



# Who Can You Turn To?

We all struggle with managing our emotions sometimes. *You're not the only one.*

Here's what your classmates had to say about their mental health:

**38%**  
of high school students felt sad or depressed during the last year.

*Everybody feels down or sad sometimes. But depression is different. With support, you can overcome this condition.*

**22%**  
of high school students reported receiving the help they needed when feeling anxious or depressed.

*Talking about your challenges is an important way to take care of yourself. It's OK to tell someone else what you're going through.*

**1 in 3**  
high school students have lived with someone who was depressed or suicidal.

*When someone you live with is struggling, it can be hard to know what to do. Talking to someone can help.*

**57%**  
of high school students say they have at least one teacher or adult in their school they can talk to if they have a problem.

*Reach out when you're facing challenges or feeling down.*

If you or a friend are experiencing a mental health crisis, call or text **988** to reach the National Suicide & Crisis Lifeline. You can call, text, or chat **24 hours a day, 7 days a week.**

You can get help from a behavioral health professional at your school or from a Student Assistance Counselor. Visit [risas.org](https://risas.org)



**RIDE** Rhode Island Department of Education

The Youth Risk Behavior Survey was conducted during the fall of 2021 by the Rhode Island Departments of Health and Education, and the Centers for Disease Control and Prevention (CDC). To learn more, visit [health.ri.gov/data/adolescenthealth](https://health.ri.gov/data/adolescenthealth)

