



Substance Use and Mental Wellness

The 2022-23 Tennessee Together Student Survey was administered to public school students in 8th, 10th, and 12th grade. There were 186 schools across 35 counties that opted to participate.

The final sample included 23,011 students with final results weighted to represent the statewide population in surveyed grades.

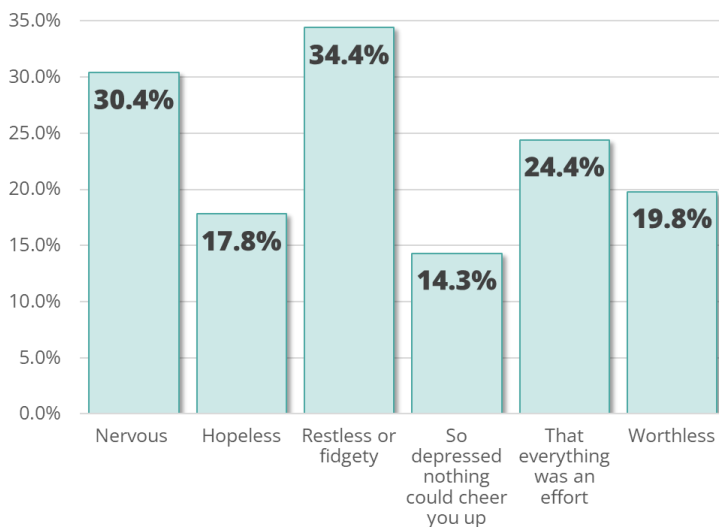
The Tennessee Together Survey linked students with resource information, including the **988 Suicide & Crisis Lifeline** to promote student help-seeking for mental health crises.



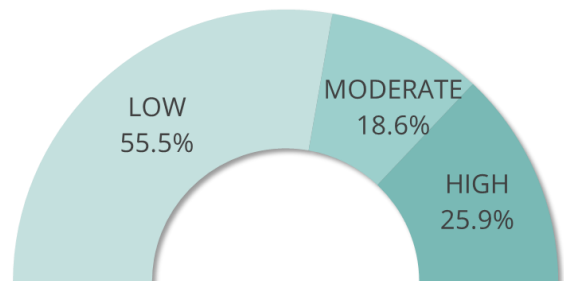
The survey measured youth behaviors, attitudes and social norms related to alcohol, tobacco, and other drug use, including the misuse of prescription medications. The survey also included measures of student mental health symptoms, which often co-occur with substance use.

PSYCHOLOGICAL DISTRESS¹

Percentage of students who reported feeling the following **most or all of the time** in the past 30 days:



¹ Items were adapted from the standardized Kessler 6 Psychological Distress Scale.



Student risk scores were based on responses to six individual items measuring symptoms of distress.



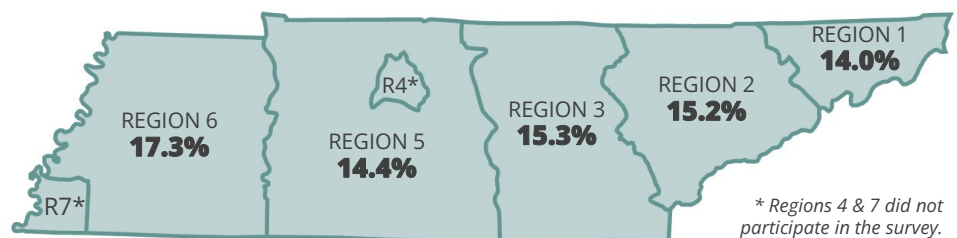
One in three students who were at moderate or high risk of psychological distress also reported **past 30-day substance use**.

SUICIDAL IDEATION

15.1% of students reported **seriously considering suicide** at least once in the past year.

10.1% of students reported **making a plan** for a suicide attempt in the last 12 months.

PERCENTAGE WHO SERIOUSLY CONSIDER SUICIDE BY TDMHSAS PLANNING AND POLICY REGION



* Regions 4 & 7 did not participate in the survey.

Figures compare to data from the 2021 Youth Risk Behavior Surveillance System (YRBSS) indicating that 22.8% of high school students nationally seriously considered suicide in the past year.