



## Mental Health Facts

### Oregon

- Overall, 33% of Oregon adults reported poor mental health (38% of women; 27% men) (Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System Survey, 2007)
- Oregon's suicide rate is 41% higher than the national average. (Suicides in Oregon: Trends and Risk Factors, 2012 Report, Oregon Health Authority)
- Suicide is the second leading cause of death among Oregonians aged 15-34. Approximately 70% of suicide victims had a diagnosed mental disorder, alcohol and/or substance use problem or depressed mood at time of death. (Suicides in Oregon: Trends and Risk Factors, 2012 Report, Oregon Health Authority)
- 24% of new mothers report that they were depressed during and/or after pregnancy; 48% of these women were still depressed when their child was 2 years old. (Oregon Health Authority: "Maternal Depression in Oregon," 2010)
- Most adults agreed (89%) with the effectiveness of mental illness treatment but fewer agreed (57% U.S., 47.5% Oregon) that other people are caring and sympathetic toward those with mental illness. (Behavioral Risk Factor Surveillance System, 2007)

### Lane County

- From 2004-06, 8% of Lane County adults, 18-25 years of age, had a major depressive episode and 11% were identified with serious mental illness. (National Survey on Drug Use & Health, 2008)
- 2005-06, 20% of adults experienced serious psychological distress and 20% experienced a major depressive disorder in the past year. These are among the highest rates in the country. (National Survey on Drug Use & Health, 2008)
- 21% of 6th graders, 24% of 8<sup>th</sup> graders and 29% of 11<sup>th</sup> graders had a depressive episode in the last year. (2012 Oregon Student Wellness Survey)

### Stigma

*Prejudice and discrimination* are major barriers to recovery for people who have mental health problems. They are among the reasons why *nearly two-thirds* of all people with diagnosable mental illness do not seek treatment. (SAMHSA, ADS Center, 2008)

*"Promoting mental health for all Americans will require scientific know-how but, even more importantly, a societal resolve that we will make the needed investment. The investment does not call for massive budgets; rather, it calls for the willingness of each of us to educate ourselves and others about mental health and mental illness, and thus to confront the attitudes, fear, and misunderstanding that remain as barriers before us."* (David Satcher, M.D., Ph.D., Surgeon General, 1999)

## What You Can Do to Help

**The most important thing we can do is remind people that mental health IS health, not a separate issue about which we should be ashamed.**

- Use Person First Language. For example, instead of saying "the mentally ill," say "people with mental health conditions."
- Do not equate mental health conditions with violence or antisocial behavior (according to the National Institute for Mental Health, only about 5% of violent crimes are committed by individuals with a mental health diagnosis).
- Share your personal experiences with mental health issues.
- Encourage friends and family members to share their experiences.
- Incorporate mental health into your regular health check-ups, just like going to the dentist.
- Remember that our mental health IS our health - not a separate category.

--from Mental Health America of Colorado

**If you or someone you know is experiencing a mental health or substance use disorder crisis, call 911 or the Suicide Prevention Lifeline at 1-800-273-TALK (8255)**

For more information about mental health, visit the Lane County Public Health Prevention Program website at [www.preventionlane.org](http://www.preventionlane.org)

