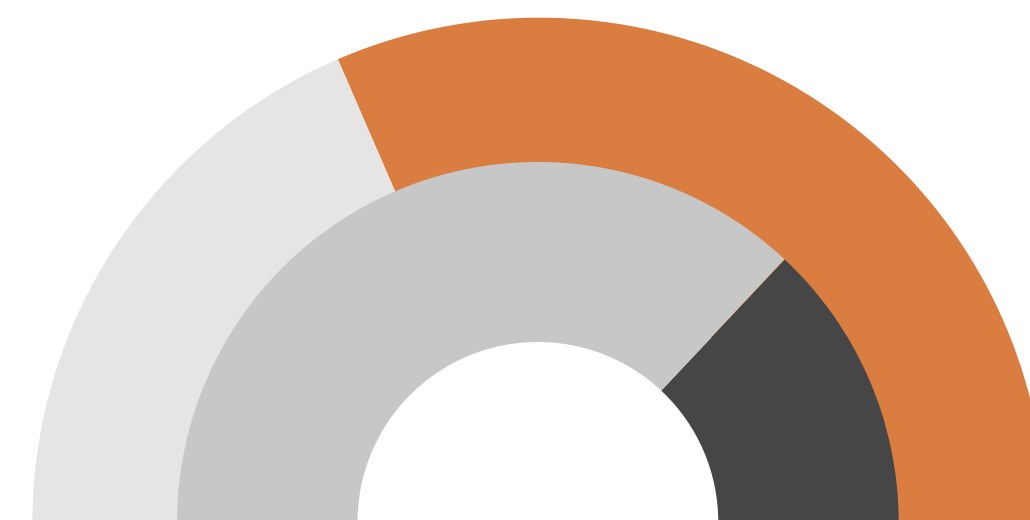
Female vs Male



51% of female teens report poor mental health.

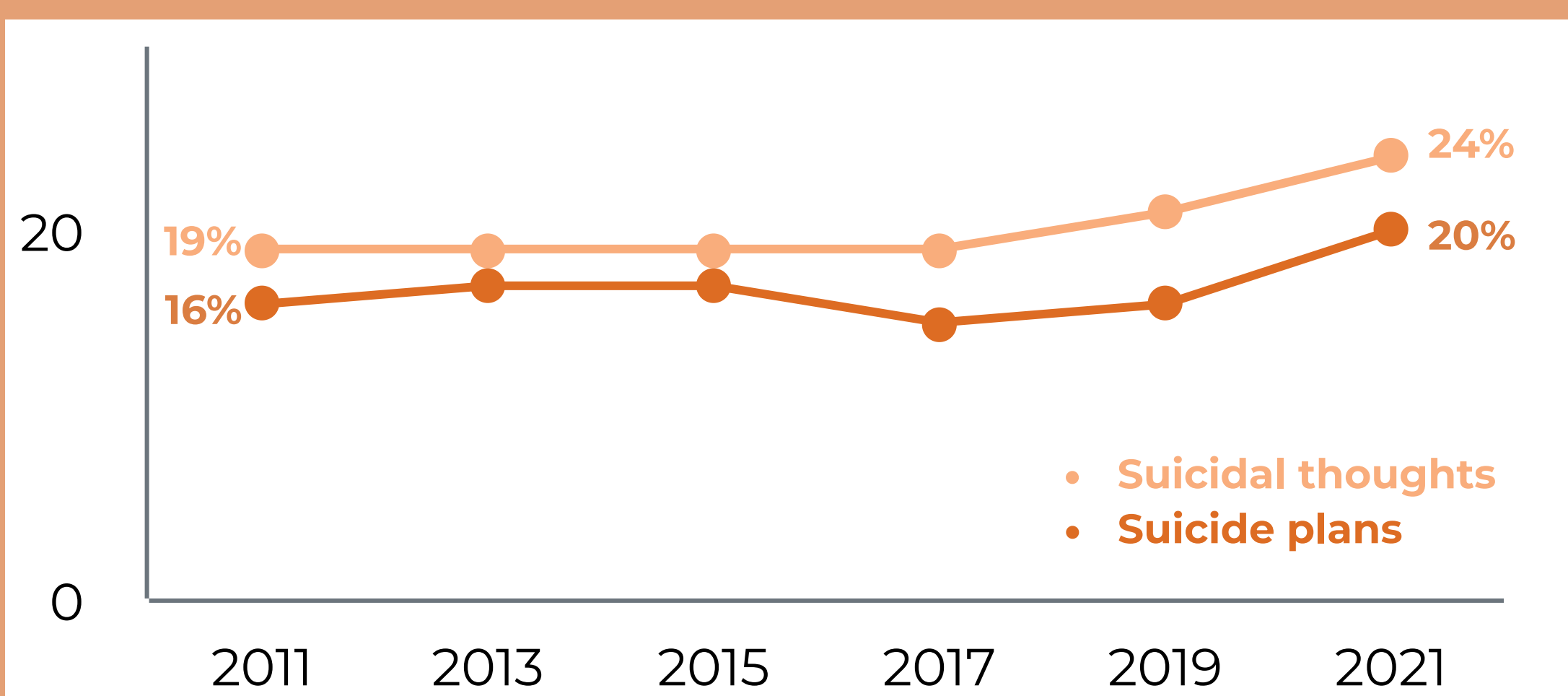
22% of male teens report poor mental health.

LGBQ+ vs Heterosexual



63% of LGBQ+ teens report poor mental health.

26% of heterosexual teens report poor mental health.



Teens having thoughts and plans of suicide are

ON THE RISE

*Because the 2021 Arizona YRBS did not have a question assessing gender identity, this report does not highlight data specifically on students who identify as transgender. Therefore, the T commonly used in the acronym LGBTQ+ is not included when referring to the data.

In a classroom with 30 high school students

Self-Harm

8 harmed themselves at least once last year.

All teens **28%**

Female teens **42%**

LGBQ+ teens **56%**

Thoughts About Suicide

7 thought about attempting suicide last year.

All teens **23%**

Female teens **32%**

LGBQ+ teens **50%**

Suicide Plans

6 had plans about attempting suicide last year.

All teens **20%**

Female teens **28%**

LGBQ+ teens **43%**

Suicide Attempts

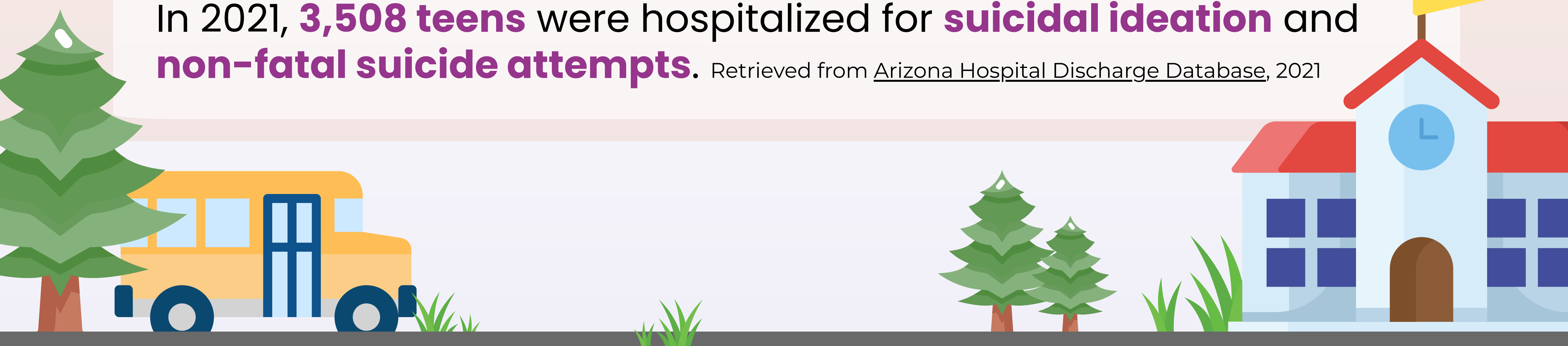
3 attempted suicide last year.

All teens **10%**

Female teens **17%**

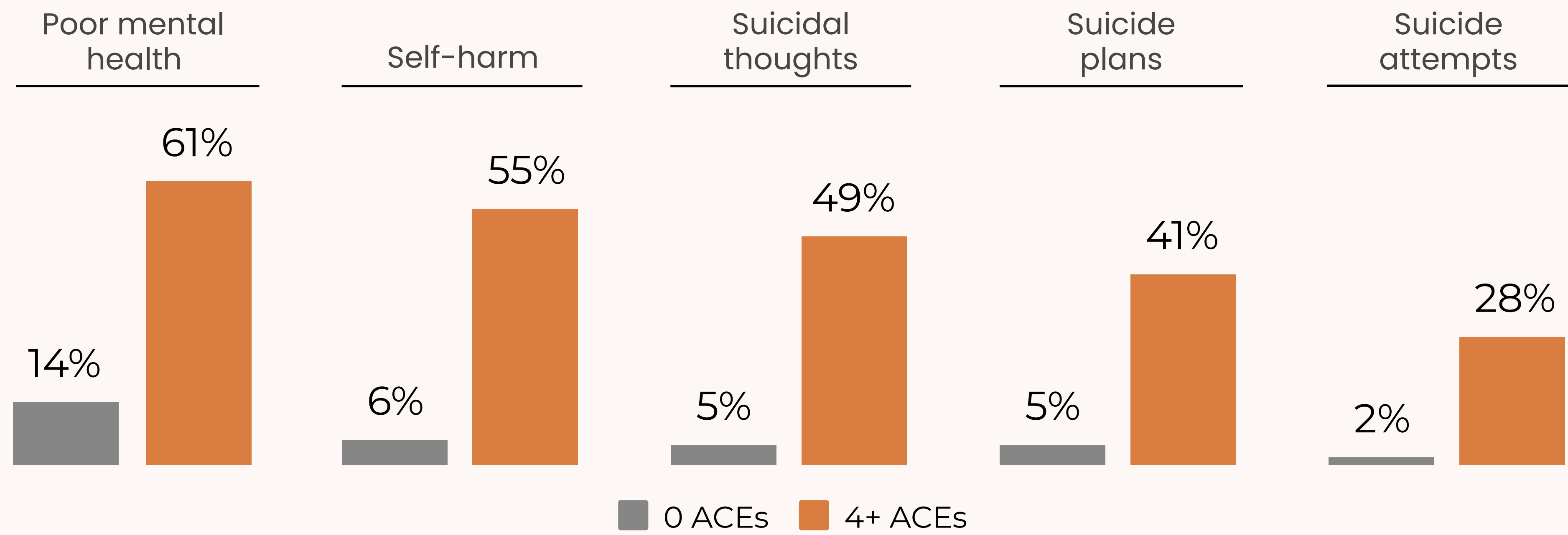
LGBQ+ teens **26%**

In 2021, **3,508 teens** were hospitalized for **suicidal ideation** and **non-fatal suicide attempts**. Retrieved from [Arizona Hospital Discharge Database, 2021](#)



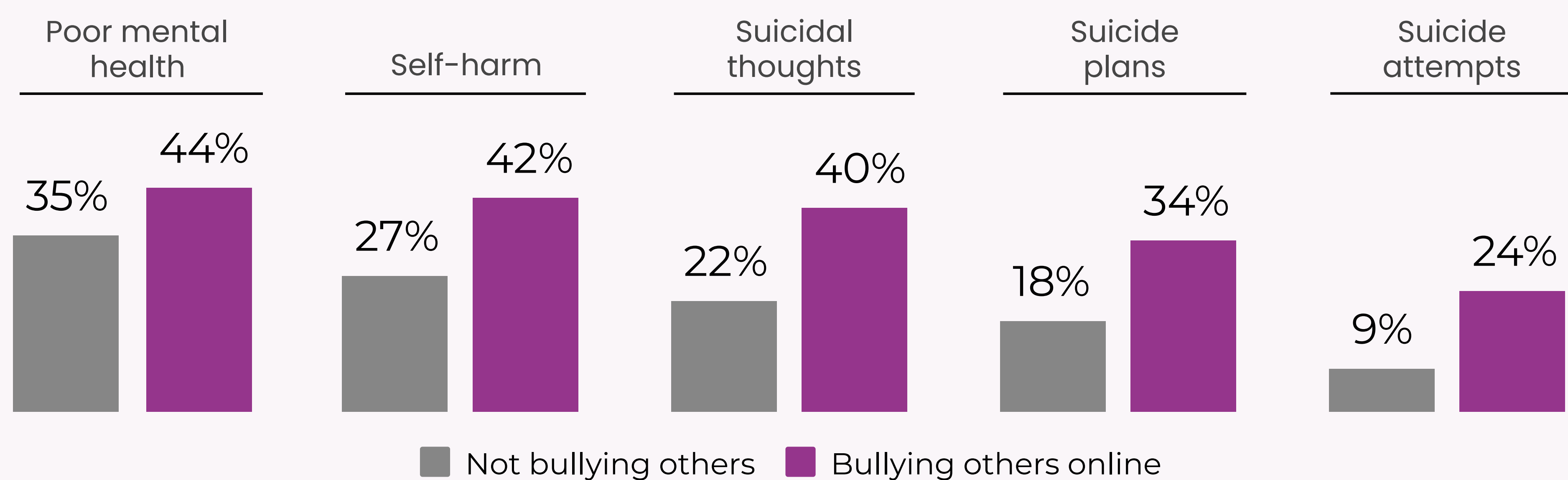
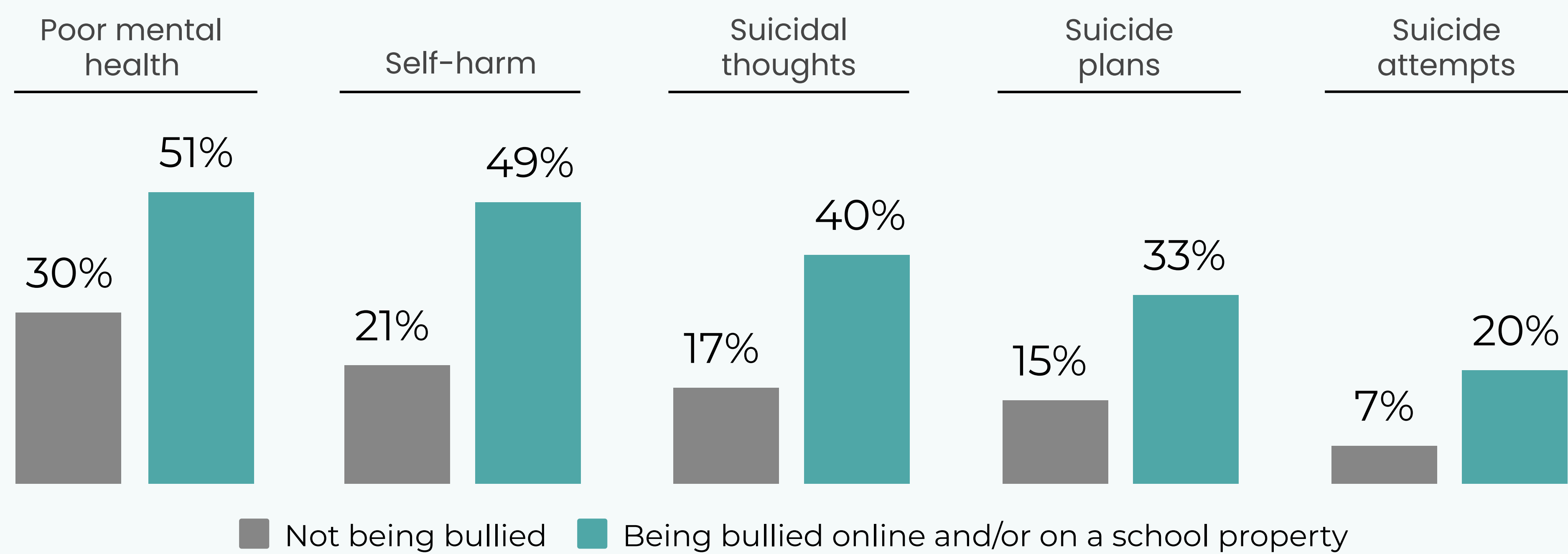
Adverse childhood experiences (ACEs) and bullying impact teen mental health.

Teens with **multiple ACEs*** report worse mental health than those with no ACEs.



* Adverse childhood experiences (ACEs) are potentially traumatic events that one experienced before the age of 18 years. To read the latest report on ACEs, please click [here](#).

Teens **being bullied** and **bullying others** report worse mental health.



Supportive relationships are key to teens' mental health.



Having a caring adult to share feelings with can decrease

Poor mental health

by

55%

Self-harm

by

63%

Suicidal thoughts

by

61%

Having a friend to share feelings with can decrease

Poor mental health

by

27%

Self-harm

by

30%

Suicidal thoughts

by

38%

Feeling close to people at school can decrease

Poor mental health

by

44%

Self-harm

by

16%

Suicidal thoughts

by

38%

Talking about Mental Health

Share with Teens



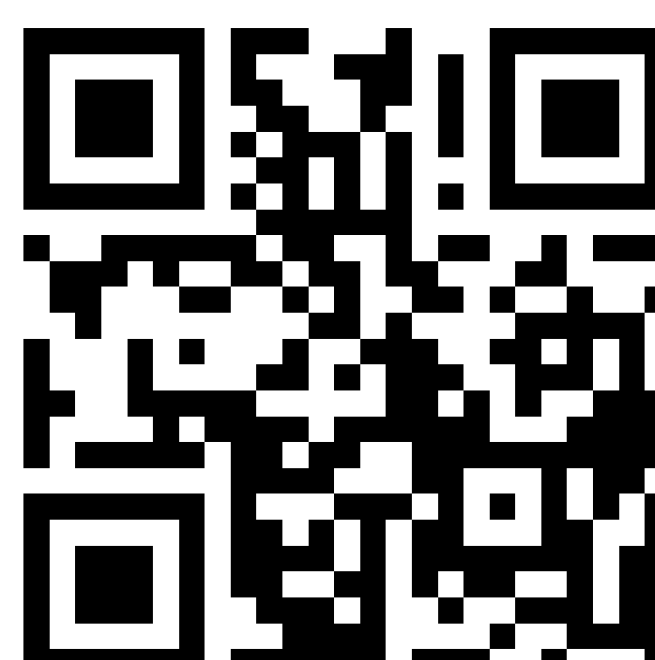
Access Behavioral Health Services

For Parents & Schools



ADHS Suicide Prevention

For Adults



Suicide Prevention Training

For Schools



By working together, we can stop bullying. **Find out how.**

Suicide & Crisis LIFELINE

988 Call, text, chat
24/7, free, confidential



ARIZONA DEPARTMENT OF HEALTH SERVICES

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