



Mental Health

and Montana Students

What is the problem?¹

Among high school students². . .

Bullying

- 22% have been bullied on school property
- 18% have been electronically bullied (e.g., texting, Instagram, Facebook, or other social media)

Depression and Suicide Ideation

- 37% have felt so sad or hopeless for two or more weeks in a row that they stopped doing usual activities
- 23% seriously considered attempting suicide
- 20% made a plan about how they would attempt suicide
- 10% actually attempted suicide
- Of students who attempted suicide, 37% had an attempt that resulted in injury, poisoning, or overdose that needed medical treatment

What are the solutions?³

Among middle/junior and senior high schools. . .

Policy

- 63% of schools have a School Improvement Plan that includes health-related objectives on social and emotional climate
- 95% of schools have a designated staff member to whom students can confidentially report student bullying and sexual harassment, including electronic aggression
- 89% of schools use electronic, paper, or oral communication to publicize and disseminate policies, rules, or regulations on bullying and sexual harassment, including electronic aggression

Health Education

- 71% of schools' health education staff worked with mental health staff on health education activities
- 96% of schools taught students about emotional and mental health topics
- 93% of schools taught students about suicide prevention
- 98% of schools' health education teacher taught about the mental and social benefits of physical activity

- 58% of schools provided parents and families with health information designed to increase knowledge for preventing student bullying and sexual harassment, including electronic aggression (i.e., cyber-bullying)
- 65% of schools' health education teacher received professional development on emotional and mental health during the past two years
- 80% of schools' health education teacher would like to receive professional development on emotional and mental health
- 65% of schools' health education teacher received professional development on suicide prevention during the past two years
- 78% of schools' health education teacher would like to receive professional development on suicide prevention
- 54% of schools' health education teacher received professional development on violence prevention (e.g., bullying, fighting, dating violence prevention) during the past two years
- 81% of schools' health education teacher would like to receive professional development on violence prevention

¹ 2019 Youth Risk Behavior Survey data representative of high school students in Montana.

² Health risk behaviors reported during the past 12 months.

³ 2020 School Health Profiles data representative of middle/junior and senior high schools in Montana.