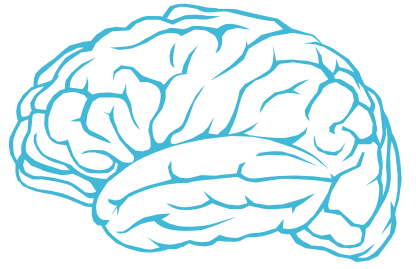


Mental Health



Durham County, NC



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

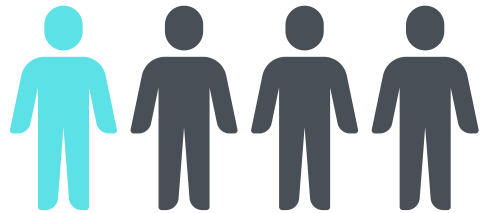


Mental health is a state of well-being that allows a person to cope with their stress, work productively, and make a contribution to their community¹



Depression

17% of residents report poor mental health for 8 or more of the last 30 days in the 2019 Community Health Assessment survey.²



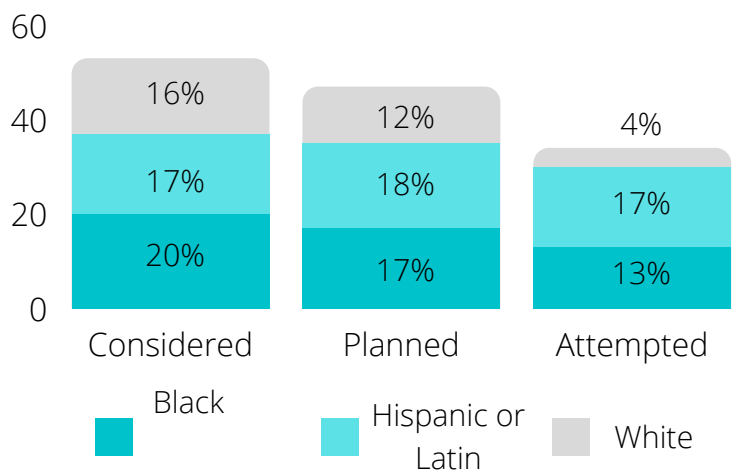
25% of high school students reported feelings of depression in the past 30 days. This is a **17% decrease** since 2017.³

Depression and anxiety in people of color is directly related to racism.⁴

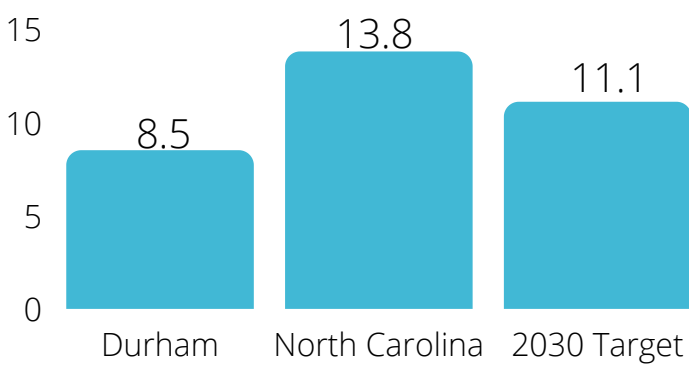
Suicide

Reasons for disparities: Rates of suicide consideration may be higher among students of color compared to white students due to differences in access to mental health services.⁷

Suicide among high school students³



Suicide rate per 100,000



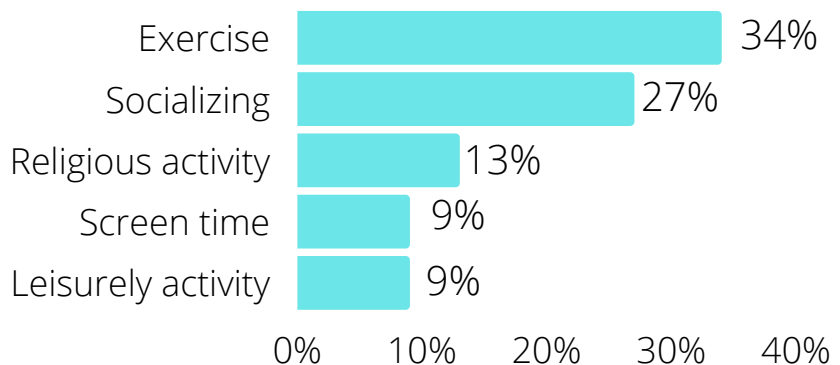
Durham County's suicide rate is **significantly lower** than that of North Carolina and the US.^{5,6}

Stress

Top stressors identified from the 2019 Community Health Assessment survey²

1. Finances
2. Work
3. My own illness
4. Caring for an ill family member
5. Personal relationships

How do you deal with stress?²



Positive Mental Health



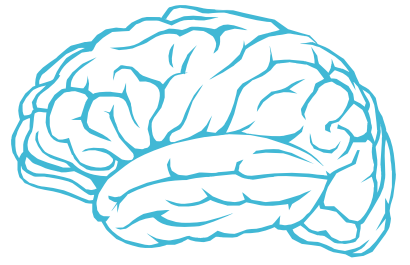
When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.⁸



How to improve your mental health⁹

- Exercise
- Counseling
- Coaching
- Journaling

Mental Health

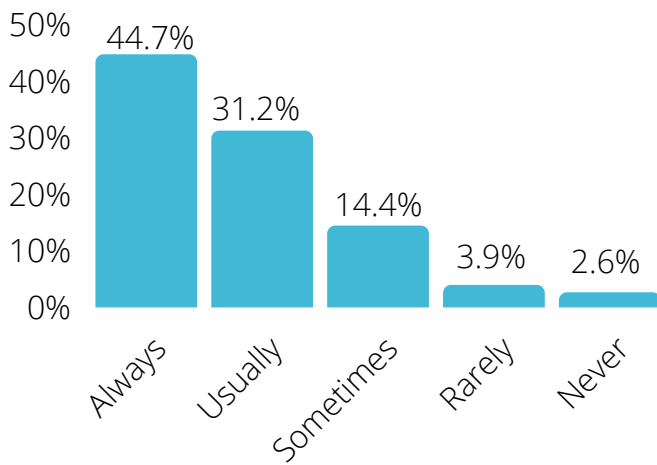


Durham County, NC

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 Resident¹⁰

How often do you feel you have emotional support?²



Community Recommendations¹⁰

- 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 Factors¹¹

- 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 Symptoms¹¹

- 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

Carolina Outreach 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



National HelpLine - 800-950-6264

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. **6** North Carolina Foundation, The Duke Endowment, and the Kate B. Reynolds Charitable Trust. **7** Le Cook, B., Trinh, N.-H., Zhihui, L., Shu-Yeu Hou, S., & Progovac, A. (2016). Trends in racial-ethnic disparities in access to mental health care, 2004-2012. **8** National Institute of Mental Health. 2021. <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health> **9** Positive Psychology. 2021. <https://positivepsychology.com/benefits-of-mental-health/> **10** 2021 Community Health Assessment Listening Sessions. **11** Mayo Clinic



April 2022