Stay Mentally Alert: Government resources for good mental health

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What is mental health?

- Mental health includes our emotional, psychological, and social well-being.
- It affects how we think, feel, and act as we cope with life.
- It also helps determine how we handle stress, relate to others, and make choices.
- Mental health is important at every stage of life, from childhood and adolescence through adulthood.

https://medlineplus.gov/mentalhealth.html
Quiz: Mental Health

• Suicide is the ________ leading cause of death among people ages 15-34 in the United States.
  Suicide is the 2nd leading cause of death among people ages 15-34 in the United States.

Half of all mental illness occurs before a person turns ______ years old, and three-quarters of mental illness begin before age 24.
  Half of all mental illness occurs before a person turns 14 years old, and three-quarters of mental illness begin before age 24.
Quiz: Mental Health

https://www.cdc.gov/mentalhealth/quiz/index.htm
Mental Disorders and Related Topics

Anxiety Disorders
Attention Deficit Hyperactivity Disorder (ADHD, ADD)
Autism Spectrum Disorders (ASD)
Bipolar Disorder (Manic-Depressive Illness)
Borderline Personality Disorder
Depression
Disruptive Mood Dysregulation Disorder

Mental Disorders and Related Topics

- Eating Disorders
- HIV/AIDS and Mental Health
- Obsessive-Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)
- Schizophrenia
- Seasonal Affective Disorder
- Substance Use and Mental Health
- Suicide Prevention
- Traumatic Events

Definitions

• Mental Illness
  • Two broad categories can be used to describe these conditions:
    • Any Mental Illness (AMI) and Serious Mental Illness (SMI).
    • AMI encompasses all recognized mental illnesses.
    • SMI is a smaller and more severe subset of AMI.

Definitions

• Mental Illness
  • Mental illnesses are common in the United States.
  • Nearly one in five U.S. adults lives with a mental illness (44.7 million in 2016).
  • Mental illnesses include many different conditions that vary in degree of severity, ranging from mild to moderate to severe.

• Any mental illness (AMI) is defined as a mental, behavioral, or emotional disorder.
  • AMI can vary in impact, ranging from no impairment to mild, moderate, and even severe impairment (e.g., individuals with serious mental illness as defined below)
• Serious mental illness (SMI) is defined as a mental, behavioral, or emotional disorder resulting in serious functional impairment, which substantially interferes with or limits one or more major life activities.
  • The burden of mental illnesses is particularly concentrated among those who experience disability due to SMI.
Statistics

- Mental health-related visit rates by physician specialty were:
  - 693 per 10,000 adults for psychiatrists
  - 397 per 10,000 adults for primary care physicians,
  - 162 per 10,000 adults for other specialties

https://permanent.access.gpo.gov/gpo105724/db311.pdf
In large metropolitan areas, the percentage of mental health-related office visits to psychiatrists (63%) was higher compared with such visits to primary care physicians (26%).


https://permanent.access.gpo.gov/gpo105724/db311.pdf
Statistics

Autism Spectrum Disorder
Across the CDC surveillance sites, an average of 1 in every 59 (1.7%) 8-year-old children were identified as having ASD in 2014. ASD is four times more common in boys (2.7%) than in girls (0.7%).

Bipolar Disorder
An estimated 2.8% of U.S. adults had bipolar disorder in the past year. Past year prevalence of bipolar disorder among adults was similar for males (2.9%) and females (2.8%). An estimated 4.4% of U.S. adults experience bipolar disorder at some time in their lives.

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<td>Bethere : what more can be done to prevent suicide? : hearing before the Committee on Veterans’ Affairs, United States Senate, One Hundred Fifteenth Congress, first session, September 27, 2017</td>
<td>2018</td>
<td>United States. Congress. Senate Committee on Veterans’ Affairs,</td>
<td>Y 4.V 64/4:S.HRG.115-336</td>
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Mental Health

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- Diagnostic and Tests
- Treatments and Therapies

Learn More
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- Specifics

See, Play and Learn
- No links available

Research
- Statistics and Research
- Clinical Trials
- Journal Articles

Resources
- Find an Expert

For You
- Children
- Teenagers
- Women
- Patient Handouts

Summary

Stay Connected
The Mental Health Workforce: A Primer (R43255)

Title: The Mental Health Workforce: A Primer
Report#: R43255
Author(s): Elayne J. Heisler
Date: April 20, 2018

Version History

April 20, 2018 (R43255 - Version: 15)
mental health

Recommended by USA.gov

Health Insurance

Health Insurance Marketplace

Mental Health

What is mental health? Mental health includes our emotional, psychological, and social well-being. It is about the way we handle everyday stress, the choices we make about our lifestyle, and the way we think, feel, and act. Mental health is a key part of our overall health, and it can affect physical and emotional well-being in positive and negative ways. It is important to take care of your mental health just as you would take care of your physical health.
The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders.
Current Topics

TIP 61: Behavioral Health Services for American Indians and Alaska Natives, provides guidance on culturally responsive treatment.

On February 4, SAMHSA hosted the 15th Annual Prevention Day with more than 2,500 people in attendance. Watch the closing remarks from Dr. McCance-Katz.

Suicide—And A Reflection On Our Changing American Society, by Dr. McCance-Katz

FROM ANNOUNCEMENTS | FEBRUARY 12, 2019

FROM ANNOUNCEMENTS | FEBRUARY 4, 2019
• Mental health and substance use disorders affect people from all walks of life and all age groups.
  • These illnesses are common, recurrent, and often serious, but they are treatable and many people do recover.
  • Mental disorders involve changes in thinking, mood, and/or behavior

https://www.samhsa.gov/find-help/disorders
• These disorders can affect how we relate to others and make choices.
• Reaching a level that can be formally diagnosed often depends on a reduction in a person’s ability to function as a result of the disorder.

https://www.samhsa.gov/find-help/disorders
Learn About Mental Health

Mental Health Basics	Types of Mental Illness	Fast Facts

What is mental illness?
Mental illnesses are conditions that affect a person's thinking, feeling, mood or behavior, such as depression, anxiety, bipolar disorder, or schizophrenia. Such conditions may be occasional or long-lasting (chronic) and affect someone's ability to relate to others and function each day.

What is mental health?
Mental health includes our emotional, psychological, and social well-being. It involves our ability to deal effectively with the stresses of everyday life, the ability to function productively at work or school, and the ability to make sound judgments and decisions. Mental health is important at every stage of life, from childhood and school to work and retirement.
Best matches for mental health:

**Mental health** and public policies implemented in the Northeast of Brazil: A systematic review with meta-analysis.

Factors Perceived as Influencing Local Health Department Involvement in Mental Health.

SPANISH RESOURCES

medlineplus.gov/spanish/mentalhealth.html

espanol.mentalhealth.gov/

espanol.womenshealth.gov/mental-health/

salud.nih.gov/temas-de-salud/salud-mental/
Salud mental

¿Qué es la salud mental? La salud mental incluye nuestro bienestar emocional, psicológico y social. Afecta la forma en que pensamos, sentimos y actuamos cuando enfrentamos la vida.

Temas relacionados: Enfermedades mentales, Salud mental del adolescente, Salud mental del niño

Salud mental: MedlinePlus en español
medlineplus.gov/spanish/mentalhealth.html
LOCAL AND STATE INFORMATION

http://www.nysed.gov/curriculum-instruction/mental-health
School Mental Health Education

https://dmh.mo.gov/docs/mentalillness/understandingmentalillness.pdf
Guide to Mental Illness from the Missouri state government

http://www.assmca.pr.gov/Pages/default.aspx
Mental health information and services of Puerto Rico

https://hhs.texas.gov/laws-regulations/forms/1000-1999/form-1012-mental-illnessdementia-resident-review
Information on mental health services from Texas
BUSCA AYUDA HOY, Llama a la Línea PAS  | (800) 981-0023

Usar medicamentos de manera indebida puede causar ADICCIÓN y la MUERTE.

LA OTRA CARA DE LOS MEDICAMENTOS CONTROLADOS OPIÁCEOS

Tómalo en serio

TÓMALOS SEGÚN RECETADOS
GUARDALOS ADECUADAMENTE
NO LOS COMPARTAS
DESECHA LOS
Let's Go Live

www.cdc.gov/mentalhealth/learn/index.htm

https://www.nimh.nih.gov/index.shtm

https://www.samhsa.gov/

WHO’S AWESOME?

Government Documents

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Thank you