

# MENTAL HEALTH IN OUR COMMUNITY

## 2016 Survey of Larimer County Residents



Mental health is key to overall well-being and a satisfying quality of life. According to data from the 2016 Community Health Survey, lack of access to affordable mental health care continues to be a barrier for many Larimer County residents.

### A CLOSER LOOK AT MENTAL HEALTH IN OUR COMMUNITY

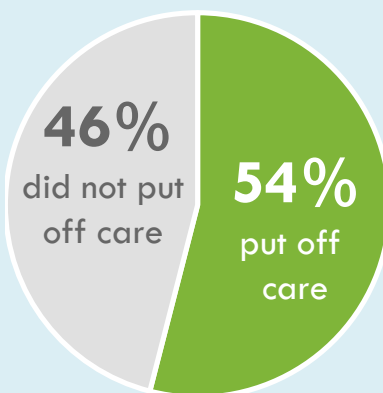
## Is it easy to get help?

**1 IN 5** REPORTED THEY CURRENTLY HAD "DEPRESSION, ANXIETY, OR OTHER MENTAL HEALTH PROBLEMS."



Of those with a mental health problem **16%** report their "access to health care whenever you need it" is less than good (fair, poor, or very poor). For those without a mental health problem, only 11% report less than good access to care.

### PEOPLE ARE PUTTING OFF MENTAL HEALTH CARE DUE TO COST



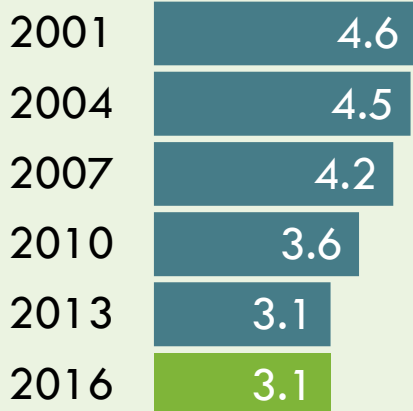
Of those reporting a mental health problem, 54% have put off mental health care in the past 2 years due to the cost.

This is similar to what was reported in 2013.

**22%** of respondents who have put off going to a mental health care provider because visits are too expensive have considered **suicide** in the past year.

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### RESPONDENTS REPORT FEWER POOR MENTAL HEALTH DAYS



Average number of poor mental health days. "How many days during the past 30 days was your mental health not good?"

**7%** OF RESPONDENTS  
CONSIDERED **SUICIDE** IN  
THE PAST YEAR

Who in our community is  
considering suicide as a  
solution to their problems?



**Heavy drinkers**  
were over **2x** as likely  
to have considered  
suicide.



Those reporting  
**depression** were  
**12x** as likely to have  
considered suicide.



Those reporting **pain**  
most or every day were  
**4x** as likely to have  
considered suicide.



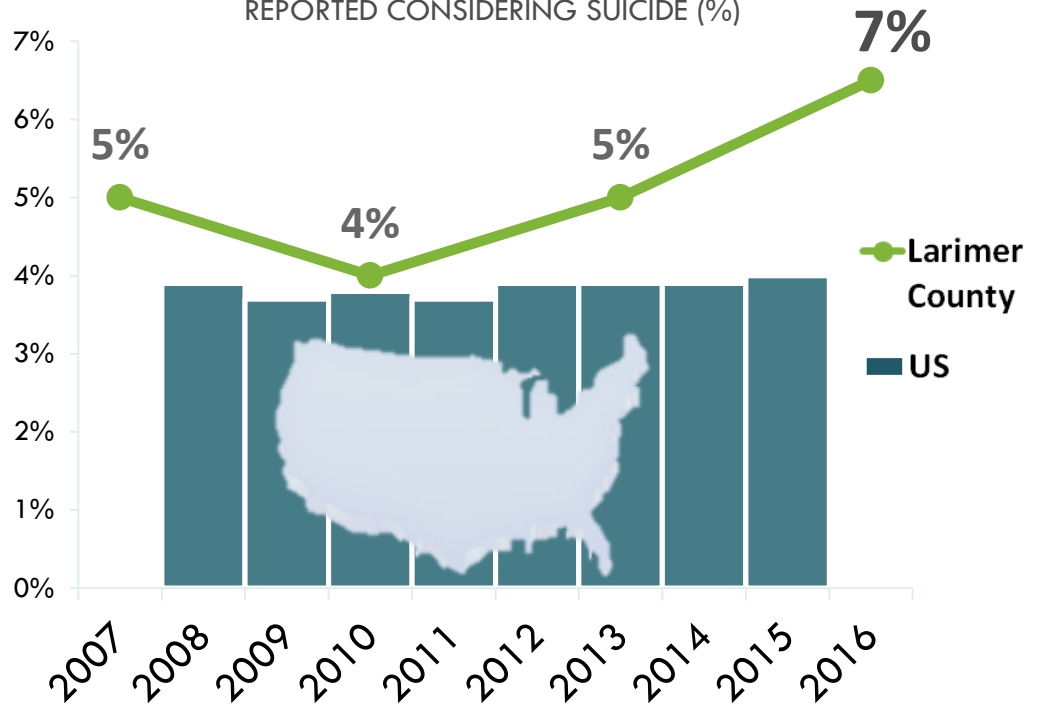
**Males** were **slightly  
more likely** to have  
considered suicide than  
females (9% vs. 6%).



Those reporting having  
used **marijuana** in  
the last year were over  
**3x** more likely to have  
considered suicide.

## HOW DO WE COMPARE?

REPORTED CONSIDERING SUICIDE (%)



## WHAT CAN I DO IF SOMEONE I KNOW IS THINKING ABOUT SUICIDE?



Do's

- Be direct. Talk openly and matter-of-factly about suicide.
- Be willing to listen. Allow expressions of feelings. Accept the feelings.
- Be non-judgmental. Get involved. Become available. Show interest and support.
- Offer hope that alternatives are available but do not offer glib reassurance.
- Take action. Remove means, like weapons or pills.
- Get help from people or agencies specializing in crisis intervention and suicide prevention. (see below)



Don'ts

- Don't debate whether suicide is right or wrong, or whether feelings are good or bad.
- Don't lecture on the value of life.
- Don't dare him or her to do it.
- Don't act shocked. This will put distance between you.
- Don't be sworn to secrecy. Instead, seek support.

Source: Suicide Prevention Lifeline

### If you are in crisis:

970-494-4200

SummitStone Community Crisis Clinic

1-844-493-8255

Suicide Prevention Lifeline

## ATTEND A MENTAL HEALTH FIRST AID TRAINING

Mental Health First Aid is an evidence-based, 8-hour course that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and provides an overview of appropriate supports. Participants learn how to offer initial help in a mental health crisis and connect people to the appropriate professional, peer, social, and self-help care. **For more information or to sign up, call 970-494-4370.**