

End the Stigma!
 However you feel, it's
Ok to Talk About It
 Learn more at
oktotalkaboutit.org

MENTAL HEALTH IN SOUTHWESTERN CT



Mental Health

Mental health refers to emotional, psychological and social well-being, and has a critical impact on thoughts, feelings and actions.

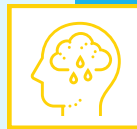
The COVID-19 pandemic has significantly exacerbated mental health symptoms. There are higher reports of depression, anxiety, eating disorders and other symptoms compared to pre-pandemic years.

In 2022, CT was ranked #4 in having lower prevalence of mental illness and higher rates of access to care.

According to key informants in SW CT, the mental health community continues to collaborate in many helpful ways. Awareness and support of mental wellbeing continues to increase.



Nationwide, 41% of adults report anxiety or depression. This is more than double the reports pre-pandemic at 11%. Similarly, in CT, 40.6% of adults report symptoms of anxiety or depression.



Many SW CT residents (youth & adults) feel communities are struggling with mental health. Concern of depression has increased for all ages, especially those 66+ in 2022 compared to 2020.



According to 2022 local youth surveys, many adolescents report increased feelings of anxiety, depression and isolation. Many also report high levels of stress.



SW CT had higher rates of community readiness for mental health promotion compared to the state and other regions.

ACCORDING TO THE 2022 CT SCHOOL HEALTH SURVEY

Students reporting their past 30-day mental health as "not good"



Students reporting feeling sad or hopeless every day for the past 2 weeks or more



There has been an increase in children emergency department visits for active suicidal ideation and eating disorders.

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In 2020, there was a decrease in statewide calls to 211 for mental health services. Calls began to increase in 2021 (13,762) & 2022 (83,611).



In SW CT, mental health and addiction services were the second or third most common 211 call.



In CT, Mobile Crisis calls increased in 2022. Kids in Crisis calls were up 19% in 2021 compared to prior years, and more youth are calling on their own.

For More Info

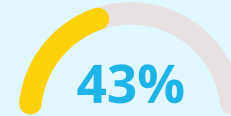
Find resources and more thehubct.org/mental-health or scan the QR code below.



DMHAS TREATMENT ADMISSIONS FOR MENTAL HEALTH IN SW CT HAS INCREASED



2021



2022

Most individuals receiving treatment were between the ages of 35-44 (23.4%) and 25-34 (22.6%)

Recovery Network of Programs' collaboration with Stamford, Norwalk & Stratford Police Departments has seen a reduction of 911 mental health calls by 30% in the first two years.

Consistently throughout surveys, populations that tend to be at higher risk to mental health conditions and symptoms are women, marginalized communities, youth, LGBTQIA+, first responders and mixed-race individuals

RESOURCES

- The Hub's [Wellness Page \(Including Mental Health Resources & LGBTQIA+\)](#) offers a full list of additional resources
- The Hub offers [Resource Guides to Treatment & Recovery](#) as well as a [Guide of Free Peer Support Groups](#).