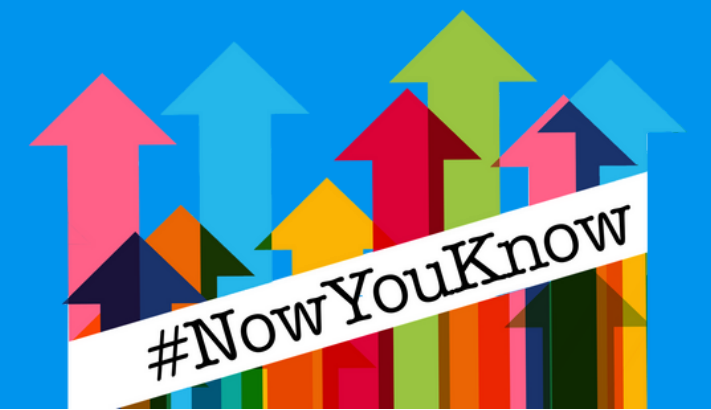




MENTAL HEALTH IN SOUTHWEST CT



THE IMPACT OF COVID 19

THE GOOD



THE BAD



THE MOST COMMON MENTAL HEALTH DIAGNOSES (NATIONWIDE) ARE

DEPRESSION

ANXIETY

SERIOUS MENTAL ILLNESS



- **82%** OF SURVEY RESPONDENTS HAVE USED TELE-HEALTH SERVICES AND **43%** WANT IT TO CONTINUE, EVEN AFTER THE PANDEMIC IS OVER
- **62%** OF PHYSICIAN RESPONDENTS DID NOT SEE ANY OF THEIR PATIENTS VIA TELE-PSYCHIATRY BUT SINCE THE PANDEMIC ONSET, **86%** WERE SEEING NEARLY ALL OF THEIR PATIENTS USING THE TECHNOLOGY

41% OF ADULTS REPORTED SUFFERING FROM ONE OR BOTH OF **ANXIETY** AND **DEPRESSION**, A STATISTIC THAT HAS **DOUBLED** COMPARED TO PRE-PANDEMIC FINDINGS

DEPRESSION IN CT

IN 2019, **YOUNG ADULTS** (18-25) REPORTED THE HIGHEST RATES OF MAJOR DEPRESSIVE EPISODE AT **15.3%** FOLLOWED BY **YOUTH** (12-17) AT **14.4%** AND **ADULTS** (26+) AT **5.8%**

6.05% OF SW CT RESIDENTS REPORTED A MAJOR DEPRESSIVE EPISODE IN THE PAST YEAR, WHICH IS AN **INCREASE** FROM PREVIOUS YEARS

ANXIETY IN SW CT 2020

ANXIETY WAS THE GREATEST MENTAL HEALTH CONCERN FOR **YOUTH** (12-17) AT **64.3%** COMPARED TO TRAUMA AT **17.2%**, DEPRESSION AT **14%**, AND SUICIDE AT **4.4%**

ANXIETY WAS CONSIDERED THE GREATEST MENTAL HEALTH CONCERN IN **43.2%** OF **YOUNG ADULTS** (18-25)

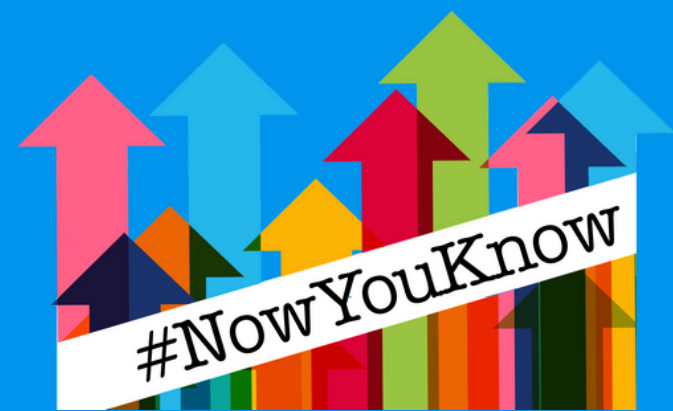
SERIOUS MENTAL ILLNESS SW CT

FROM 2018-2019, **8.54%** OF YOUNG ADULTS (18-25) REPORTED HAVING A **SERIOUS MENTAL ILLNESS**

IN 2019, **70%** OF HIGH SCHOOL STUDENTS REPORTED THEIR **MENTAL HEALTH** IN THE PAST 30 DAYS WAS **DISMAL**



MENTAL HEALTH IN SOUTHWEST CT



**YOU ARE NOT
ALONE...**

**HELP IS AVAILABLE AND
RECOVERY IS POSSIBLE**



WHO IS AT RISK?

- YOUTH (12 - 17) & YOUNG ADULTS (18 - 25), ESPECIALLY FEMALES
- HISPANIC AND NON-HISPANIC BLACK INDIVIDUALS
- MIXED-RACE INDIVIDUALS
- LGBTQIA+ COMMUNITY
- THOSE WITH A CO-OCCURRING DISORDER
- ESSENTIAL WORKERS
- UNDOCUMENTED AND/OR UNINSURED

VISIT THEHUBCT.ORG FOR MORE INFO AND SERVICES FOR SUPPORT. INCLUDING OUR REGIONAL RESOURCE GUIDES AND LIST OF FREE PEER SUPPORT GROUPS!

STRUGGLING? CALL...

NATIONAL SUICIDE PREVENTION LIFELINE:
800-273-8255 (ENGLISH)

OPTION 1 FOR VETS)
888-628-9454 (SPANISH)

TEXT THE CRISIS TEXT LINE:
741741

CT MOBILE CRISIS:
DIAL 2-1-1, SELECT OPTION 1

ACTION LINE (ADULTS 18+):
1-800-HOPE-135

LAW ENFORCEMENT SUPPORT:
1-800-COPLINE



OTHER WARM LINES

KIDS IN CRISIS

203-661-1911

TREVOR PROJECT

866-488-7386

CT BEHAVIORAL HEALTH WARM LINE

877-552-8247

JOINRISEBE WARM LINE

855-6-HOPENOW

IN 2020, THERE WERE 11,510 CALLS MADE TO THE CRISIS INTERVENTION AND SUICIDE PREVENTION HOTLINE (2-1-1)

MORE INDIVIDUALS ARE USING HOTLINES, WARMLINES, AND TEXT LINES FOR HELP!