



Mental Health

2019 Community Health Survey of Larimer County Residents

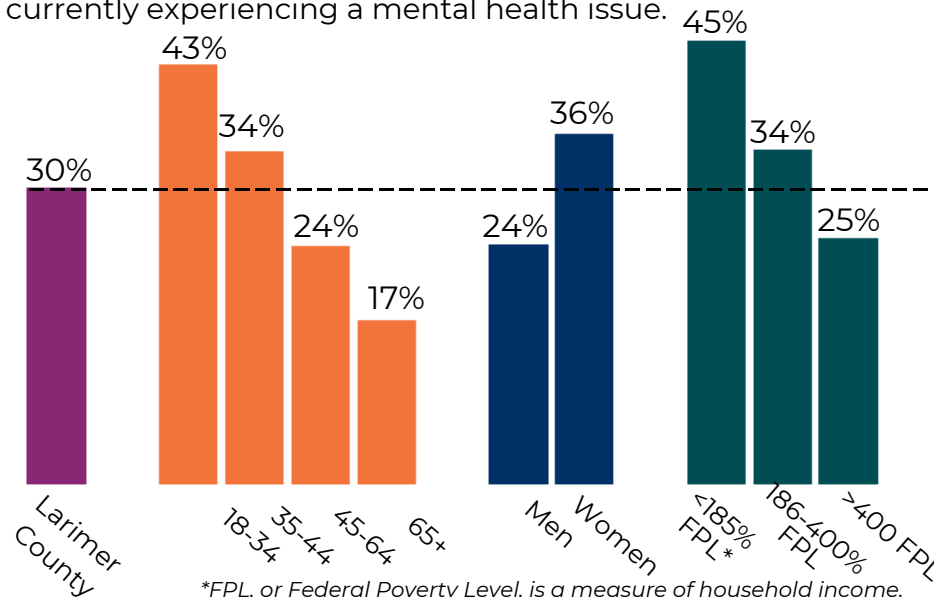
Mental Health is an important component of health, overall well-being, and quality of life. Data from the Health District's 2019 Community Health Survey show mental health concerns are common in our community and disproportionately affecting certain groups.

Fast Facts

- 30%** of Larimer County residents are currently experiencing depression, anxiety, or other mental health issue.
- 7%** of survey respondents seriously considered suicide as a solution to their problems in the past year.
- 67%** of survey respondents have insurance that covers at least part of the cost for mental health treatment.
- 4 days** The average number of days per month that respondents experience poor mental health.

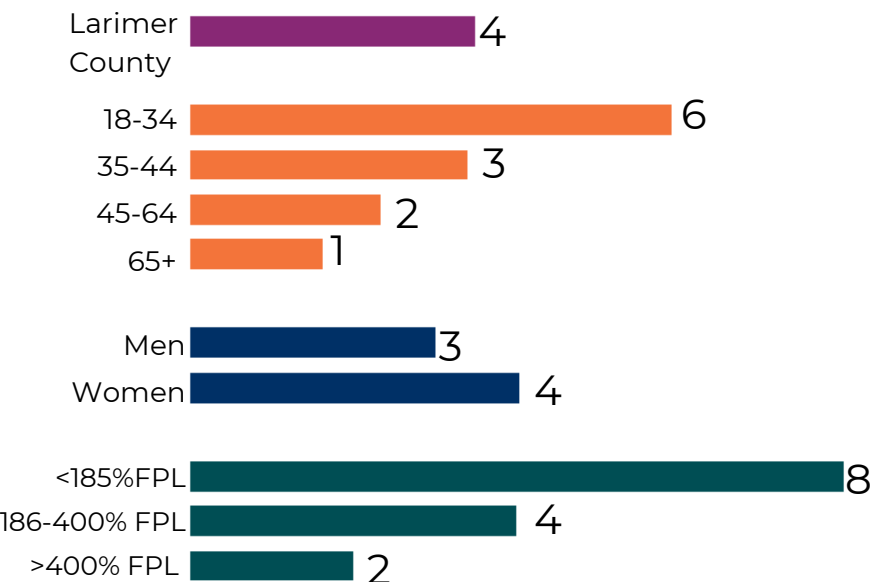
Who is Experiencing Mental Health Issues?

The chart below shows the percentage of each subgroup that is currently experiencing depression, anxiety, or other mental issue. Close to half of Larimer County residents age 18-35 and those <185% of the Federal Poverty Level (low income)* are currently experiencing a mental health issue.



*FPL, or Federal Poverty Level, is a measure of household income. This survey was conducted in 2019 and used 2018 income breakouts. For example, a 4 person household with annual income <\$46,435 would be categorized as <185%FPL

Average Days per Month with Poor Mental Health



Access to Mental Health Care



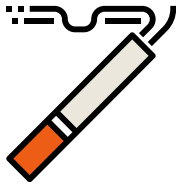
1 in 2 (52%) of adults reporting a current mental health issue put off care due to cost in the past 2 years.

- Of adults who report a current mental health issue 21% report their access to care is less than good, compared to 12% without a mental health issue
- Of those who put off mental health care due to cost, 19% considered suicide as a solution to their problems.

Suicide Ideation In Larimer County

7% of all respondents considered suicide in the past year

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



Tobacco Users are over 2x as likely to have considered suicide (6% vs. 15%).



Marijuana Users are 2x as likely to have considered suicide (6% vs. 12%).



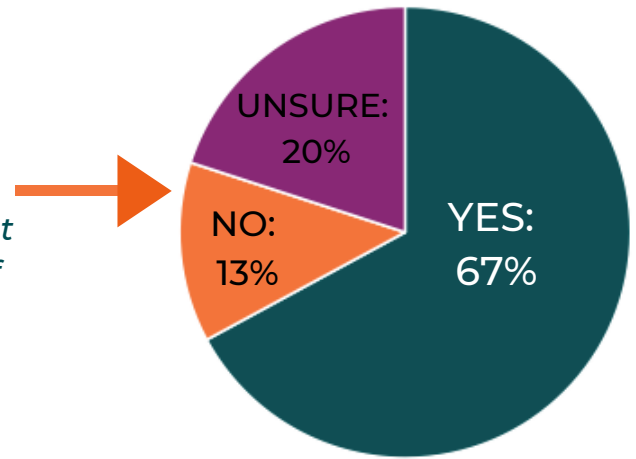
Heavy Drinkers are close to 2x as likely to have considered suicide (7% vs. 11%).



Those who identified as **Lesbian, Gay, Bisexual, Queer, or something other than straight** are around 3x as likely to have considered suicide (6% vs. 19%).

Insurance and Mental Health

Do Larimer County residents have insurance that covers *at least part of* the cost of mental health services?



Stigma and Mental Health

The 2019 Community Health Survey included questions to gauge stigma surrounding mental health in our community. A majority of adults, **86%**, believe that treatment can help people with mental illness lead normal lives. While a majority of respondents believe treatment can help those with mental illness, only **36%** of residents believe that people are generally caring and sympathetic to those with mental illness.

Resources in our Community

If you are in crisis:

SummitStone Crisis Line: (970)-494-4200, ext. 4

Colorado Crisis Services: 1-844-493-8255

Suicide Prevention Lifeline: 1-800-273-8255
or Text TALK to 8255

Attend a Training

Connections offers regular classes and trainings to the public, often at no cost. Trainings include Mental Health First Aid, and QPR (Question, Persuade, Refer) suicide prevention.

Mental Health Trainings: (970) 520-2842
or email apasini@healthdistrict.org



Mental Health Connections can help identify your concerns and personally guide you to appropriate options, including support, further assessment and treatment. Connections also offers mental health support for youth through the CAYAC (Child, Adolescent, and Young Adult Connections) program.

Mental Health Connections: (970)-221-5551
CAYAC: (970) 221-3308