Young Adults Statewide Survey
A behavioral health survey of Connecticut young adults 18-25

Mental Health

Anxiety
n=959

Almost 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 heartbreak.”

Suicide
n=1089

19%
reported making a suicide plan

13%
reported attempting suicide

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

In the past year...

46% reported receiving mental health help/support

37% 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.”

For more information about the Young Adults Statewide Survey, contact: sussman@uchc.edu