Mental Health

Definition

Mental health is a state of emotional, psychological, and social well-being resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and to cope with challenges.

Mental illness refers collectively to all diagnoseable mental disorders. Mental disorders are health conditions that significantly affect mood, emotion, thinking or behavior, and often impact day-to-day living or ability to function. [2]
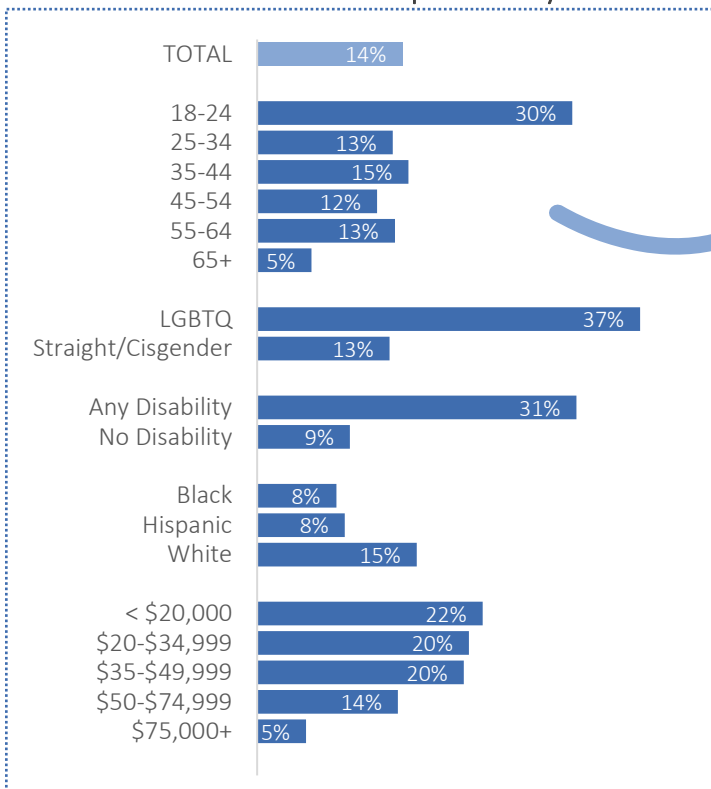
Importance

Mental health is essential to a person's well-being, healthy family and interpersonal relationships, and the ability to live a full and productive life. Mental health also plays a major role in people's ability to maintain good physical health. People, including children and adolescents, with untreated mental health disorders are at high risk for many unhealthy and unsafe behaviors, including alcohol or drug abuse, violent or self-destructive behavior, and suicide. Mental illness also increases the risk for many chronic health conditions including diabetes, hypertension, stroke, heart disease,

1 in 4
adults have some form of **diagnosed depression**

1 in 3
young adults age 18-24

1 in 2
adults with a disability and 1 in 2 LGBTQ adults

Percent of adults who reported 14+ days of poor mental health in the past 30 days

Group	Percent
TOTAL	14%
18-24	30%
25-34	13%
35-44	15%
45-54	12%
55-64	13%
65+	5%
LGBTQ	37%
Straight/Cisgender	13%
Any Disability	31%
No Disability	9%
Black	8%
Hispanic	8%
White	15%
< $20,000	22%
$20-$34,999	20%
$35-$49,999	20%
$50-$74,999	14%
$75,000+	5%

There are significant differences in self-reported poor mental health status based on age, sexual orientation or gender identity, race, and household income.

Of those who reported 14+ poor mental health days:

44% experienced work or activity limitations due to a mental health condition

40% are not currently receiving any mental health treatment

Community Input: Key Issues

- Mental health among youth
- Limited care options for mental health crises
- Unsure of where to go for mental health care
- Insurance and high cost of services
- Stigma

"I don't want any kind of mental health **labels** like "depression" or "anxiety" or anything else left in my permanent medical record. You never know what can happen with those labels down the road. **So even if that's what's happening, I'm not telling them**."

– Community Survey Respondent

[1] American Psychiatric Association, 2018. *What is mental illness?*
[2] Centers for Disease Control and Prevention, 2018.
[3] Healthy People 2020. *Leading health indicators: Mental health.*

Kent County
**Community Health
Needs Assessment**