



Mental Health

There is a shortage of mental health professionals and people are unaware or unable to access services.

Adams, Clay, Nuckolls and Webster Counties are designated Federal and State mental health professions shortage areas.

What do the South Heartland numbers say?

9-12th GRADERS

35% were depressed in the past year
20% considered suicide
11% attempted suicide

80% of providers report a gap in behavioral health services for children < age 18

ADULTS

18% reported depression
11% reported frequent mental distress

43% of consumers report **cost** as their top barrier to accessing behavioral health services

"Our community needs to be more vocal about the issues leading up to suicide. I know more teens that have died from suicide in the past year than I have in my whole life – and they all have happened in Hastings."

Resident response to SHDHD Community Themes and Strengths Assessment, 2018

"Mental Illness is an important public health problem in itself and is also associated with chronic medical conditions such as cardiovascular disease, diabetes, obesity, and cancer."

Ileana Arias, Ph.D., Centers for Disease Control and Prevention

For more information about the South Heartland Community Health Improvement Plan (CHIP), and how you or your organization can get involved, go to www.southheartlandhealth.org or follow the QR code ►





Our goal is to improve mental health through prevention and by ensuring access to appropriate, quality mental health services.

We are working together to connect people to timely and appropriate mental health services.

STRATEGIES/OBJECTIVES

Action

Promote screening and assessment to facilitate referral.



Train professionals and community members.



Create a local Behavioral Health Advocacy Group.



Expand use of proven technologies for mental health services



Create a health services resource guide



Setting

Providers, schools, community

Providers, community, public health department

Community

Health care, behavioral health care and community

Libraries, schools, clinics, hospitals, community, public health department

EXPECTED RESULTS

Fewer youth feel sad or hopeless



Fewer youth attempt suicide



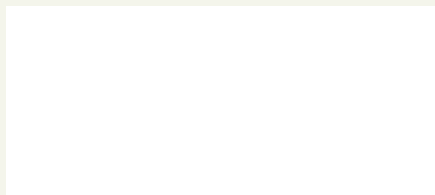
More people receive timely mental health services



Fewer adults have depression



Fewer adults have frequent mental distress



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