Mental Health
Durham County, NC

Mental health has been the number 4 Durham County health priority since 2018

Mental health is a state of well-being that allows a person to cope with their stress, work productively, and make a contribution to their community.

Depression

17% of residents report poor mental health for 8 or more of the last 30 days in the 2019 Community Health Assessment survey.

25% of high school students reported feelings of depression in the past 30 days. This is a 17% decrease since 2017.

Depression and anxiety in people of color is directly related to racism.

Suicide

Suicide among high school students

Durham County's suicide rate is significantly lower than that of North Carolina and the US.

Stress

Top stressors identified from the 2019 Community Health Assessment survey

How do you deal with stress?

Positive Mental Health

When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

How to improve your mental health

Exercise
Counseling
Coaching
Journaling

April 2022
What people are saying

"If you want to seek [mental health services], I want to be able to direct them to a satellite site" - Durham County Resident

How often do you feel you have emotional support?

<table>
<thead>
<tr>
<th>Always</th>
<th>Usually</th>
<th>Sometimes</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>44.7%</td>
<td>31.2%</td>
<td>14.4%</td>
<td>3.9%</td>
<td>2.6%</td>
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</tbody>
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Community Recommendations

- Expand Medicaid eligibility criteria to increase access to mental health services
- Increase state funding for mental health services provided through local systems
- Improve access to social services
- Increase programs that provide services and support for LGBTQ youth and veterans
- Continue to support the integration of physical and mental health
- Expand access to tele-mental health services
- Create trauma informed schools with access to mental health providers

Signs and Symptoms and Risk Factors

Risk Factors

- A history of mental illness in a blood relative
- Stressful life situations
- A chronic medical condition
- Brain damage
- Trauma
- Use of alcohol or drugs
- Childhood history of abuse or neglect
- Unhealthy relationships
- A previous mental illness

Mental Health Signs and Symptoms

- Feeling sad or down
- Confused thinking
- Inability to concentrate
- Withdrawal from friends and activities
- Low energy
- Problems with alcohol or drug use
- Major changes to eating habits
- Excessive anger, hostility, or violence
- Suicidal thinking
- Inability to cope with stress
- Excessive fears or worries
- Extreme feelings of guilt

What to do if you are struggling

Suicide Hotline: 1-800-273-8255
National Suicide Prevention Lifeline: suicidepreventionlifeline.org/chat
El Futuro - 919-688-7101 x600
Alliance Health - 800-510-9132
Veterans Crisis Line: 1-800-273-8255 press 1
Durham Recovery Response Center - 919-560-7305
El Futuro provides mental health services for both children and adults 919-251-9001
Duke Behavioral Health North Durham 919-684-0100
Duke Child Development and Behavioral Health Clinic 919-668-5559

The data described in this report was collected pre-pandemic. Newer data is expected to be released in 2022.

Resources:
1. World Health Organization
2. 2020 Durham County Community Health Assessment
3. 2019 Youth Risk Behavior Survey
4. Williams DR. Stress and the Mental Health of Populations of Color: Advancing Our Understanding of Race-related Stressors
5. North Carolina Institute of Medicine
10. 2021 Community Health Assessment Listening Sessions
11. Mayo Clinic

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