

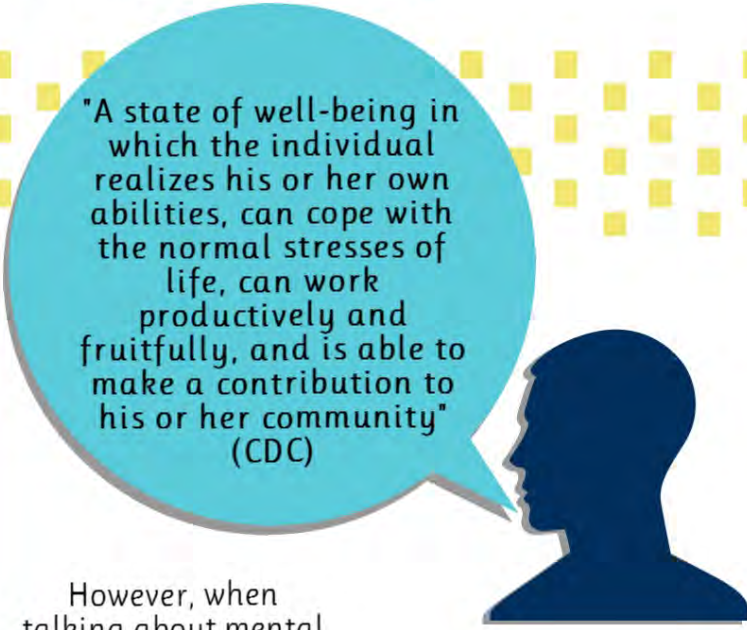
A graphic consisting of several overlapping, torn-edged pieces of yellow paper. The pieces are arranged horizontally across the middle of the page, creating a layered effect. The text 'Mental Health' is centered on this graphic.

**Mental Health**

# Mental Health


## What is Mental Health?

Mental health is defined as:

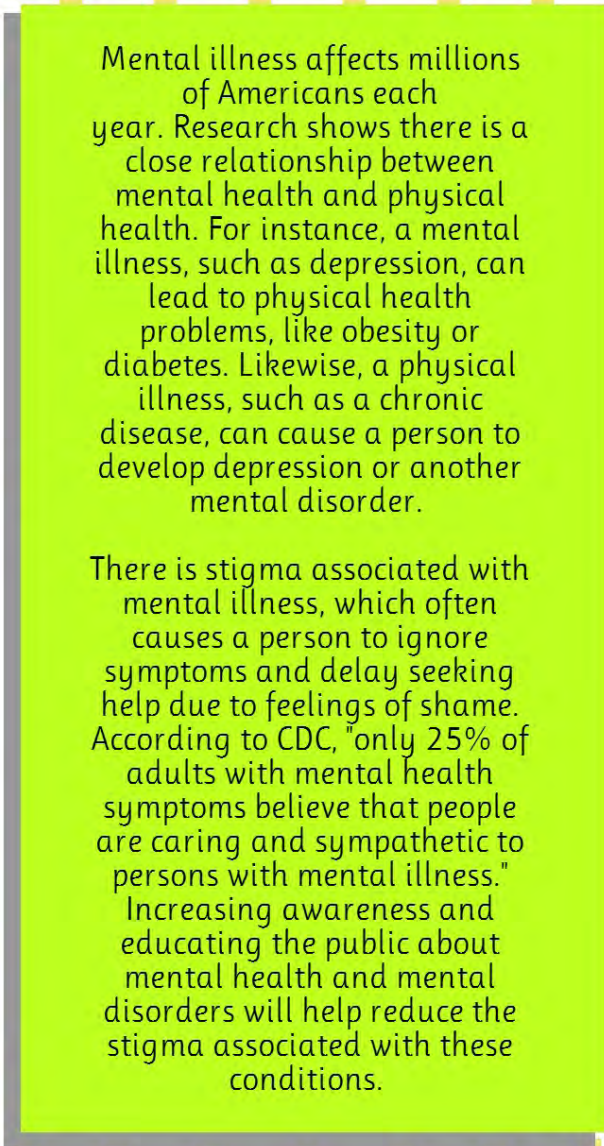


"A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community" (CDC)

However, when talking about mental health, we often are really referring to mental illness, which is defined as:



"Health conditions that are characterized by alterations in thinking, mood, or behavior (or some combination thereof) associated with distress and/or impaired functioning" (CDC)



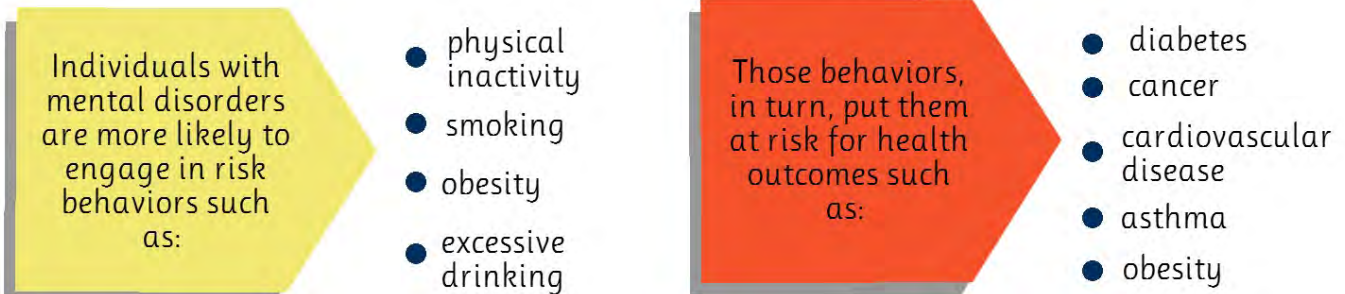
Mental illness affects millions of Americans each year. Research shows there is a close relationship between mental health and physical health. For instance, a mental illness, such as depression, can lead to physical health problems, like obesity or diabetes. Likewise, a physical illness, such as a chronic disease, can cause a person to develop depression or another mental disorder.

There is stigma associated with mental illness, which often causes a person to ignore symptoms and delay seeking help due to feelings of shame. According to CDC, "only 25% of adults with mental health symptoms believe that people are caring and sympathetic to persons with mental illness." Increasing awareness and educating the public about mental health and mental disorders will help reduce the stigma associated with these conditions.



## Why is mental health a problem in our community?

According to the Clermont County Community Health Assessment, residents reported having 4.0 poor mental health days in the past 30 days, which is compared to the 3.8 and 3.4 for Ohio and the U.S., respectively.



### Did you know?



Depression is the most common mental illness and affects over 26% of U.S. adults

One in four adults and one in five children have diagnosable mental disorders

According to the Clermont County Community Health Assessment, the suicide rate is 16 per 100,000 population, compared to Ohio at 12 per 100,000 population

According to Healthy People 2020, there are 30,000 deaths from suicide each year, making suicide the 11th leading cause of death

## What can we do to address the problem?

The following pages of the CHIP discuss several activities taking place throughout Clermont County with the purpose of improving mental health for all residents. These activities concentrate on education, prevention, and integration of mental and physical health services. In order to improve mental health, it is essential to reduce stigma of mental illness, increase awareness of important mental health issues, and focus on prevention through advocacy and education.

## Community Snapshots



The Clermont County Mental Health and Recovery Board is the public entity responsible for coordination of mental health and addiction services in Clermont County.



In June 2014, Mercy Health-Clermont Hospital expanded their behavioral health facility to ensure quality treatment for patients.



Clermont County schools train staff in suicide awareness and prevention.



# GOAL 1

Improve mental health through education, prevention and integration of mental and physical health services.

## OBJECTIVE 1.1

By August 2019, reduce the suicide rate by 5% in Clermont County.



## STRATEGY 1.1.1

Reduce stigma, and increase awareness and prevention of mental health issues through education and advocacy.

**1**  
**Activity:**  
Continue to offer Signs of Suicide (S.O.S) program in Clermont County Schools.

**2**  
**Activity:**  
Promote participation in the annual Candlelight Vigil to remember those lost to suicide.

**3**  
**Activity:**  
Promote Suicide Prevention Week held each year in September.

**4**  
**Activity:**  
Support and promote the biennial Clermont County Youth Summit on Suicide Prevention.



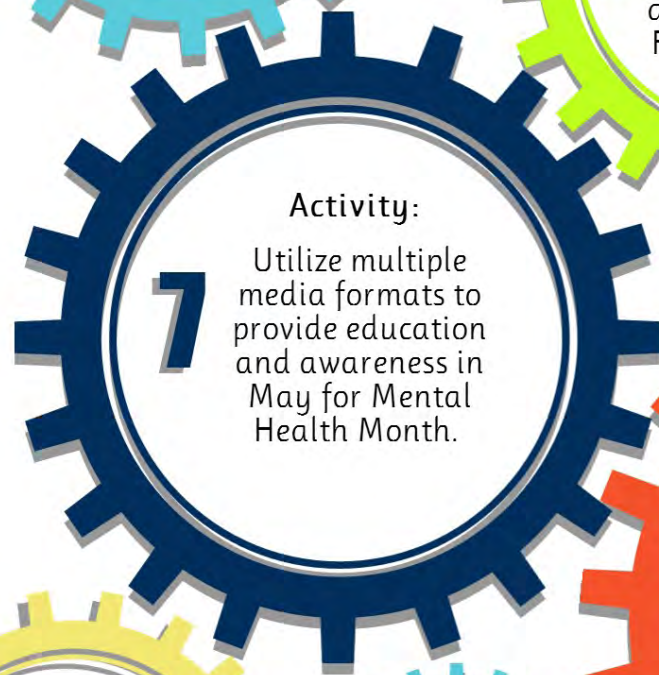




**5** Activity:  
Support and promote the Active Minds program at UC East and UC Clermont.



**6** Activity:  
Promote QPR (Question, Persuade and Refer) Training and Mental Health First Aid Training.



**7** Activity:  
Utilize multiple media formats to provide education and awareness in May for Mental Health Month.



**8** Activity:  
Provide education to Clermont County healthcare providers on the signs of suicide and the connection between mental and physical health.



**9** Activity:  
Advocate for funding for mental health services.



**10** Activity:  
Promote utilization of the Clermont County Crisis Hotline.



**11** Activity:  
Promote availability and utilization of the Mobile Crisis Unit.