

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



<https://www.nimh.nih.gov/health/topics/index.shtml>

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



<https://www.nimh.nih.gov/health/topics/index.shtml>

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.





Definitions

- **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)

Definitions

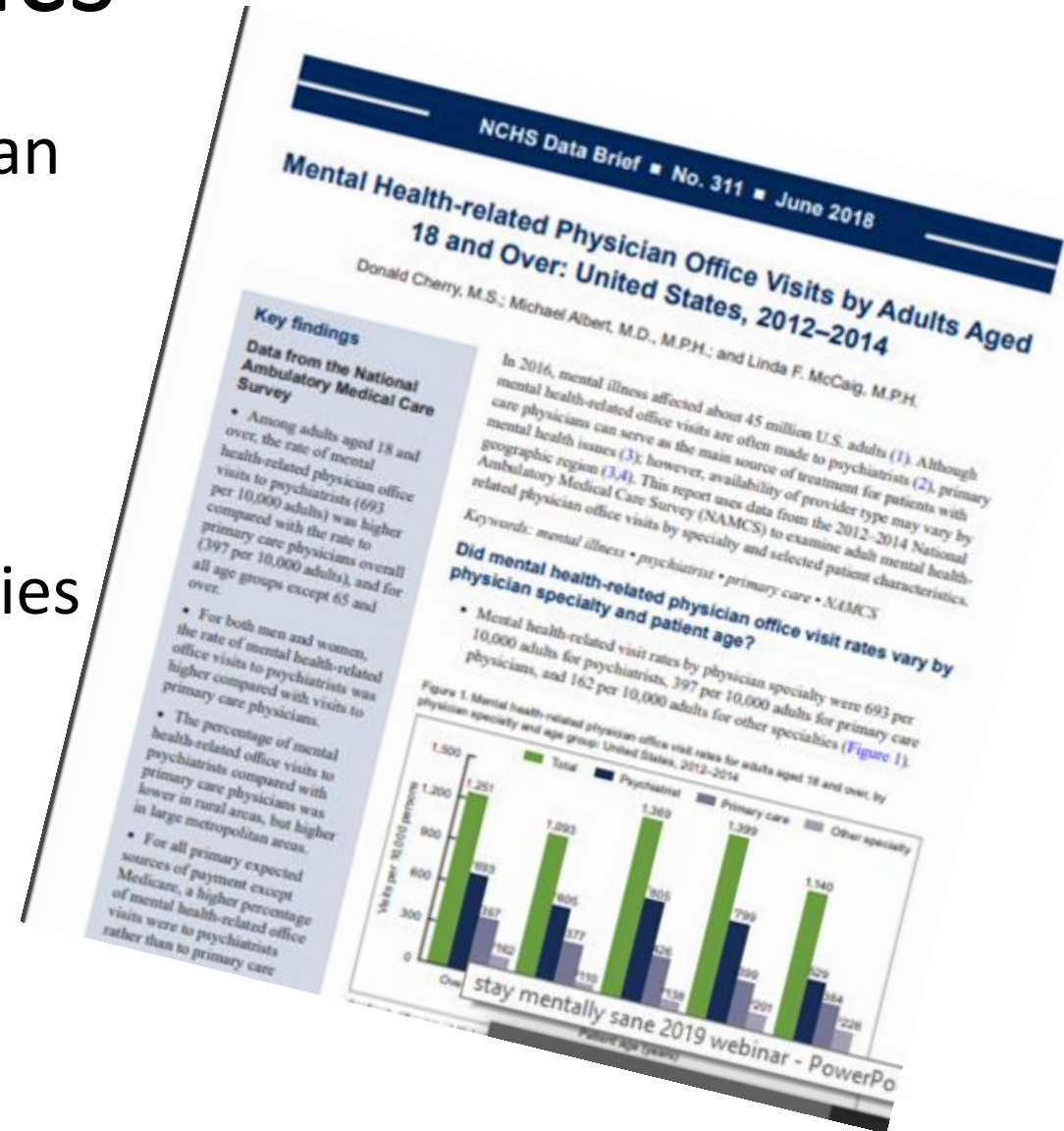


- **Serious mental illness (SMI)** is defined as a mental, behavioral, or emotional disorder resulting in serious functional impairment, which substantially interferes with or limits one or more major life activities.
 - The burden of mental illnesses is particularly concentrated among those who experience 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>



Statistics

- 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%)

SOURCE: Centers for Disease Control and Prevention
National Center for Health Statistics

Mental Health-related Physician Office Visits by Adults Aged
18 and Over: United States, 2012–2014

Donald Cherry, M.S.; Michael Albert, M.D., M.P.H.; and Linda F. McCaig, M.P.H.
NCHS Data Brief , No. 311, June 2018

<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.



<https://www.nimh.nih.gov/health/statistics/index.shtml>

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1	<input type="checkbox"/>	Evaluation of exposures to styrene during ultraviolet cured-in-place pipe installation /	2019	LeBouf, Ryan F.,	HE 20.7125/2:2018-0009-3334	https://purl.fdlp.gov/GPO/gpo115525
2	<input type="checkbox"/>	#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	2018	United States Congress. Senate. Committee on Veterans' Affairs,	Y 4.V 64/4:S.HRG.115-336	https://purl.fdlp.gov/GPO/gpo111368



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Mental Health



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VERSIONS

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)



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mental health



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Mental Health



What is mental health? Mental health includes our emotional, psychological, and social well-being. It



Transforming the understanding and treatment of mental illnesses.

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The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders.

Health*topics**

Anxiety Disorders	Attention-Deficit/Hyperactivity Disorder
Autism Spectrum Disorder	Bipolar Disorder
Borderline Personality Disorder	Depression
Eating Disorders	Obsessive-Compulsive Disorder
Post-Traumatic Stress Disorder	Schizophrenia
Suicide Prevention	More Topics



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Current Topics



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

FROM ANNOUNCEMENTS | FEBRUARY 12, 2019



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. [📄](#)

FROM ANNOUNCEMENTS | FEBRUARY 4, 2019



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

FROM THE SAMHSA BLOG | JANUARY 24, 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



- 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.



Mental Health

Mental Health Home



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Mental Health Basics

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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



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Best matches for mental health:

[Mental health and public policies implemented in the Northeast of Brazil: A systematic review with meta-analysis.](#)
 Januário SS et al. Int J Soc Psychiatry. (2017)

[Factors Perceived as Influencing Local Health Department Involvement in Mental Health.](#)
 Purtle J et al. Am J Prev Med. (2017)

[The impact of the Great Recession on mental health and its inequalities: the case of a Southern European region, 1997-2013.](#)
 Bacigalupe A et al. Int J Equity Health. (2016)

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- [The Great Recession and Children's Mental Health in Australia.](#)
- 1. Bubonya M, Cobb-Clark DA, Christensen D, Johnson SE, Zubrick SR. Int J Environ Res Public Health. 2019 Feb 13;16(4). pii: E537. doi: 10.3390/ijerph16040537. PMID: 30781815
- [Sleep Disturbance as a Potential Modifiable Risk Factor for Alzheimer's Disease.](#)

- Related searches**
- [mental health services](#)
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PMC Images search for mental health

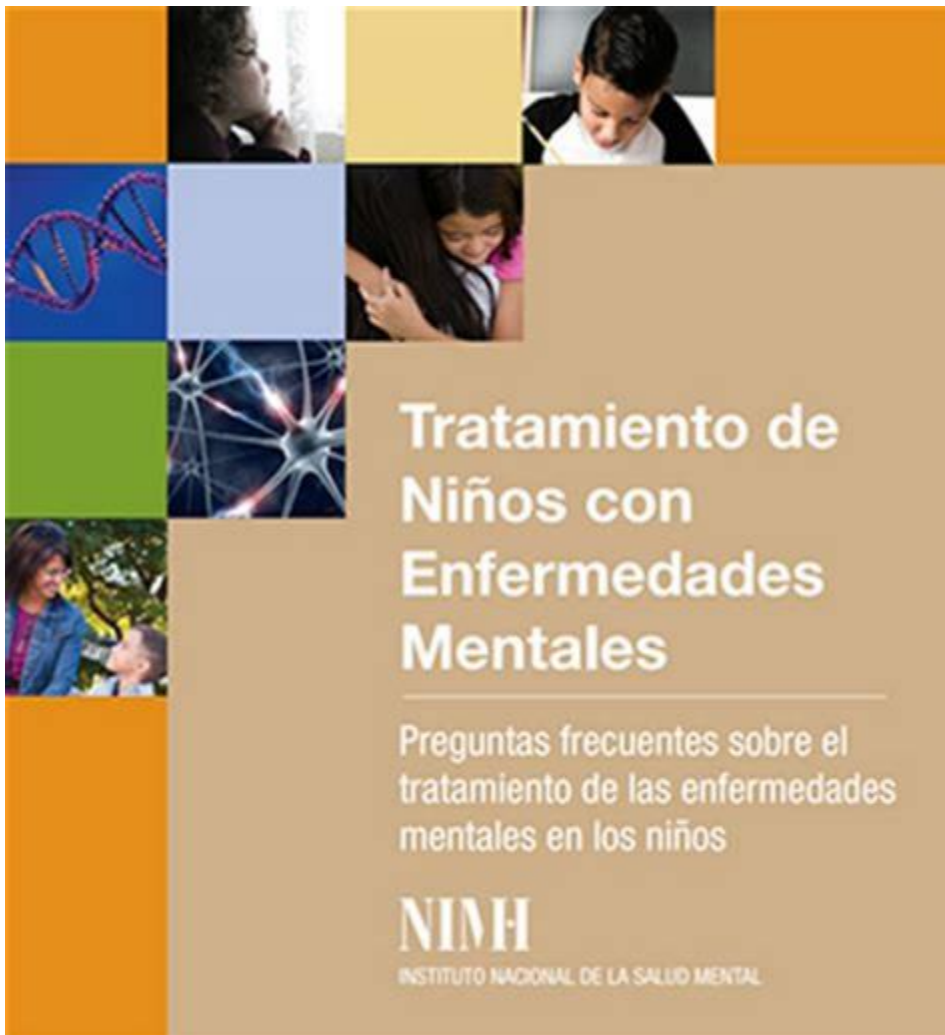
SPANISH RESOURCES

medlineplus.gov/spanish/mentalhealth.html

espanol.mentalhealth.gov/

espanol.womenshealth.gov/mental-health/

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



Tratamiento de Niños con Enfermedades Mentales

Preguntas frecuentes sobre el tratamiento de las enfermedades mentales en los niños

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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

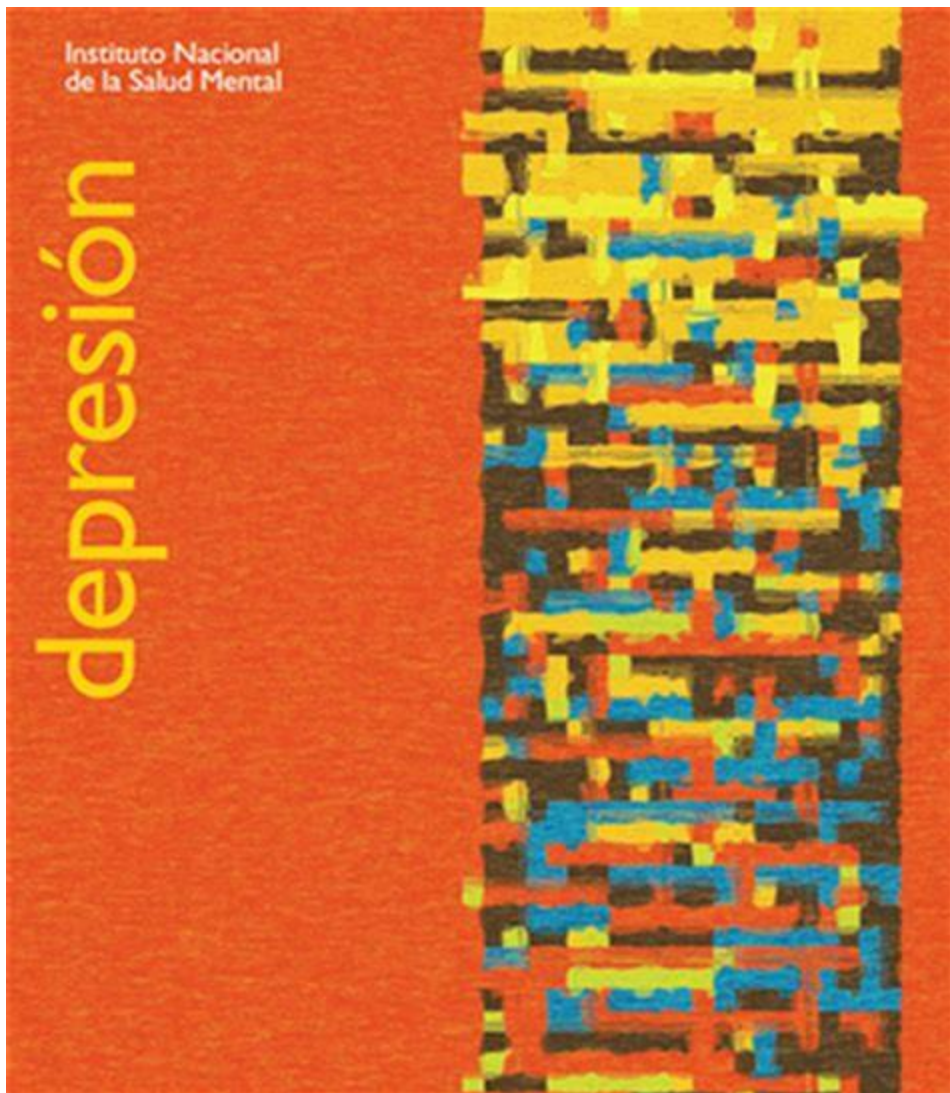


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Usar medicamentos de manera indebida puede causar **ADICCIÓN** y la **MUERTE.**

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

<https://www.nimh.nih.gov/index.shtml>

<https://www.samhsa.gov/>

<https://www.ncbi.nlm.nih.gov/pubmed/>



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