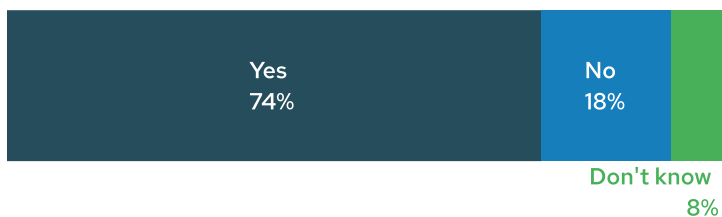


Mental Health & Depression Data Story

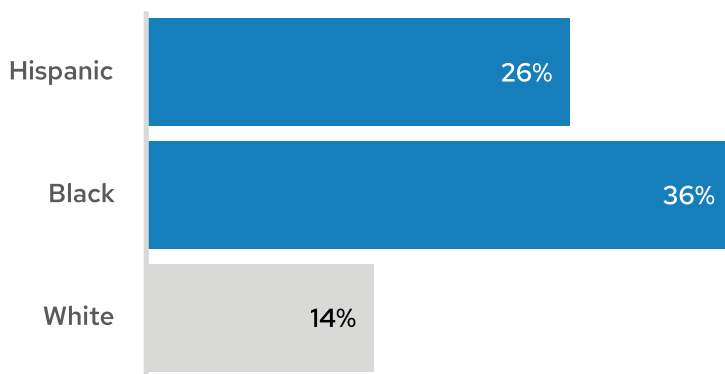
A total of 16% of survey respondents selected *Mental health & depression* as one of the three largest health concerns in Kenosha County. Mental health is just as important as physical health; in fact, they are often tied together. Depression can increase the risk for physical health problems like diabetes, heart disease, and stroke. While historically stigmatized, mental health disorders are extremely common; more than 50% of people will be diagnosed with a mental health disorder at some point in their lifetime. There is no single cause for mental illness, but trauma, genetics, and substance use can all play a part. Many mental health disorders are risk factors for suicide and negatively affect the quality of a person's life, which is why treatment is so important.



3 out of 4 respondents said they had an adequate support network that benefits their mental health.



Black and Hispanic respondents were more likely to **not have an adequate support network** than white respondents.

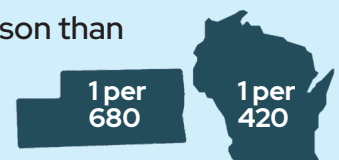


"We need free resources and supports to address mental health issues."



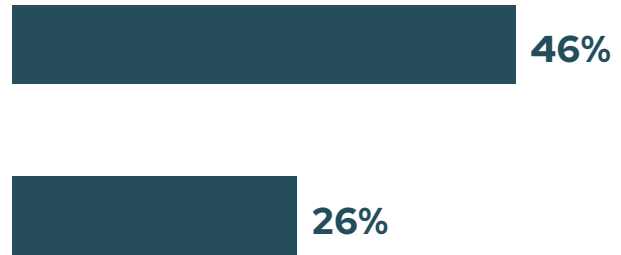
How Does Kenosha Compare?

Kenosha County has **fewer Mental Health Providers** per person than Wisconsin

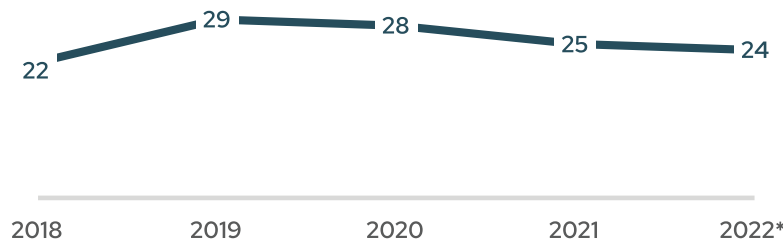


Nearly half of survey respondents said they sometimes, often, or always felt anxious, stressed, uneasy, or unable to relax in the past month.

26% of survey respondents have been diagnosed or treated for **anxiety** in the past 3 years.

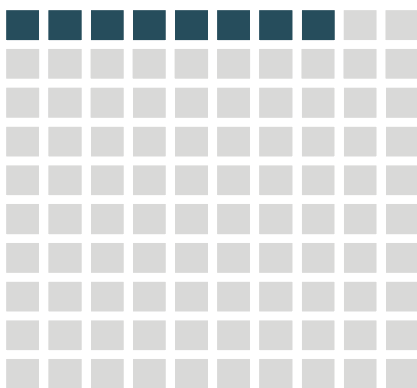


Suicide

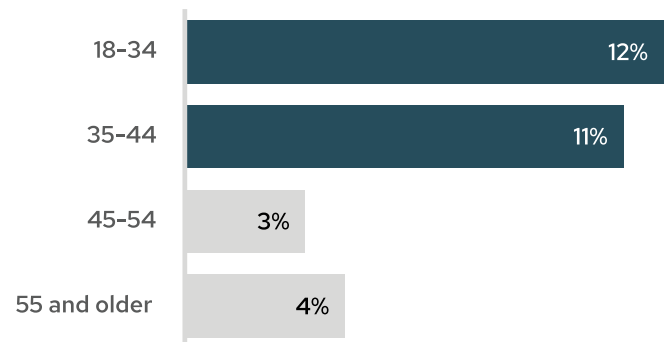


In 2022, at least **24 people lost their lives to suicide** in Kenosha County. An average of 1.6% of all deaths in the past five years were suicides.

**2022 data may still change as autopsies are completed. Source: Kenosha County Medical Examiner's Office*



8% of respondents considered suicide in the past year.



Younger people were more likely to have considered suicide in the past year.

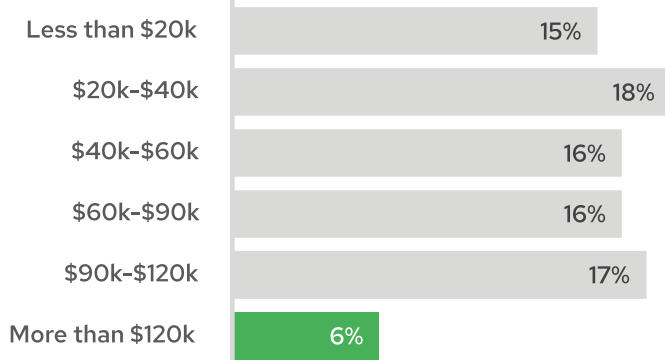


Depression

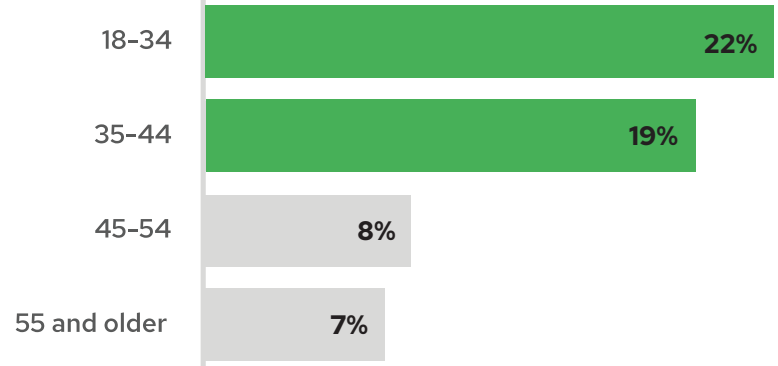
38% of survey respondents said they sometimes, often, or always felt sad, blue, or depressed in the past month.



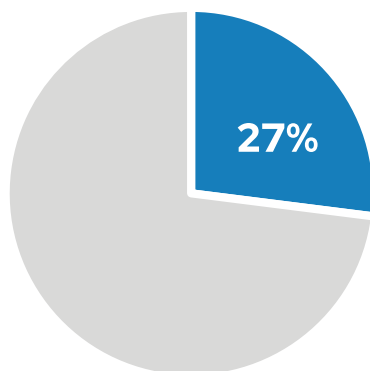
21% of survey respondents said they have been diagnosed or treated for **depression** in the past 3 years.



People in households **making more than \$120,000 a year** were **less likely** to say they felt sad, blue, or depressed in the last month.



Young people were more likely to say they felt sad, blue, or depressed in the last month.



More than 1 in 4 survey respondents said at least one of their **children** sometimes or often felt sad, blue, or depressed in the past six months.

