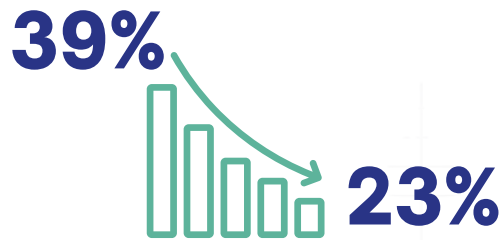


Findings of the October 2022 Norwalk Youth Survey of 7th-12th graders. n=3969 (69% response rate)

Teen depression
decreased between our June
2021 and October 2022 surveys:



1 in 17 made a past-year
suicide attempt

31% report irregular
eating behaviors

27% anxiety
that "almost
always" or
"always" makes
life difficult

12% self harm

Groups at highest risk:



LGBTQ students were **>2x** more likely to report depression & suicide attempt



1 in 3 girls reported signs of depression



English language learners were **>2x** more likely to attempt suicide



Students receiving special education were **>2x** more likely to attempt suicide



Risk Factors Reported by Norwalk Teens

Lack of supervision:
39% unsupervised 2+ hours/day

Bullying:
39% have been bullied

Lack of safety:
26% feel unsafe at school

Lack of exercise:
21% do no physical activity

Lack of sleep:
20% of high schoolers get 6 or fewer hours of sleep

Lack of knowledge:
20% don't know where to get mental health help at school

Lack of trusted adult:
13% have no adult to confide in

Connection with substance use: Students who reported using alcohol or other drugs were **2x** more likely to report depression or anxiety & **4x** more likely to consider suicide

The More You Know...

- Learn to recognize warning signs & offer help! Take a Mental Health First Aid or suicide prevention training.
- Treatment works! Talk therapy, peer support, medication, exercise, nutrition, meditation, and self-care are all effective. Visit www.thenorwalkpartnership.org/get-help to find area resources.

Free Resources Youth & Parents Should Know

Crisis Options (24/7):

- Dial 2-1-1, select option 1 for CT's mobile crisis
- Crisis Text Line: text 741-741
- Kids in Crisis Helpline: 203-661-1911 (Fairfield County)
- National Suicide and Crisis Lifeline: Call or text 988
- The Trevor Project (LGBTQ) - text 678-678
- CT's Substance Use Services Hotline: 1-800-563-4086
- Norwalk Police Dept Behavioral Health Unit: 203-854-7223

Confidential, Free Counseling and Support:

- Teen Talk counselors (high schools)
- Mid Fairfield Community Care Center (in middle & high schools and in community)
- School-Based Health Centers (middle & high schools)
- Triangle Community Center (LGBTQ services) (middle & high schools and in community)
- School counselors
- School Resource Officers



Free Peer Support for Teens in Norwalk:

- SMART Recovery Teen Group (contact Diamond at dsead@hscct.org)
- Alateen (contact Pete at 203-856-1614)
- Peer Connections Group (contact Jay at 203-854-7785)
- Positive Directions online teen support (positivedirections.org)