

# Check out what students said about managing emotions.



Nearly 30% felt depressed in the last year.

IT'S OK TO BE SAD, BUT DEPRESSION REQUIRES HELP.



1 in 3 students who feel sad report using drugs/alcohol.

THERE ARE HEALTHIER WAYS TO COPE.



Almost 3 out of 4 students have a teacher or other adult at school they can talk to for advice.

THERE'S ALWAYS SOMEONE TO TURN TO.

Learn the five healthy habits of emotional wellbeing and five signs of emotional distress at: [changedirection.org/](http://changedirection.org/).

If you or a friend are experiencing a mental health crisis, please contact the Crisis Text line (741741) or the National Lifeline (1-800-273-8255) for help.



Rhode Island Department of Health

The Youth Risk Behavior Survey was conducted during the spring of 2017 by the Rhode Island Departments of Health and Education, and the Centers for Disease Control and Prevention (CDC). To learn more visit [health.ri.gov/data/adolescenthealth/](http://health.ri.gov/data/adolescenthealth/)