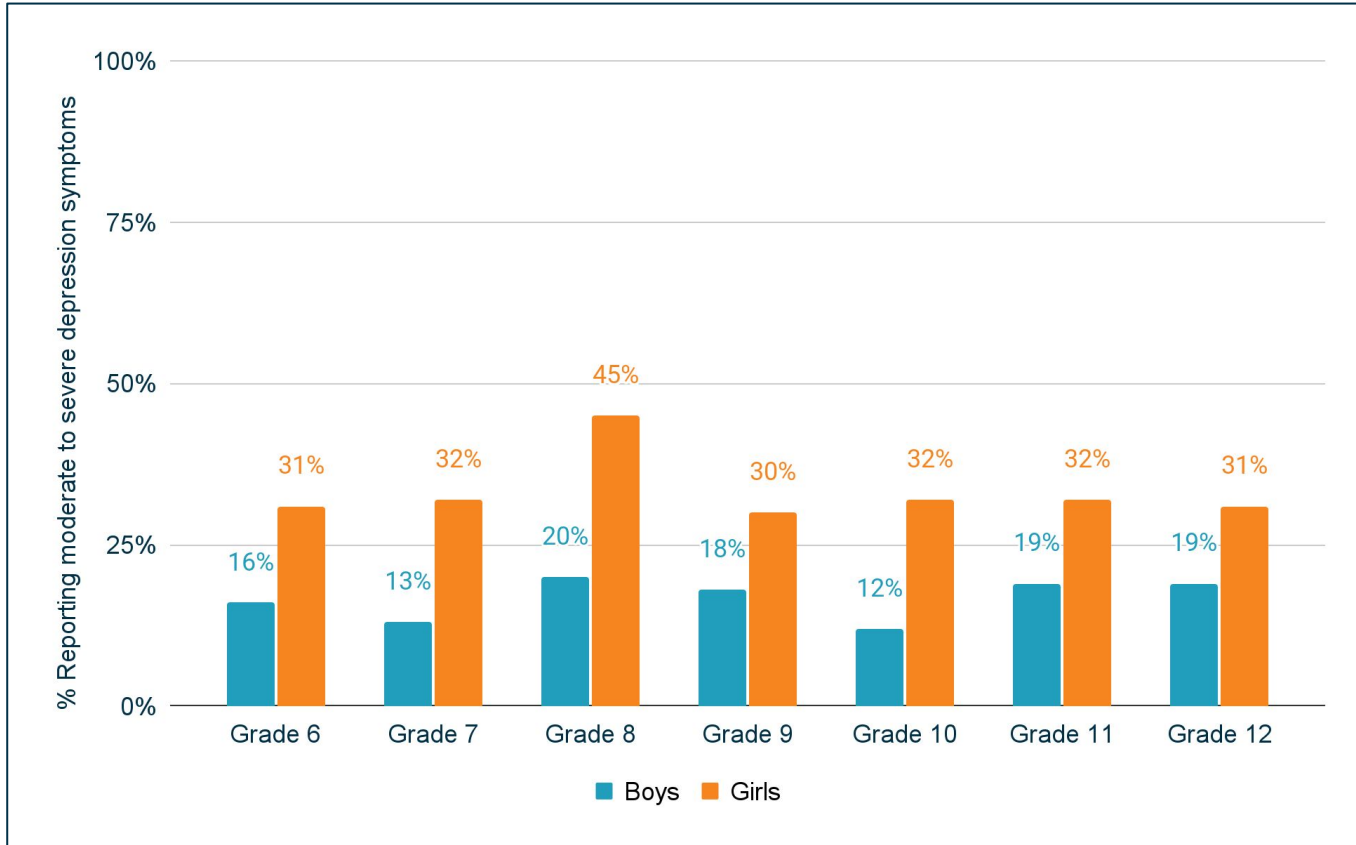


# Depression in Blaine County Students

November 2024

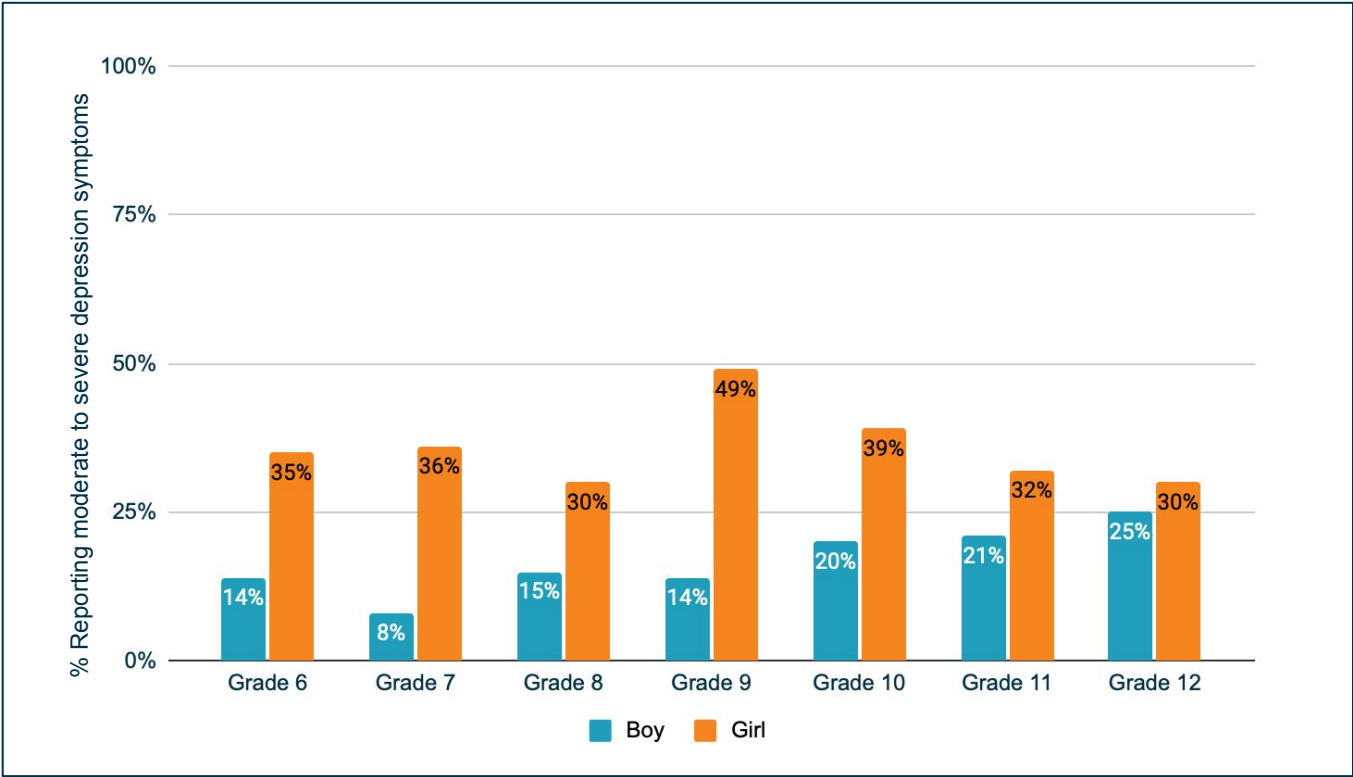


Across all grades, girls report higher rates of depression.

PHQ-9 is a clinical scale used to assess the degree of depression severity.

# Depression in Blaine County Students

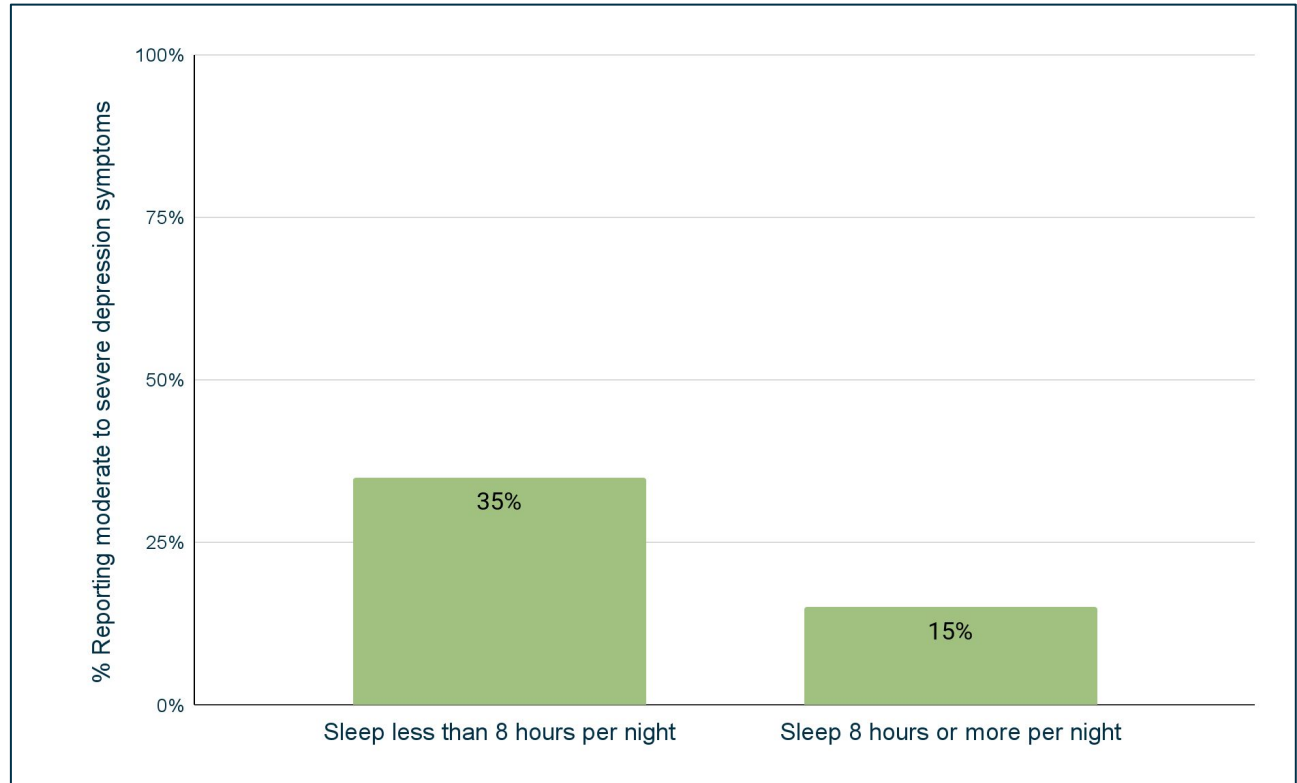
October 2023



# Depression and Sleep in Blaine County Students

November 2024

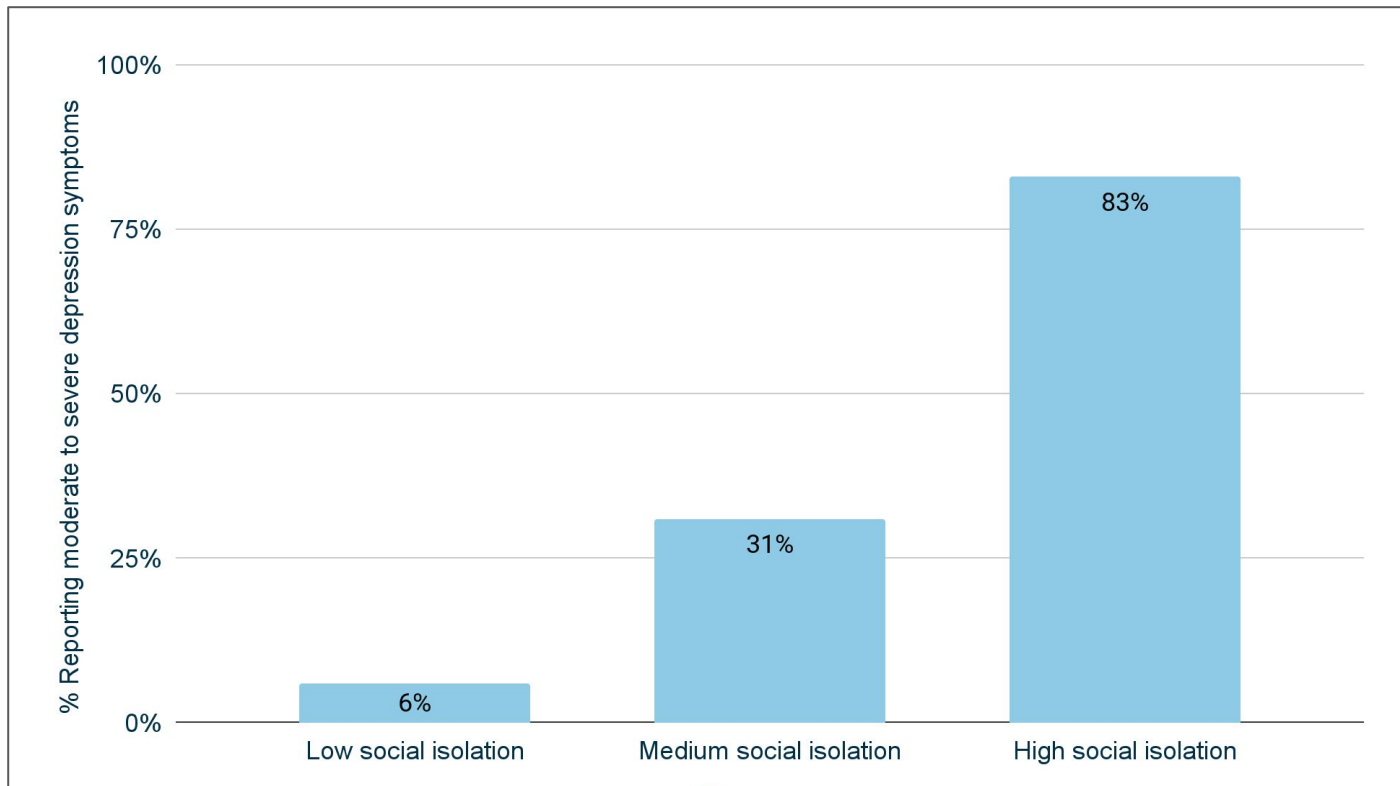
**Teens who sleep 8 hours or more per night report lower rates of depression.**



# Depression and Social Isolation in Blaine County Students

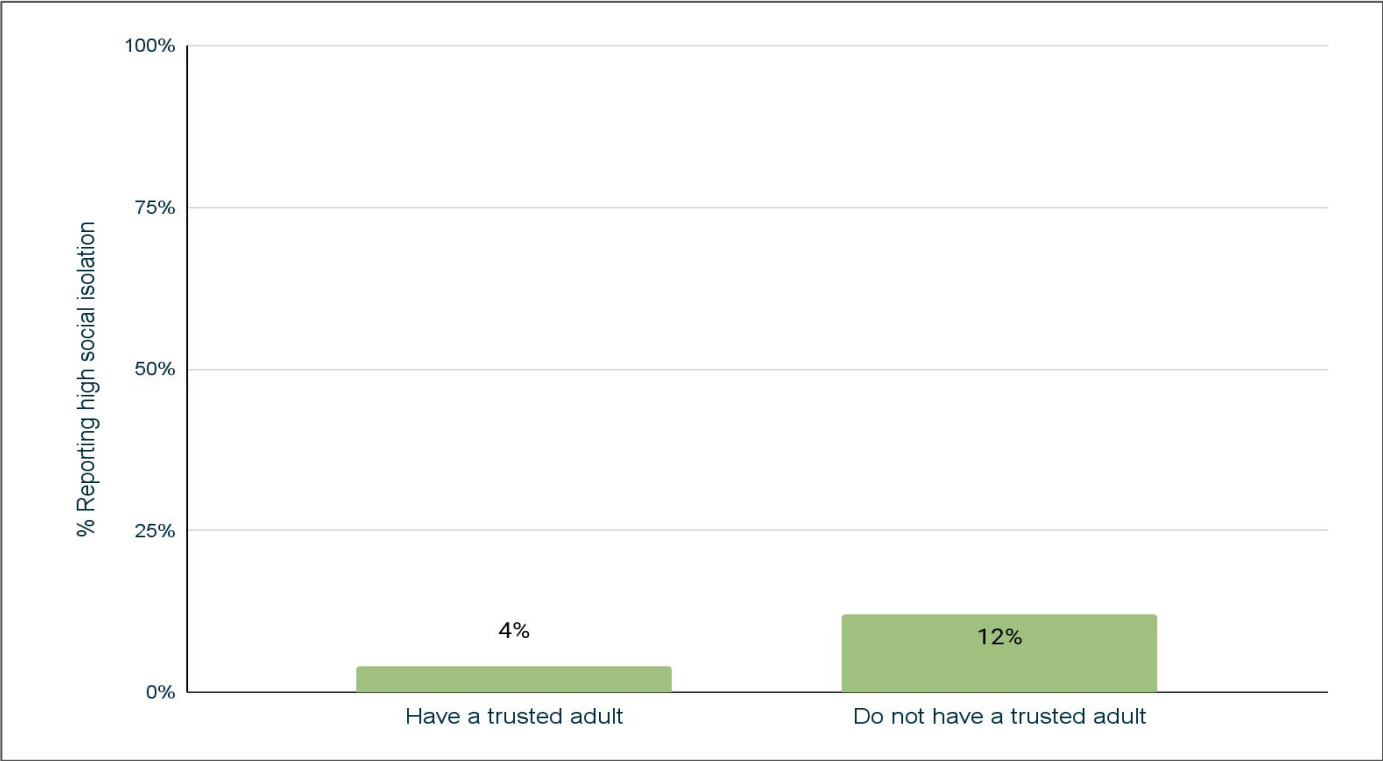
November 2024

Teens who have lower social isolation report lower rates of depression.



# Social Isolation and Trusted Adults in Blaine County Students

November 2024



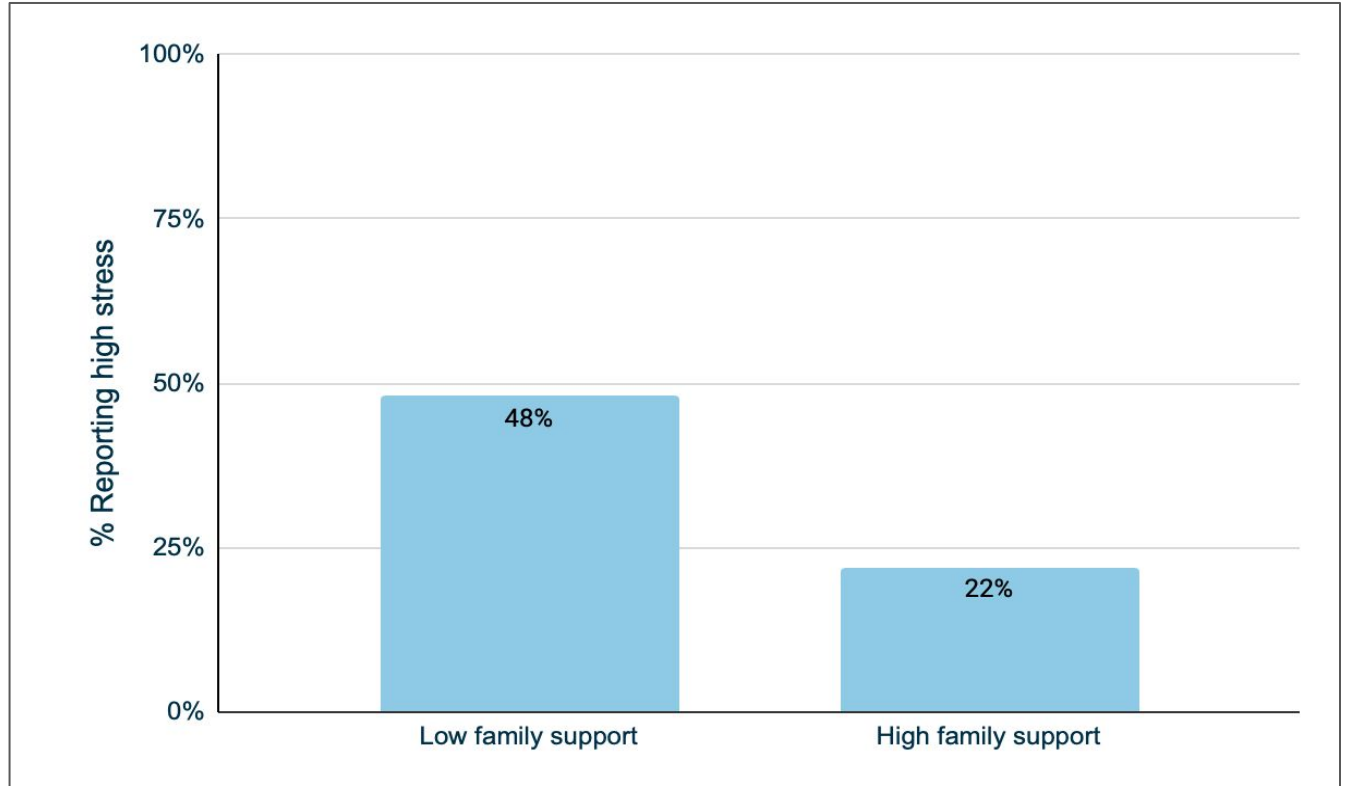
**Teens who have a trusted adult report less social isolation.**



# Stress and Family Support in Blaine County Students

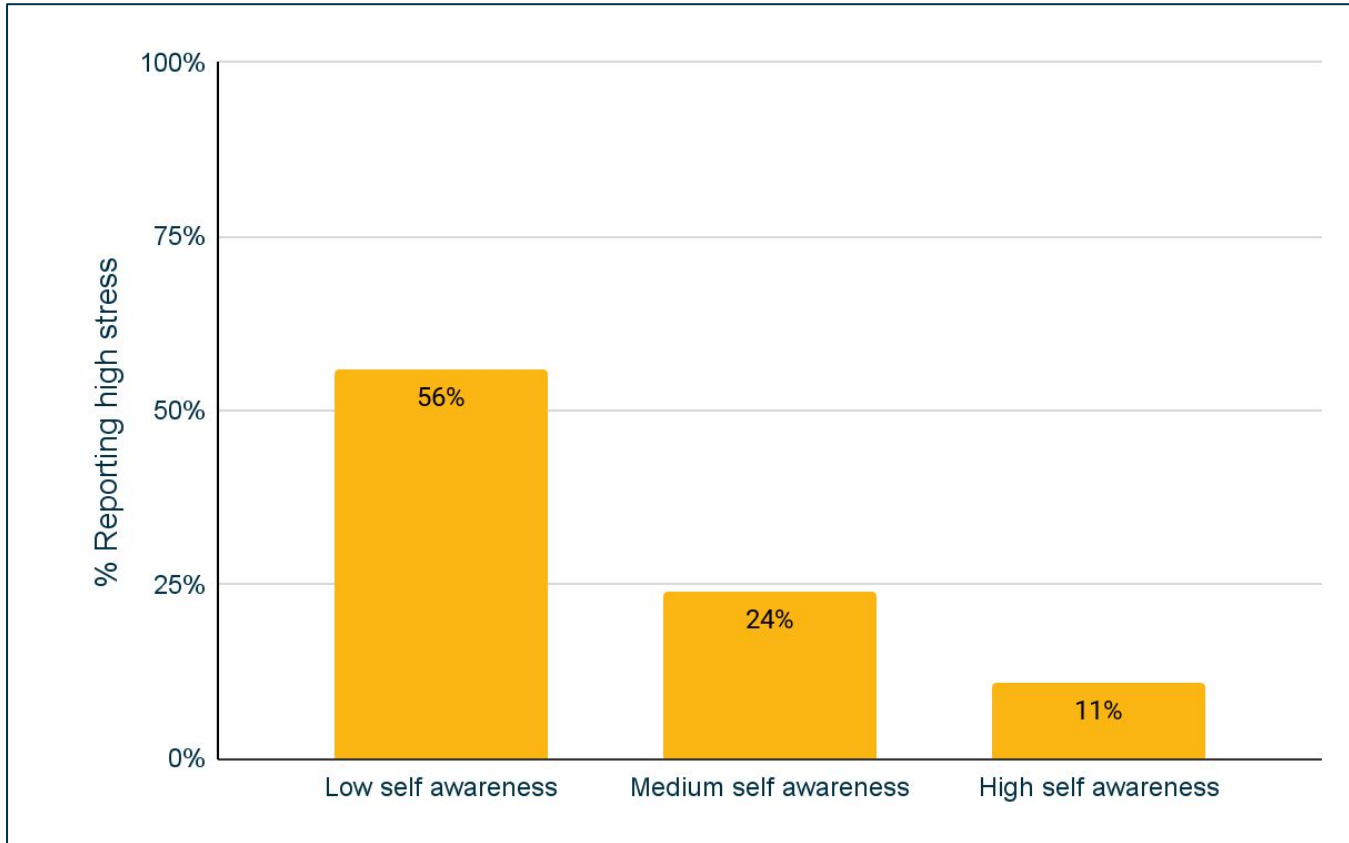
November 2024

Teens who  
have  
high family  
support  
report  
less stress.



# Stress and Self Awareness in Blaine County Students

November 2024



**Teens who have higher self awareness report less stress.**

## Self Awareness Items:

- “There is purpose to my life.”
- “I understand my moods and feelings.”
- “I understand why I do what I do.”