

# Mental Health

According to the World Health Organization, “mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.” [1]

Support Factors [2]	Risk Factors [3]	Resources
<ul style="list-style-type: none"> <li>Effective coping skills</li> <li>Social support networks</li> <li>Access to care services and education</li> <li>Safe environment, stable employment</li> </ul>	<ul style="list-style-type: none"> <li>Family history of mental health disorders</li> <li>Physical illness</li> <li>Trauma or abuse</li> <li>Unhealthy habits – poor diet, sedentary lifestyle, substance abuse</li> </ul>	<p><b>National Institute for Mental Health</b> (<a href="http://nimh.nih.gov">nimh.nih.gov</a>)</p> <ul style="list-style-type: none"> <li><a href="#">Caring for Your Mental Health</a></li> <li><a href="#">Coping with Traumatic Events</a></li> </ul> <p><b>Centers for Disease Control and Prevention</b> (<a href="http://cdc.gov">cdc.gov</a>)</p> <ul style="list-style-type: none"> <li><a href="#">About Emotional Well-Being</a></li> <li><a href="#">Managing Stress</a></li> <li><a href="#">About Children’s Mental Health</a></li> </ul>

## Mental Health Disorder

According to the National Institutes of Mental Health (NIMH) a mental health condition is described “as a mental, behavioral, or emotional disorder” that may affect a person’s ability to take part in life activities. [4]  
Mental health disorders include depression, ADHD, panic attack, anxiety, and others. [2]

In the United States [5]	In Indiana [5]
<p><u>Adults:</u></p> <ul style="list-style-type: none"> <li><b>More than 1 in 5</b> (23.1%) had any mental health disorder in past year (59.3 million)</li> <li><b>1 in 20</b> (5%) reported serious thoughts of suicide (12.8 million)</li> </ul> <p><u>Youth (ages 12-17)</u></p> <ul style="list-style-type: none"> <li><b>1 in 5</b> (20.2%) reported at least one major depressive episode in past year (5.2 million); of which, more than <b>1 in 2</b> (56.1%) did not receive mental health services</li> <li><b>1 in 8</b> (13.2%) reported serious thoughts of suicide (3.4 million)</li> </ul>	<p><u>Adults:</u></p> <ul style="list-style-type: none"> <li><b>Nearly 1 in 4</b> (24.4%) had any mental health disorder in the past year (1.26 million)</li> <li><b>1 in 20</b> (5.6%) reported serious thoughts of suicide (287 thousand)</li> </ul> <p><u>Youth (ages 12-17)</u></p> <ul style="list-style-type: none"> <li><b>1 in 5</b> (20.4%) reported at least one major depressive episode in past year (114,000); of which, <b>2 in 3</b> (66.4%) did not receive mental health services</li> <li><b>1 in 8</b> (13.4%) reported serious thoughts of suicide (74 thousand)</li> </ul>

Barriers to Treatment [6]	Resources
<ul style="list-style-type: none"> <li>Cost of services</li> <li>Insurance does not cover services</li> <li>Lack of information</li> <li>Difficulty finding provider</li> <li>Stigma</li> <li>Negative experiences with providers</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">988 Suicide &amp; Crisis Lifeline</a></li> <li><a href="#">NIMH—Help for mental Illness</a></li> <li><a href="#">CDC—Mental Health Resources</a></li> </ul>

Sources:

[1] World Health Organization, Mental Health, <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>. Accessed 2025.  
 [2] Centers for Disease Control and Prevention, Mental Health, About Mental Health, [https://www.cdc.gov/mental-health/about/index.html#cdc\\_disease\\_basics\\_risk-risk-factors](https://www.cdc.gov/mental-health/about/index.html#cdc_disease_basics_risk-risk-factors) Accessed 2025.  
 [3] National Library of Medicine, Medline Plus, Mental Health, <https://medlineplus.gov/mentalhealth.html> . Accessed 2025.  
 [4] National Institute of Mental Health, Mental Illness, <https://www.nimh.nih.gov/health/statistics/mental-illness> . Accessed 2025.  
 [5] Reinert, M, Fritze, D & Nguyen, T (July 2024). “The State of Mental Health in America 2024.” Mental Health America, Alexandria VA, <https://mhanational.org/research-reports/state-mental-health-america-2024> . Accessed 2025.  
 [6] KFF, Racial and Ethnic Disparities in Mental Health Care: Findings from the KFF Survey of Racism, Discrimination and Health; <https://www.kff.org/racial-equity-and-health-policy/issue-brief/racial-and-ethnic-disparities-in-mental-health-care-findings-from-the-kff-survey-of-racism-discrimination-and-health/> Accessed 2025.