



May is **Mental Health Awareness** month. Here is information about those suffering from a Mental Health condition:

- According to *Mental Health America* “nearly 1 in 5 American adults will have a diagnosable mental health condition in any given year.” Also, “46% of Americans will meet the criteria for a diagnosable mental health condition sometime in their life, and half of those people will develop conditions by the age of 15.”
- The National Alliance on Mental Illness (NAMI) listed Wisconsin as having 859,000 adults having a mental health condition (That’s more than 3X the population of Madison).
- Of the 266,000 adults in Wisconsin who did not receive needed mental health care, 37.3% did not because of cost.
- In February 2021, 36.4% of adults in Wisconsin reported symptoms of anxiety or depression. 19.6% were unable to get needed counseling or therapy.
- One in six U.S. youth aged 6-17 experience a mental health disorder each year. 70,000 Wisconsinites age 12-17 have depression. 41.8% of Wisconsinites age 12-17 who have depression did not receive any care in the last year.
- One in five homeless people in Wisconsin live with a serious mental illness.
- On average, 1 person in the U.S. dies by suicide every 11 minutes. In Wisconsin, 888 lives were lost to suicide and 231,000 adults had thoughts of suicide in the last year. Seven in 10 youth in the juvenile justice system have a mental health condition.

Mental Health America has taken local data through clinically-validated mental health screens to show data in near real-time. Here is the website to check out local data.

<https://mhanational.org/mhamapping/mha-state-county-data>. An example of the data includes:

- Breakdown by County of the number of people at risk for severe depression per 100K of county population: (2023) (state average 39.8)
 - Dunn County: 37.942
 - St. Croix County: 30.707
 - Barron County: 29.009
- Suicide ideation on the PHQ-9 depression screen (state average 42.9)
 - Dunn County: 51.33
 - Pepin County: 45.75
 - Eau Claire county: 39.09

Of the mental health conditions the following information is known:

- Anxiety: Anxiety disorders are among the most common mental illnesses in America. 42.5 million adults have been diagnosed with anxiety.
- Addition/Substance Use Disorder: In the past year 1 million US youth have been identified with Substance Use Disorder compared to 19 million adults.
- Bipolar Disorder: An estimated 2.5% of US adults have experienced bipolar disorder at some time in their lives. That is about 3.3 million adults.
- Depression: Major depression is one of the most common mental illnesses. The number of US youth (aged 12-17 with Major Depression is around 3.7 million (that is 10.6% of youth). 21 million US adults have been identified with Depression. 41.8% of Wisconsinites age 12-17 who have depression did not receive any care in the last year.
- Post-Traumatic Stress Disorder (PTSD): The number of US Adults with PTSD is approximately 12 million. The percentage of people (ages 13+) in the US with PTSD (one year prevalence) is 3.7%.
- Schizophrenia: The number of US Adults with Schizophrenia is estimated at 1.5 million.
- Suicidal Thoughts: The number of US Adults with Suicidal thought is 11.4 million. On average 1 person in the U.S. dies by suicide every 11 minutes. In Wisconsin, 888 lives were lost to suicide and 231,000 adults had thoughts of suicide in the last year.
- ADHD: The estimated number of children aged 3-17 years ever diagnosed with ADHD, according to a national survey of parents, is 6 million (9.8%) using data from 2016-2019. This is broken down to
 - 3-5 years: 265,000 (2%)
 - 6-11 years: 2.4 million (10%)
 - 12-17 years: 3.3 million (13%)
- Autism: 1 in 36 children in the US have autism. 1 in 45 adults in the U.S. have autism. In the U.S. about 4 in 100 boys and 1 in 100 girls have autism.
- Obsessive-Compulsive Disorder: OCD affects 1 in 40 adults in the US. OCD is more prevalent in females (1.8/5) than in males (0.5%).
- Conduct Disorder-Oppositional Defiant Disorder: Although all children have moments when they're not willing to do as they are told, children with ODD do this more frequently and with more hostility than their peers. The American Academy of Child and Adolescent Psychiatry estimates that 1 to 16 percent of all school-age children and adolescents have ODD. 7 in 10 youth in the juvenile justice system have a mental health condition.

It is important to know the signs of mental health problems. Just like a physical illness, treating mental health problems easily may help to prevent a more serious illness from developing in the future. These are some of the signs to look for, and seek medical help if present:

- Feels very sad, hopeless or irritable
- Feels overly anxious or worried
- Is scared and fearful; has frequent nightmares
- Is excessively angry
- Uses alcohol or drugs

- Avoids people; wants to be alone all of the time
- Hears voices or sees things that aren't there
- Can't concentrate, sit still, or focus attention
- Needs to wash, clean things, or perform certain rituals many times a day
- Talks about suicide or death
- Hurts other people or animals; or damages property
- Has major changes in eating or sleeping habits
- Loses interest in friends or things usually enjoyed
- Falls behind in school or earns lower grades
- Unwilling to follow rules
- Blames others for misconduct

Help is available:

- 2-1-1 Wisconsin (Dial 2-1-1 or 877-947-2211 or text ZIP code to 898211) On-line chat available at: <https://home-c4.incontact.com/incontact/chatclient/index.html> Free, confidential, 24-hour information on community, health, and social services. A one-stop source of information for people looking for community services and resources, especially for those who need essential services, such as food, shelter, counseling, employment assistance, and more
- Aging & Disability Resource Center (ADRC): 3001 US Highway 12 Est, Menomonie, WI 54751; (715)232-4006. The ADRC of Dunn County is the access point for seniors, adults with disabilities, their families and caregivers to receive assistance, education, and support while at all times respecting the rights, dignity and preference of the individual.
- County Veterans Service Office: 3001 US Hwy 12 East, Suite 116, Menomonie, WI 54751, (715)232-1646
- Crisis Lines: 888-552-66342 Call, text or chat 988; If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the 988 Lifeline network is available 24/7 across the United States.
- St. Croix County Department of Human Services Behavioral Health: The Behavioral Health Services are a collection of services that include Access and Intake, Adult community Support Services, Adult Protective Services, Substance Use Disorder, Behavioral Health Emergency Services, Mental Health, and Suicide Prevention. 1752 Dorset Lane, New Richmond, WI 54017 (715) 246-6991.
- Dunn County Department of Human Services Behavioral Health; Dunn County Department of Human Services Behavioral Health Services Section offers individualized services and programs to meet the diverse mental health needs of the community. The behavioral health programs will partner with you and/or your family members to improve their quality of life and overall wellness. 3001 US Highway 12 East, Menomonie, WI 54751 (715)232-1116
- HOPELINE text line: Text "HOPELINE" to 741741

- Mental Health America: 800-969-6642; www.mentalhealthamerica.net (there are screenings available on their website- Depression test, Anxiety test, PTSD test, Bipolar test, Psychosis test, Addiction test, ADHD test, Eating Disorder test, Self-Injury survey).
- Kids Mental Health Information Portal: www.kidsmentalhealth.org
- [OCMH Children's Mental Health Week 2024 \(wi.gov\)](http://www.wi.gov)

During Mental Health month and throughout the year we need to listen to those around us. There is no stigma in having a mental health condition and seeking help. When people are heard, they feel better.

“Listening is an attitude of the heart, a genuine desire to be with another which both attracts and heals.” L. J. Isham

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