Individuals suffering from mental illness are at risk on many levels: they often wind up in jail, are not diagnosed, and are excluded from society."

-Durham resident, 2018

55% of residents surveyed in 2018 said mental health is a top issue in Durham.¹

1 in 4 DPS high school students reported having feelings of depression during 2015.²

Suicides among Durham Residents, 2012-2016³

<table>
<thead>
<tr>
<th></th>
<th>Rate per 100,000 population</th>
<th>Number of deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>11.8</td>
<td>= 83 white residents</td>
</tr>
<tr>
<td>Black</td>
<td>5.1</td>
<td>= 29 African-American or black residents</td>
</tr>
</tbody>
</table>
We heard you!

Here are some of the most common recommendations that came out of a series of six listening sessions with residents about how to address mental health issues in Durham.

Resident Recommendations

- Train all police officers and first responders on how to interact with people with a mental illness.

- Create an anti-stigma campaign. Show people talking about their mental health issues.

- Provide culturally competent care. Primary and mental health care should be coordinated. There are many studies showing this strategy has a positive impact.

- Provide universal free mental health screenings and care in schools. This recommendation is scientifically supported.

For more information or to get involved, visit: healthydurham.org