

# 2016 FACTS

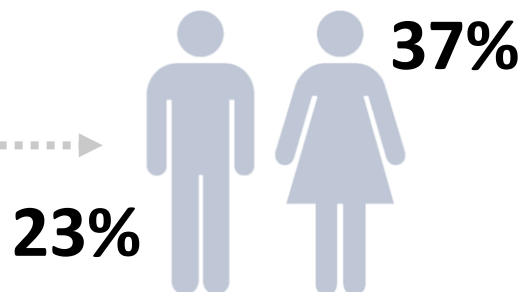
## YOUTH RISK BEHAVIOR SURVEY

HIGH SCHOOL RESULTS – MENTAL HEALTH  
ST. MARY'S COUNTY, MARYLAND



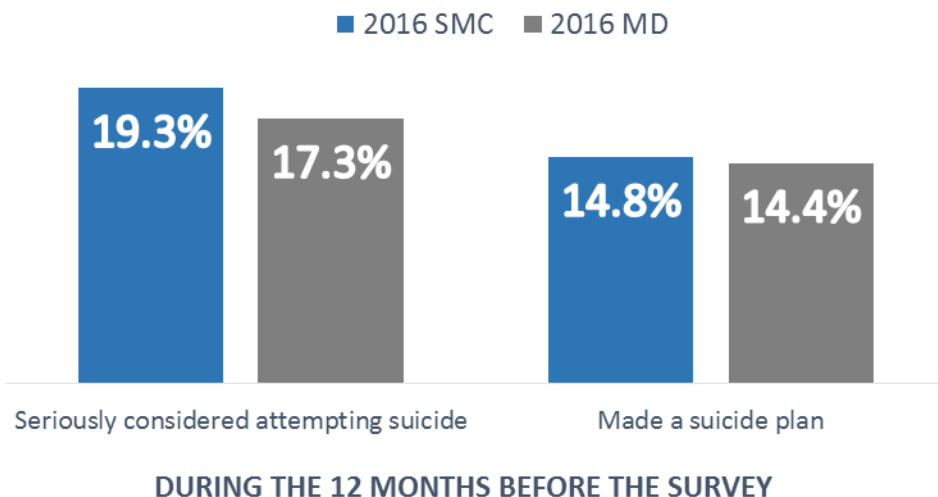
**30%**  
of students  
**FELT SO SAD  
OR HOPELESS**

almost every day for two weeks or more in a row that  
they stopped doing some usual activities in the last year



### WHY IS THIS IMPORTANT?

Mental health is critical to physical well-being and academic success. In a positive state of mental health, an individual can cope with the normal stresses of life, is better able to maintain good physical health, can work productively and is able to make a contribution to their community. Emotional distress or imbalance can interfere with the child's ability to successfully develop into a healthy, productive adult.



**21%**  
were bullied on  
school property

**17%**  
were bullied  
electronically