

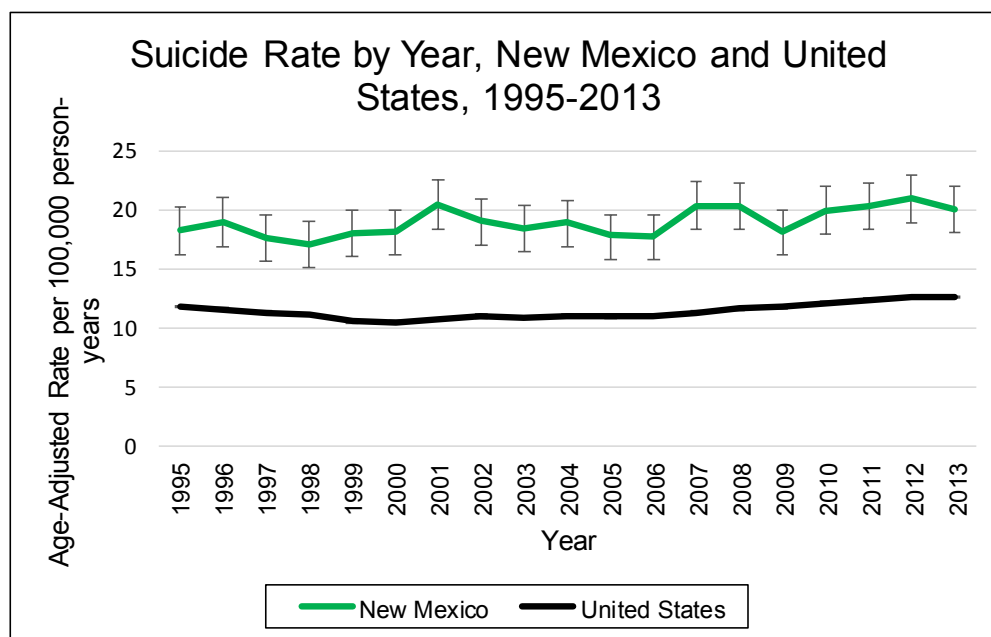
# Mental Health

## Why is mental health a public health issue?

- Mental health affects a person’s ability to lead a **healthy, productive life**
- Globally and in the United States, mental disorders make up the **highest burden of all diseases** in middle- and high-income countries
- Mental disorders increase risk of **substance abuse and suicide**
- Mental disorders are associated with **diabetes, heart disease, cancer,** and other chronic physical conditions

## How does New Mexico compare to other states?

- New Mexico and the United States have similar rates of mental illness for youth and adults
- However, the New Mexico suicide rate is 59% higher than the United States
  - ◇ *Suicide is the **2<sup>nd</sup> leading cause of death** for New Mexico residents 15 to 44 years old*
  - ◇ *Suicide accounts for **9.8% of all New Mexico Years of Potential Life Lost** under 65 years*
  - ◇ *New Mexico has the **5<sup>th</sup> highest suicide rate** in the United States*
  - ◇ *Suicide rates have been increasing in New Mexico and the United States since 2000*



# Mental Health

## What are the risk factors for mental disorders?

- **Genes** 17-28% of risk can be accounted for by variations in common genes
- **Environment** People who experience traumatic childhood events are
  - ◇ 17x more likely to have behavioral problems
  - ◇ 5x more likely to have alcohol problems
  - ◇ 3x more likely to have job problems
  - ◇ 2.6x more likely to have depression
- **Substance Abuse** People with mental disorders are
  - ◇ 30x more likely to develop illicit drug dependence
  - ◇ 3x more likely to develop alcohol dependence
  - ◇ 2.3x as likely to develop nicotine dependence
- **Biology** Head injuries and brain abnormalities

## How can we prevent mental illness and suicides at a state level?

- The evidence-based practices to reduce mental disorders in the general population are:
  - ◇ Mental health benefits with financial coverage and access to services, and
  - ◇ Multicomponent, healthcare system-level intervention that screens for depression and links primary care providers to mental health specialists
- Approximately **half** of suicide victims make a healthcare visit within 4 weeks of death
  - ◇ 25% visit specialty care
  - ◇ 21% visit primary care
  - ◇ 13% visit the emergency department
  - ◇ ...but only 24% are diagnosed with a mental disorder

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**If you or someone you know is experiencing an emotional crisis, please call the  
New Mexico Crisis and Access Line 24/7 at 1 (855) NMCRISIS (662-7474)**

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### Sources:

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