

# Mental Health Promotion

## What is Mental Health Promotion?

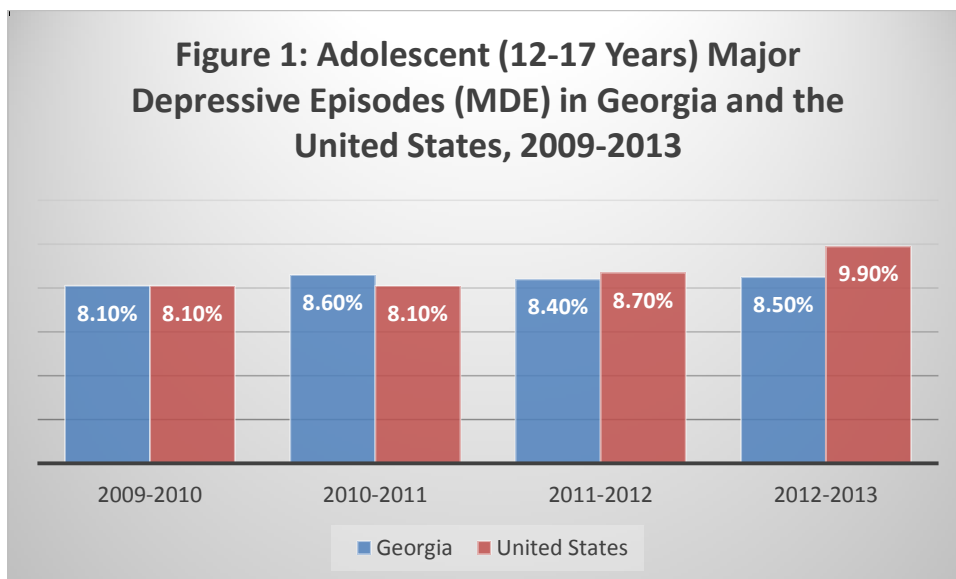
Mental illness is a critical public health concern in the United States. In the last several decades, the nation has seen a rise in activities that focus on promoting complete mental health wellness. Commonly referred to as **mental health promotion**, these activities are centered around enriching the capacity of individuals and families to support progressive emotional and intellectual experiences.<sup>1</sup>

## State of Mental Illness in Georgia<sup>2, 3, 4, 5</sup>

- More than 340,000 adults and 100,000 children live with serious mental health conditions.
- More than 6,000 people visited the emergency room in 2013 for injuries related to suicide attempts.
- In 2013, 1,212 Georgians died by suicide.
  - More than 800 were White, non-Hispanic.
  - More than 900 were males.
- In 2014, 1,946 individuals admitted into Georgia correctional facilities were receiving mental treatment.

## Serious Mental Illness<sup>6</sup>

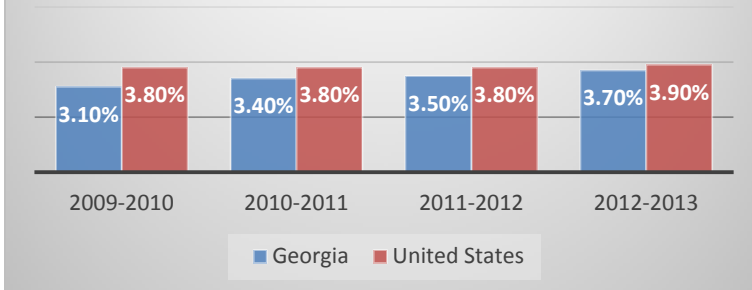
Although many cases of mental disorders are seen throughout the United States, prevention efforts focus primarily on individuals suffering from serious mental illnesses (SMI), which include serious mental, behavioral, and emotional disorders that meet criteria within the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV).



### Key Takeaways:

- The percentage of Georgia adolescents with MDEs was similar to the national average in 2009-2010.

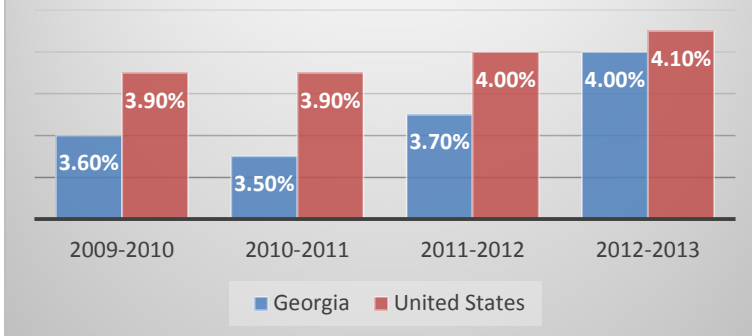
**Figure 2: Suicidal Thoughts Among Adults Aged 18 or Older in Georgia and the United States, 2009-2013**



**Key Takeaways:**

- From 2009-2013, there was an increase in the percentage of adults in Georgia who had serious thoughts of suicide.

**Figure 3: SMI Among Adults Aged 18 or Older in Georgia and the United States, 2009-2013**



**Key Takeaways:**

- The percentage of adults in Georgia with serious mental illnesses increased between 2010 and 2013.

**Risk Factors for Mental Health<sup>10</sup>**

- Genetics (i.e., parents or siblings who suffer from mental illness)
- High stress situations (i.e., unemployment, death of a loved one, illness, etc.)
- Distressing experiences
- Substance abuse
- Sexual abuse

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