

What's Happening in Kansas?

In 2021 Kansas young adults reported their mental health was not good on average, 11 of the past 30 days. They also reported that they or someone else was concerned about their emotional health on average 6 of the past 30 days.

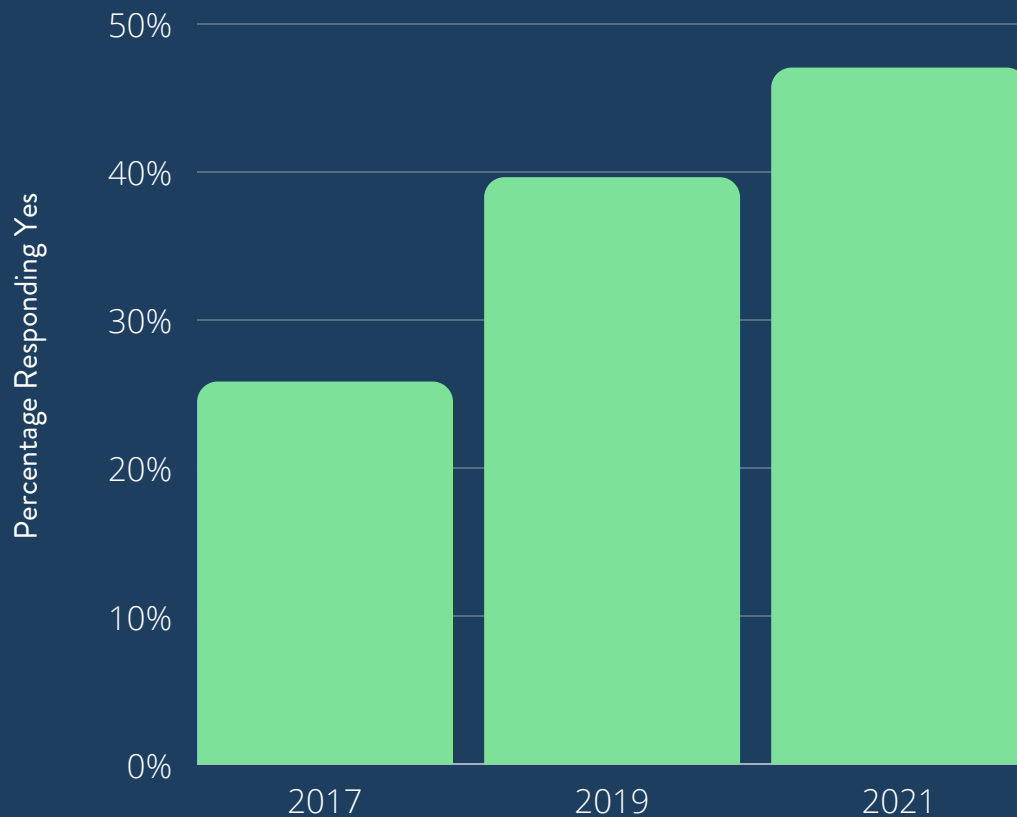


Depression in Young Adults

47%

Over the past year, almost half of Kansas young adults aged 18-25 surveyed reported feeling so sad or hopeless almost every day for two weeks that they stopped doing some usual activities.

Increase in Depression



Why Does This Matter?

Young adults who are depressed struggle with learning, relationships, and more frequently report they have seriously thought about killing themselves, made a plan about how to kill themselves, or attempted suicide.

What Can You Do?

If you or someone you know is depressed, going through a hard time, need to talk, or are thinking about suicide, talk with a caring adult. A counselor will listen when you connect with the Suicide and Crisis Lifeline. Text or call 998. Or, chat at suicidepreventionlifeline.org/chat