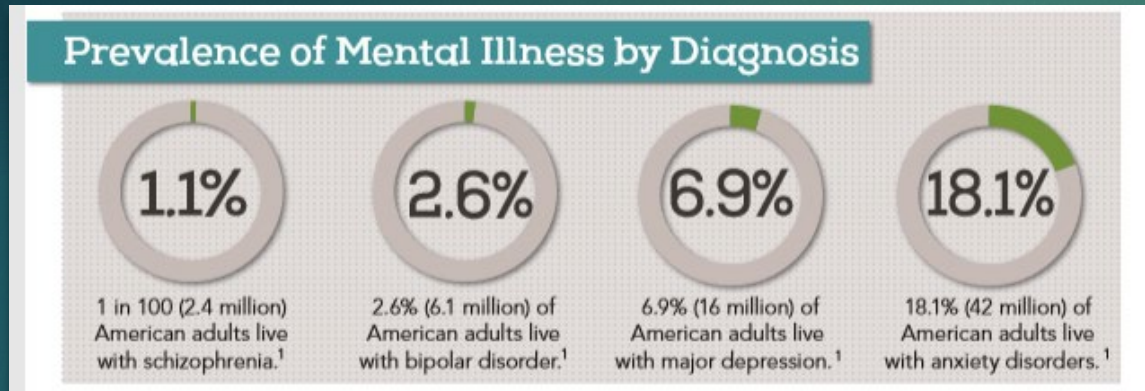


Mental Health Awareness Week 2020

FACTS, FIGURES, AND ACTION POINTS

Mental Health Facts



- ▶ 1 in 5 adults in America experience mental illness.
- ▶ Approximately 10.2 million adults have co-occurring mental health and addiction disorders.
- ▶ Nearly 60% of adults with mental illness didn't receive mental health services in the previous year.
- ▶ African American and Hispanic Americans used mental health services at about 1/2 the rate of whites in the past year and Asian Americans at about 1/3 the rate.

Barriers to Mental Health Care

▶ **Stigma**

- ▶ Public Stigma: reaction that the general public has to people with mental illness
 - ▶ Examples: Withholding help, social avoidance
- ▶ Self-Stigma: prejudice which people with mental illness turn against themselves
 - ▶ Examples: low self-esteem, poor self-efficacy

▶ **Understanding**

- ▶ Lack of awareness of symptoms caused by mental health conditions and the benefits that could be provided through treatment

▶ **Access**

- ▶ Limited providers, long wait times for appointments, high cost and insufficient insurance coverage
 - ▶ One in four (25%) Americans reported having to choose between getting mental health treatment and paying for daily necessities.

Mental Health and the Pandemic

- ▶ Isolation and economic challenges brought on by the pandemic can present additional barriers to obtaining treatment, and may even lead to worsened mental illness symptoms, creating additional challenges in managing thoughts of self-harm and suicide.
- ▶ COVID 19 has highlighted racial inequality in the US, particularly regarding health disparities and access to resources, which has heightened racial trauma for people of color.
- ▶ Presence of a mental health and/or substance use disorder crisis layered on top of the existing health and economic crises creates potential for the burgeoning a second health crisis.
- ▶ It is perhaps more important now than ever to seek social, community, and professional support for mental illness and to identify healthy coping strategies for the additional stressors the pandemic has posed to mental wellness!

Coping Techniques

- ▶ Connect with other individuals.
- ▶ Educate yourself about mental illness.
 - ▶ www.NAMI.org
- ▶ Take care of your body and your physical and emotional health.
 - ▶ Call your healthcare provider or reach out to Dickinson's Wellness Center to schedule a consultation.
- ▶ Take time to unwind in activities that you enjoy.
- ▶ Take breaks from watching, reading, or listening to news stories.
- ▶ Turn energy from fear, sadness, and anxiety into individual action and political activism!

Take Action Now!

- PARTNER WITH MENTAL HEALTH AMERICA (MHA) IN A LETTER WRITING CAMPAIGN TO SUPPORT FEDERAL LEGISLATION TO INCREASE FUNDING AND ACCESS TO MENTAL HEALTH AND SUICIDE PREVENTION RESOURCES.

- CLICK ON EACH OF THE LINKS BELOW TO CONTACT YOUR LEGISLATORS REQUESTING THEIR SUPPORT OF THESE CRITICAL ISSUES:
 - 988 Suicide Lifeline bill
 - <https://act.mhanational.org/site/Advocacy?cmd=display&page=UserAction&id=831>
 - Second Crisis 4th COVID19 Package
 - <https://act.mhanational.org/site/Advocacy?cmd=display&page=UserAction&id=835>

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