

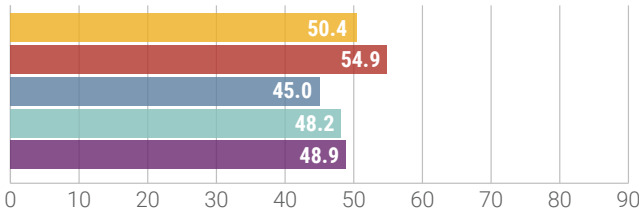


State of Mental Health for Youth of Color 2022

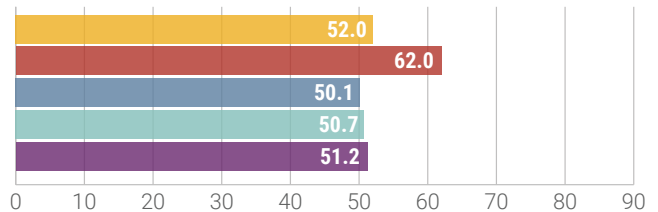
Depression Symptoms Reported by Youth of Color

■ Black
 ■ Latino/e
 ■ AAPI
 ■ Native American
 ■ Multiracial

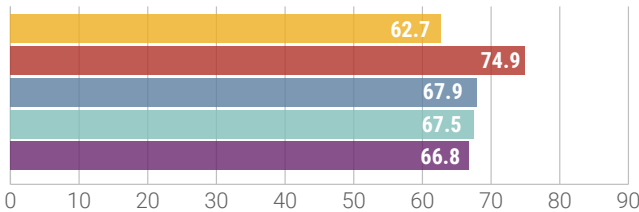
Thoughts that you would be better off dead or hurting yourself



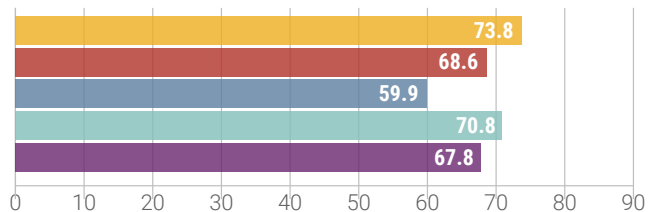
Moving or speaking so slowly that other people could have noticed, or more fidgety than usual



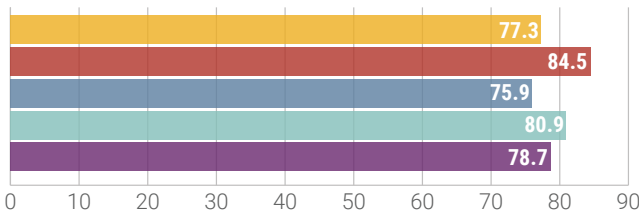
Trouble concentrating



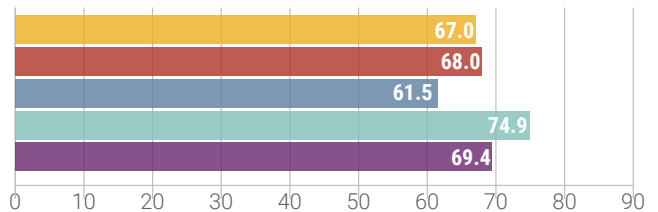
Feeling bad about yourself



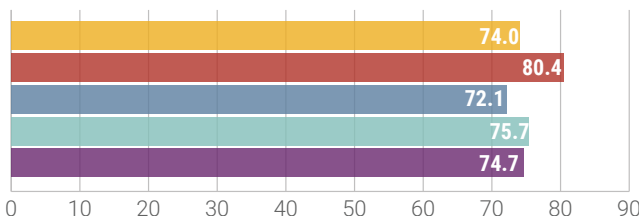
Having little energy



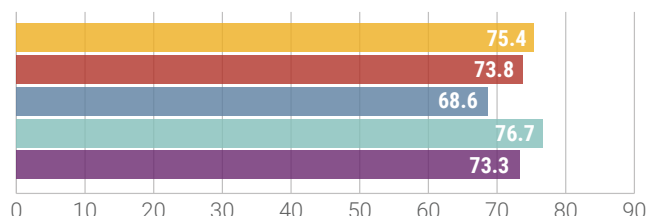
Poor appetite, weight loss, or overeating



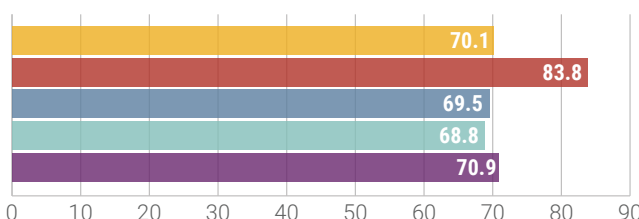
Trouble falling asleep, staying asleep, or sleeping too much



Little interest or pleasure in doing things



Feeling down, depressed, irritable, or hopeless



Presented by

The AAKMA Project
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KEY FINDING:

At least half of Youth of Color in this sample reported experiencing moderate to severe depression or anxiety. Some Youth of Color had significantly higher depression and anxiety scores.