

# Young Adults Statewide Survey

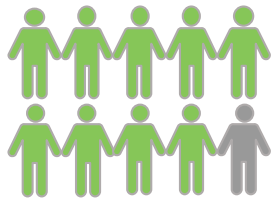
A behavioral health survey of Connecticut young adults 18-25



## Mental Health

### Anxiety

n=959



Nearly 9 in 10 young adults reported feeling very anxious, nervous, tense, scared, panicked, or like something bad was going to happen.

65%

Reported that **anxiety** greatly affected their work, life, or relationships

### Depression

n=1088

47%

Reported feeling **sad or hopeless almost every day** for 2 weeks in a row, so that it interfered with work, life, or relationships

"I didn't have the terminology to label myself as depressed. I just thought I was weird. If someone told me that I had depression and allowed me to talk about it without fear of consequences, I think I could have saved myself a lot of heart break."



### Suicide

n=1089

19%

reported making a suicide plan

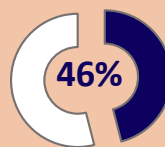
"I can easily say none of us were informed on the signs of suicide. if we had been, it would have been prevented."

13%

reported attempting suicide



### In the past year...



reported receiving mental health help/support



reported taking medications prescribed for mental health issues



"I feel like there is a mental health crisis, but it's not caused by video games or drugs. Often people use those things as coping mechanisms, but they're not the source."  
"Mental health needs to be integrated into the school systems starting in elementary school."  
"EVERYONE should be getting help no matter what."