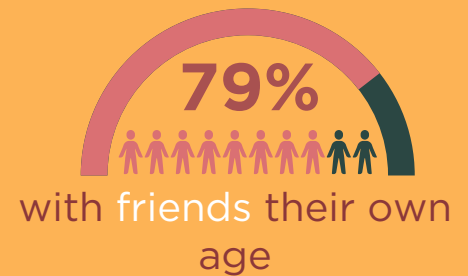
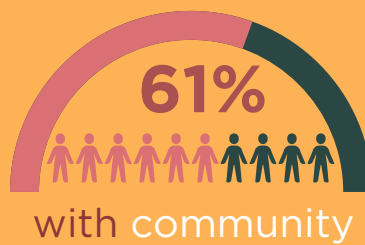
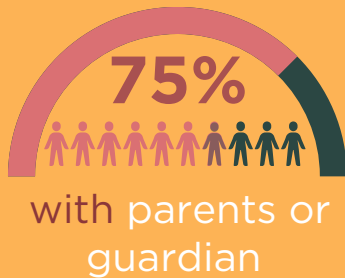


2023 New Mexico Youth Risk and Resiliency Survey (NM-YRRS) High School Data Highlights American Indian/Alaska Native (AI/AN) Students

MENTAL HEALTH

The **NM-YRRS** is a school-based survey conducted every two years to examine the health behaviors and experiences of middle and high school students (6-12th grade). The data below highlights the reported experiences of AI/AN high school students across New Mexico.

Supportive Relationships Reported by Students



A **supportive relationship with parents, peers, and community** are all considered protective factors that can improve mental health and promote healthy behaviors.

FELT SAD OR HOPELESS FOR AT LEAST 2 WEEKS, PAST 12 MONTHS

Male **26%**



SEX

Female **45%**



Transgender, Nonbinary, Other **58%**



Lesbian, Gay, Bisexual (LGB) **60%**



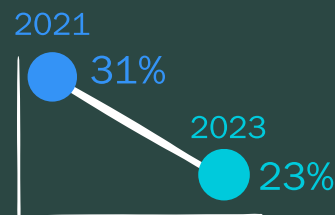
A **supportive relationship with adults at school** is associated with reduced rates of sadness and hopelessness** in LGB students by **35%**.



VS



REPORTED MENTAL DISTRESS* decreased by 8% from 2021 to 2023.



SUICIDE ATTEMPTS**

1 out of 10



or 12% of students reported one or more suicide attempts in the past 12 months, about 2% less than in 2021.

A **strong relationship with parents** is associated with lower rates of mental distress* (reported in the past 30 days).

Mental Distress (%)

Strong relationship



No strong relationship



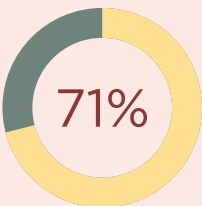
*Frequent stress, anxiety, and depression measured over the past 30 days

** In the past 12 months

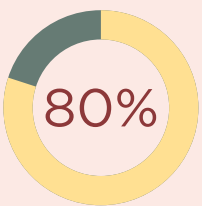


SUBSTANCE USE

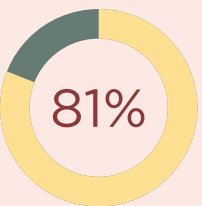
PAST 30 DAY SUBSTANCE USE



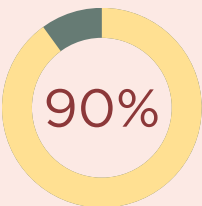
did not use
any
tobacco
product



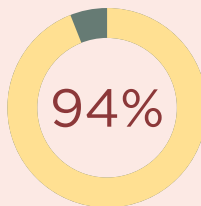
did not
use
cannabis



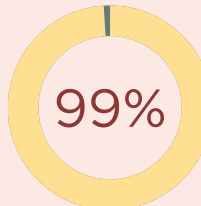
did not use
electronic
vapor
products



did not
drink
alcohol



did not misuse
prescription
pain
medication



did not use
cocaine or
meth-
amphetamines

WHEN STUDENTS BELIEVE THEIR PARENTS THINK CIGARETTE USE IS...



28% without a supportive relationship with their parents or guardian feel good about who they are as a person.		72% with a supportive relationship with their parents or guardian feel good about who they are as a person.
79% who do not feel good about themselves as a person have <i>not</i> attempted suicide**.		96% who feel good about themselves as a person have <i>not</i> attempted suicide**.
55% who do not feel a sense of direction and purpose in life receive mostly As and Bs in school.		81% who feel a strong sense of direction and purpose in life receive mostly As and Bs in school.

** In the past 12 months

