

2025 Data Snapshot

Youth Depression Focus

23% of youth report they have moderate-to-severe symptoms of depression



9th graders reported highest rates of depression at 27%



7th graders reported lowest rates of depression at 20%

About the Survey

- Third year of community participation
- Includes students in grades 6–12
- 68% response rate for community (n=1,245)
- All participants had parent permission

Key Protective Factors For Youth Depression

By strengthening protective factors, we can prevent negative outcomes for young people. This is called upstream prevention.

Not Being Bullied

13%

vs.

40%

Depression in youth who were NOT bullied

Depression in youth who were bullied

Overall, 19% of youth reported they had been bullied

Connection to Community

9%

vs.

59%

Depression in youth with high feelings of community connection

Depression in youth with low feelings of community connection

Overall, 11% of youth had low feelings of community connection

Self-Awareness

12%

vs.

57%

Depression in youth with high self-awareness

Depression in youth with low self-awareness

Overall, 18% of youth had “low” self-awareness*

Getting Enough Sleep

10%

vs.

36%

Depression in youth who get 8+ hours of sleep

Depression in youth who do not get 8+ hours of sleep

Overall, 45% of youth do not get 8+ hours of sleep per night

*Understanding one’s own mood, feelings, behaviors, & purpose

Learn more about Blaine County’s youth well-being work!

