



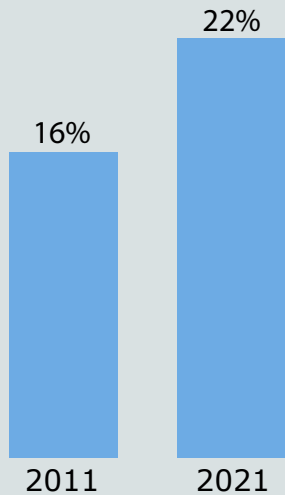
Texas Youth Health

Survey Data Brief

September 2022

Mental Health and Suicide

In 2021, nearly 22% of Texas high school students **seriously considered attempting suicide** in the previous 12 months, presenting a significant increase over the past decade.



70%

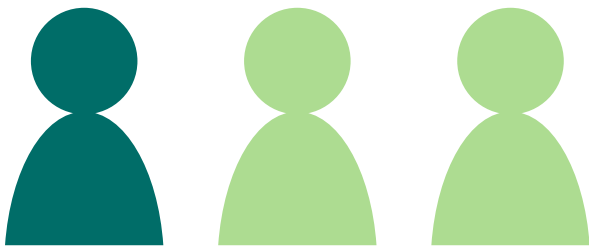
In 2020, lead health education teachers in 70% of Texas secondary schools received **recent professional development on suicide prevention**. This was **higher** than the national percentage of 63%¹.

In 2020, 77% of Texas secondary schools taught **suicide prevention in a required course**. This was **lower** than the national percentage of 82%¹.

77%

1. Centers for Disease Control and Prevention. *School Health Profiles 2020: Characteristics of Health Programs Among Secondary Schools*. Atlanta: Centers for Disease Control and Prevention; 2022.

Nearly 1 in 3 Texas high school students reported that their **mental health was not good** most of the time or always in the 30 days before the 2021 survey.



In 2021, 15% of female Texas high school students **attempted suicide** in the prior 12 months, compared to 9% of their male peers.

Please call or text the Suicide & Crisis Lifeline at

988

or chat 988lifeline.org if you or someone you know is struggling with suicidal thoughts or is in crisis

Source: Texas Youth Health Risk Behavior Surveillance System and Texas School Health Profiles

For more information about the Texas Youth Risk Behavior Survey, visit: dshs.texas.gov/chs/yrbs/default.shtm

For more information about the Texas School Health Profiles, visit: dshs.texas.gov/chs/tsph/default.aspx



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