

# Mental Health

## Depression

**Nearly a quarter of the respondents (23%) reported having been diagnosed with depression, up from 18% in 1998.**

### Delayed care due to cost

**Cost prohibits half of those with depression from receiving or getting care.** 50% of those diagnosed with depression put off a visit to a mental healthcare provider because it was too expensive.

### Trends

**Depression is becoming more prevalent among low-income residents.** In 2004, 36% of respondents with low incomes reported being diagnosed with depression, compared to 20% in 1998. By contrast, rates of depression among those with higher incomes have been relatively stable (19% percent in 2004, compared to 17% in 1998).

**Depression is becoming more prevalent among younger residents.** The percentage of respondents who have been diagnosed with depression has been increasing for those aged 18-34, from 17% in 1998 to 24% in 2004.

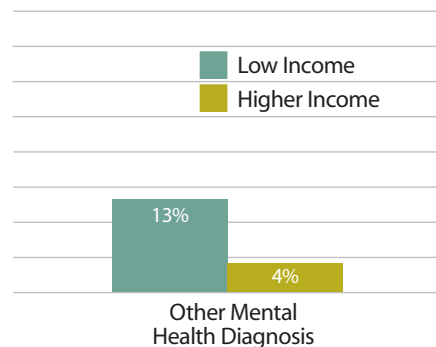
## Mental Health Problems (Other than depression)

**The percentage of respondents who reported having been diagnosed with mental health problems other than depression doubled between 1998 and 2004, from 3% to 6%.**

### Mental illness and income

- Individuals with low incomes were more likely to have ever been diagnosed with a mental health problem (other than depression) by a healthcare provider.
- 32% of individuals with low incomes reported they currently had problems with depression, anxiety or other mental health problems, vs. 16% of those with higher incomes.

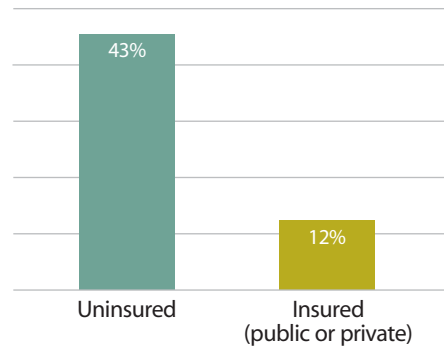
DIAGNOSIS WITH MENTAL CONDITION OTHER THAN DEPRESSION, BY INCOME



**Delayed care due to cost**  
**Cost and lack of health insurance are major barriers to receiving mental healthcare for people of all incomes.**

- 41% of those diagnosed with a mental health problem other than depression put off going to a mental healthcare provider due to cost.
- People of all income levels are increasingly delayed care for mental health problems, but those with low incomes have become more likely to delay their care since 2001 (20% vs. 28% in 2004).
- Those without insurance were less likely to receive mental healthcare services.

DELAYED MENTAL HEALTHCARE, BY INSURANCE STATUS



**Trends**

**Growing numbers of younger and low-income residents are being diagnosed with mental health problems.**

- The percentage of respondents aged 18-34 reporting a mental health diagnosis other than depression increased from 3% in 1998 to 8% in 2004, but all other age groups have remained stable.
- The percentage of low-income respondents reporting having problems with, or being diagnosed with, a mental health problem or disorder has increased from 21% in 1998 to 43% in 2004.

**Suicide**

**Since 1995, the percentage of respondents who have considered suicide within the preceding 12 months has remained almost unchanged, at 6-7%.**

**Trends**

**Young adults and those with low incomes are more likely to have considered suicide.**

- Every survey year, the percentage of respondents who have considered suicide in the past 12 months has been higher among those aged 18-34 compared to all other age groups.
- Each survey year, the percentage of respondents who reported having considered suicide within the past 12 months has been higher among those with low incomes, compared to those with higher incomes.

CONSIDERED SUICIDE, BY INCOME LEVEL

