#nowyouknow

MENTAL HEALTH IN SOUTHWEST CT

the hub
BEHAVIORAL HEALTH ACTION ORGANIZATION OF SOUTHWESTERN CONNECTICUT
a division of RYASAP

16% **adults** in Southwest CT experienced some form of mental illness in the past year, including **3.1%** with Serious Mental Illness, in 2016

**14%–23%** **teens** in the region reported signs of depression in 2018 surveys

<50%
Item 1 46%
Item 2 54%
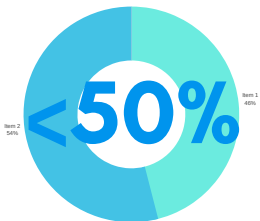
45% of teens and 47% of adults with mental illness in CT got help in 2017

In 2018, Southwest CT adults reported:

|	Statewide	Greenwich area	Stamford area	Bridgeport area	Norwalk area
feeling "completely" or "mostly" *anxious* yesterday	12%	10%	10%	17%	13%
feeling "*down, depressed or hopeless*" in past 2 weeks	9%	5%	7%	14%	7%
"always" or "usually" *get social & emotional support*	70%	75%	71%	82%	69%
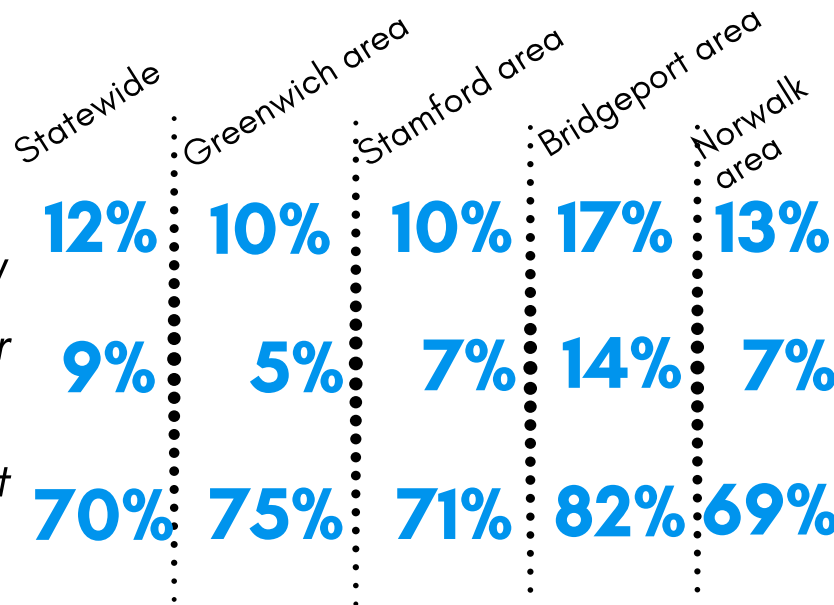
Adults feeling **satisfied with life** dropped by 2 to 13 points in Southwest CT between 2015 and 2018.

MENTAL ILLNESS IN TEENS & YOUNG ADULTS IS INCREASING NATIONALLY

Since mid-2000's:

52% teen depression

63% YA depression

71% YA psych distress, including suicidal thoughts & deaths
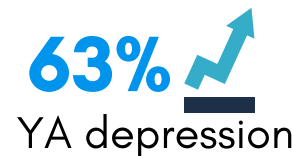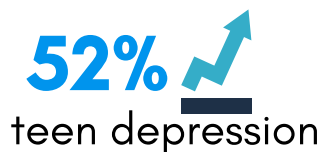
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GET THE FACTS

1. Half of mental illness begins by age 14 and three-quarters by age 24.
2. Students who compare themselves poorly on social media are prone to depression & anxiety.
3. Mental illness increases the risk of substance use disorder, school suspensions, & suicide.
4. Serious Mental Illness in adults in CT costs $400 Million per year.
5. More info at: thehubct.org/mental-health

Resources:

- Many schools in the region have Teen Talk counselors, Effective School Solutions (ESS) and/or School-Based Health Centers, as well as school social workers. These resources are free.
- Find free peer support for yourself or your family at thehubct.org/freepeersupport and through the National Alliance for Mental Illness (NAMI).
- Find treatment resources in the region and beyond at thehubct.org/treatment.
- In a crisis, dial 2-1-1, option 1; call the National Suicide LifeLine at 800-273-8255; or text the Crisis Text Line at 741741.